

TrueSelf

HKADC NEWSLETTER 香港運動禁藥委員會通訊

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Hong Kong Anti-Doping Committee
香港運動禁藥委員會

Support Fair Play · Compete Clean Everyday
齊來支持公平競賽 運動零禁藥人人愛

Blood Testing: Coming Soon 血液檢測：快將實行

DCO 運動禁藥管制主任：

Hi, you have been selected for a doping test.
嗨，你已被選中進行藥物檢測。

Athlete 運動員：

Oh sure, I have done this many times before! Just give me a cup to produce some urine for you.
哦，沒有問題，我已經做過很多次了！來給我一隻杯，讓我提供尿液樣本吧。

DCO 運動禁藥管制主任：

Sorry, there's no cup. You need to provide a blood sample, instead of a urine sample, for this doping test.

很抱歉，這次沒有杯。因為在這次的藥物檢測中，你須要提供血液樣本，而不是尿液樣本。

Athlete 運動員：

Why? How? Now I'm lost...

為什麼？怎樣做？我現在覺得很迷茫.....

You know what, HKADC will start to implement blood testing in 2012. Be a smart athlete and be prepared!

你知道嗎？香港運動禁藥委員會將於2012年實行血液檢測計劃，做個醒目運動員，為此作好準備。

Do you know...

你知不知道...

that you may be subjected to a urine or blood test, or both?

你可能會接受尿液、血液檢測，或兩者同時進行？

為什麼？

血液檢測能加強或偵查單獨使用尿液檢測時不能檢測到的禁用方法/物質，如輸血、生長激素、胰島素和促紅細胞生成素受體持續性激活劑(CERA)。世界各地的運動禁藥組織所進行的血液檢測數量正持續擴增，血液檢測已是一個全面檢測計劃中的重要元素。

Why?

Blood testing enhances or allows the detection of the use of prohibited methods/substances that cannot be detected in urine such as blood transfusion, growth hormone, insulin and continuous erythropoietin receptor activator (CERA). The number of blood tests conducted by anti-doping organizations across the world has increased steadily. Blood test is now an important element for a comprehensive testing programme.

How?

Blood test can take place in both in- and out-of-competition. Each blood test will be carried out by a Doping Control Officer (DCO) and a Blood Collection Officer (BCO). The BCO is a qualified medical professional who will perform the actual blood draw while the DCO will oversee the whole sampling procedure and complete the paperwork with you. Blood collection will be conducted as easy and painless as possible for athletes by these professionals.

So ATTENTION ATHLETES: For the sake of fair play, don't be surprised to be asked to provide a blood sample for testing in the very near future!

For more information, please visit our website at www.antidoping.hk.

Can I refuse to provide a blood sample?

我可否拒絕提供血液樣本？

You might have violated the Anti-Doping Rules and could be sanctioned for refusing the test without a compelling reason.

在沒有合理解釋下，拒絕接受檢測可能已違反了運動禁藥管制規條，並有可能受到處分。

怎樣做？

血液檢測分別可以在賽外或賽內中進行，並將由一名運動禁藥管制主任(DCO)和一名血液採集主任(BCO)執行。BCO是合格的專業醫療人員，他們將執行抽血的程序，而DCO將監督整個樣本採集過程，並與你完成相關的文件。這些專業的人士將盡量令血液採集過程簡單和無痛。

所以，**運動員請注意**：為了維持公平競賽，在不久的將來，當你被要求提供血液樣本作為禁藥檢測時，不要感到驚訝！

如欲獲得進一步資料，請瀏覽我們的網頁 www.antidoping.hk。

News 最新消息

Two new education pamphlets on 'Result Management' and 'Blood Testing' will be published in late March. They will be available via the HKADC website and any interested parties could contact HKADC Office for the hard copies as well.

兩份新的教育小冊子「結果管理」及「血液檢測」將於三月底推出。除了可於本會網頁下載，有興趣人士亦可聯絡本會索取其印刷版本。

Important Dates 重要日期

18 March 2012

Outreach Education Programme at the 55th Festival of Sport Opening Programme at Hong Kong Coliseum
外展教育計劃於第55屆體育節開幕活動(紅磡香港體育館)期間舉辦

29 March 2012

Athlete Outreach Programme at HKSI
運動員外展計劃(香港體育學院)

31 March 2012

Year 2012 Q2 whereabouts submission deadline for testing pool athletes
藥檢名單的運動員遞交2012年度第二季行蹤資料的最後限期

The Committee 委員會

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Dr. Simon YEUNG
楊世模博士

Mr. CHEUNG Ping Wai
張炳槐先生

How much blood will be collected? 要採集多少血液？

Depending on the purpose of the blood test, either 1 or 2 tubes, total of about 6-10 ml is needed. The procedure will not affect your health or performance.

視乎血液檢測的目的，大約需要1或2個試管，約6-10毫升的血液。而採集過程並不會影響你的健康或運動表現。

HKADC hosted another successful Outreach Programme at Marathon Expo

外展推廣計劃再次於馬拉松嘉年華成功舉辦

The Outreach Programme at the Marathon Expo was held successfully at the Victoria Park on 28 and 29 January 2012, close to a thousand people visited our booth to support fair play!

是次的外展推廣計劃於2012年1月28和29日，在維多利亞公園舉行的馬拉松嘉年華中成功舉辦，並吸引近一千名市民到訪攤位，支持公平競賽！

Programme Snapshots 活動剪影



HKADC booth is one of the biggest hits at the event. 香港運動禁藥委員會的攤位是嘉年華中最受歡迎的攤位之一。



Visitors having fun and challenging their anti-doping knowledge – A 'Bad' athlete is choosing the undesirable behaviours that violated the concept of Fair Play.

參加者玩得開心，挑戰對運動禁藥的認識 – 一名「鬼」運動員正在找出違反公平競賽原則的不當行為。

Coloring with 'palms' – Together participants have produced a colorful poster to support Fair Play.

「手印」填色 – 參加者共同完成了一幅色彩繽紛的海報以支持公平競賽。



Like us on Facebook to support fair play - just a click away! 點擊讚好Facebook專頁，支持公平競賽「話咁易」!

To continue our outreach efforts, HKADC will be present at the Opening Programme of the 55th Festival of Sport to promote fair play. Mark your calendar for 18 March 2012 and join us at Hong Kong Coliseum for the fun-filled activities!

為進一步推廣公平競賽，香港運動禁藥委員會將於第55屆體育節開幕活動中設置攤位。趕快在你的日曆記下2012年3月18日，並親身到香港體育館參與我們趣味豐富的活動吧！

Case study

模擬個案

Bill is highly dedicated to his sport and trains hard for every competition. Like most athletes, he actively seeks every means that could possibly help him to gain an edge over his opponents.

There was nothing wrong until he decided to use supplement obtained over the internet.

He visited a website that offers supplement for athletes and bodybuilders. He was careful enough to check the list of ingredients before making the order. Nevertheless, his sample collected at a competition returned with positive result.



What has gone wrong?

Methylhexaneamine (MHA) was found in his sample. The prohibited substance can be named differently. Bill was not careful enough to aware that the supplement actually contains MHA. Under the strict liability principle, he was sanctioned for the positive test. In fact, MHA has caused positive tests in over 70 athletes across the world.

Warning on MHA and other substances

HKADC has issued a warning on MHA as early as in December 2010. Athletes and their support personnel should always take these warnings seriously. A collection of similar warnings could be readily found in the Advisory Notes section posted on HKADC's website.

New information on MHA

Despite it was generally agreed that geranium oil contains MHA, latest research reverses the belief. It is possible that the use of the name Geranium in some supplements is only a marketing ploy. Excessive MHA can be dangerous to your health as well. Two American soldiers collapsed and died during fitness training in 2011. MHA was found in their bodies during autopsies.

Lessons learnt

1. Always seek professional advice before taking any supplement.
2. Only use supplement from renowned suppliers. Obtaining supplement from internet could be dangerous.
3. Read and re-visit HKADC's warnings as collected in the Advisory Notes.

Bill對其運動項目極投入，並為每個比賽都刻苦訓練。跟很多運動員一樣，他積極尋求一切令他優勝於對手的方法。

一直都相安無事，直至他決定服用在互聯網上獲得的補充劑

他瀏覽一個專為運動員和健美選手提供補充劑的網站，他已經在購買補充劑前小心檢查所含成份，可是在一個賽內藥物檢測中，他的樣本呈陽性結果。

發生了什麼問題？

他的樣本被驗出含有甲基己胺Methylhexaneamine(MHA)，這種被禁物質可被標籤為不同的名字。Bill並沒有細心留意到該補充劑原來含有MHA。根據嚴格責任原則，Bill因為其陽性的藥物檢測結果而被處分。而事實上，MHA已令世界各地超過70名運動員的樣本呈陽性結果。

對MHA和其他物質的忠告

香港運動禁藥委員會早於2010年12月發出對MHA的忠告，運動員和他們的支援人員應該經常認真注視這些忠告。一系列的類似忠告可以隨時在香港運動禁藥委員會網頁上的「重要忠告」一欄中找到。



MHA的最新資訊

儘管大家普遍認為天竺葵油含有MHA，但最新的研究卻推翻此想法，並相信部份補充劑使用天竺葵的名稱僅是一種營銷策略。同時，過量攝取MHA可以危害健康，在2011年，兩名美軍在體能訓練期間暴斃，解剖後發現他們的體內含有MHA。

教訓

1. 在服用任何補充劑前，應尋求專業的建議。
2. 只使用由信譽良好供應商提供的補充劑，從網上購買補充劑風險較高。
3. 細閱和重溫香港運動禁藥委員會在「重要忠告」欄內的忠告。

Athletes should remain vigilant amid the launch of the labelling and package insert regulation on Chinese medicines

運動員切勿因中成藥標籤及說明書法例條文生效而掉以輕心

In the last issue of TrueSelf, we discussed the risk of inadvertent doping concerning supplement and Chinese medicine (CM). Whereas, new regulations introduced by the HKSAR government requiring all proprietary CMs sold in Hong Kong to have a proper label and package insert came in full force in December 2011.

The new regulations may better protect the public who decided to use CM. Nevertheless no extra protection against inadvertent doping was rendered for the athletes. It is important for athletes to remain vigilant before considering using supplement and CM.

在上一期的TrueSelf，我們探討過服用補充劑及中藥而導致誤用運動禁藥的風險。與此同時，要求所有在香港銷售的註冊中成藥，必須加上標籤及附有說明書的「中成藥標籤及說明書法例條文」在2011年12月起正式生效。

新的中成藥條例可以加強保障採用中成藥的市民，但卻不能額外保障運動員避免誤用運動禁藥。因此，運動員在考慮服用補充劑及中藥前，仍應時刻保持警惕。

New education pamphlets coming soon!

最新的教育小冊子快將出版

To extend our education efforts, HKADC will launch two additional education pamphlets on 'Result Management – Positive Test' and 'Blood Testing' respectively in late-March.

The pamphlet on Result Management features areas that concern the result management on positive cases and highlights specifically what athletes should do to protect their best interests if they are asserted with an anti-doping rule violation. The other pamphlet on Blood Testing outlines the blood testing process, a NEW testing initiative to be launched by HKADC in 2012. The information helps athletes to understand and better prepare for the new process.

Together with the previously published education pamphlets, the complete set of education pamphlets will cover 9 topics that provide important information and tips on anti-doping issues to the local sport community. Electronic copies of the pamphlets are available via the HKADC website. Individuals who are interested to obtain hard copies or any other anti-doping education materials may contact HKADC for arrangement.

為進一步擴展我們的教育服務，香港運動禁藥委員會將於三月下旬，推出兩份全新，分別名為「結果管理 – 陽性檢測結果」及「血液檢測」的教育小冊子。

「結果管理 – 陽性檢測結果」主要介紹檢測結果呈陽性時的結果管理程序，並重點說明當面對任何違反運動禁藥管制規條的指控時，運動員如何得以保障個人的最大利益。至於另一份小冊子「血液檢測」，則概述了血液檢測程序。由於香港運動禁藥委員會將於2012年度推行全新的血液檢測，小冊子可以幫助運動員認識有關檢測程序，並為此作好準備。

連同過往出版的教育小冊子，整套教育小冊子包含9個主題，並為本地體育界提供有關運動禁藥管制的資訊和提示。香港運動禁藥委員會的網站已載有小冊子的電子版本。個別人士如有興趣索取印刷版的小冊子或其他運動禁藥管制的教材，歡迎聯絡香港運動禁藥委員會。

Q&A 考考你

Which of the following(s) is/are the mean(s) of updating whereabouts?
下列那項方法可用作更新行蹤資料?

- | | |
|------------------------|---------------------------|
| (a) ADAMS 運動禁藥管制行政管理系統 | (d) Voicemail 電話錄音 |
| (b) Fax 傳真 | (e) E-mail 電郵 |
| (c) SMS 短訊 | (f) All of the above 以上全部 |

Answer: (f)