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Therapeutic Use Exemptions: Principles and Practice

WADA TUE Symposium, Paris 2014

Dr. Alan Vernec
Medical Director, World Anti-Doping Agency



Sport, Anti-Doping and the Prohibited List



Therapeutic Use Exemption (TUE)

Some athletes have legitimate medical conditions requiring the use of prohibited medications or methods



The TUE and Fair Play

- **The TUE process was created to ensure that athletes with medical conditions may compete in sport**
 - **It should not confer an advantage to the athlete**
 - **Concern that a TUE could be a “back-door” way to cheat**
-



“Athletes abusing doctor’s note system to benefit from banned drugs”



Travis Tygart, USADA

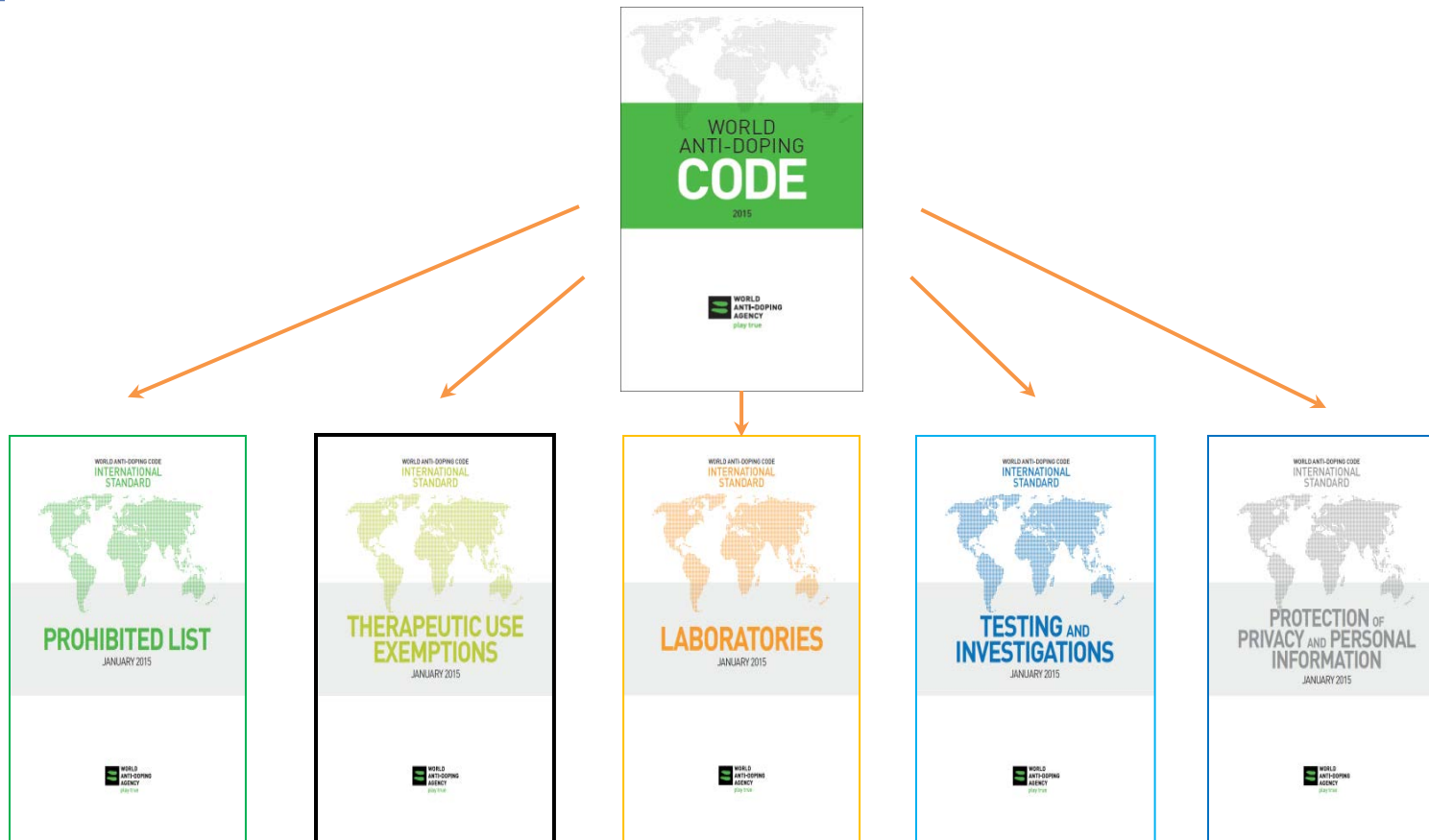
“TUEs are a ripe area for people to try to get around the rules and take banned substances without testing positive.”



“Medical Exemption”

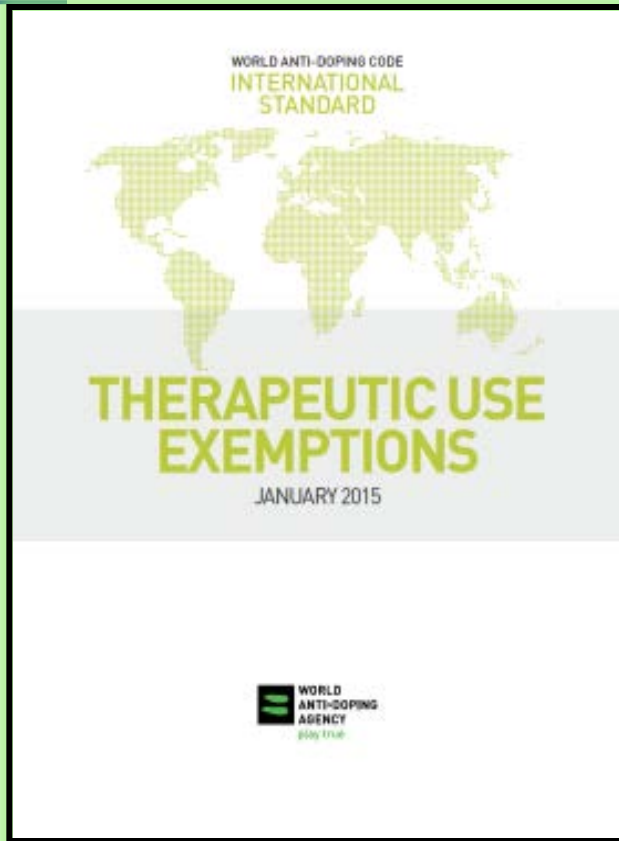
Medical Exemption to Cheat?

World Anti-Doping Code and International Standards



4.1 of ISTUE:

- a. **The absence of treatment would cause a significant impairment to the athlete's health**
- b. **Treatment will produce no performance enhancing effect, other than the return to the athlete's normal state of health**
- c. **There is no reasonable permitted therapeutic alternative**



Medical Information to Support the Decisions of TUECs

Asthma



ASTHMA

I. Medical Condition

Introduction

Asthma is a syndrome of the respiratory airways typified by recurrent episodic symptoms associated with variable airway obstruction that is reversible either spontaneously or with treatment, the presence of airway hyperresponsiveness and chronic airway inflammation. There is a high prevalence of these features in active competitive athletes, often in the form of exercise-induced asthma (EIA) or exercise-induced bronchoconstriction (EIB). Exercise induced asthma (EIA) may be defined as a transient airway narrowing induced by exercise in an individual with asthma while exercise induced bronchoconstriction (EIB) represents reduction in lung function only after exercise, even in the absence of a previous asthma diagnosis (reference 5).

As of January 01, 2010, salbutamol and salmeterol, when taken by inhalation and in therapeutic doses, were removed from the Prohibited List. Hence, a TUE is not required. As of January 01, 2012, inhaled formoterol up to a maximum dose of 36 micrograms over 24 hours is no longer prohibited. If a delivered dosage in excess of 36 mcg/day is legitimately required by the athlete, then a TUE must be requested (see Annex 1 for more information on formoterol).

Much of the following information and testing requirements only pertain now to alternate beta-2 agonists, e.g. terbutaline, procaterol and for inhaled dosages of formoterol in excess of 36 micrograms. Despite the fact that some beta-2 agonists have been removed from the Prohibited List, it is recognized that others are not allowed.

ALL NEWS

NEWS

September 16, 2014



The WADA Interview: Dr. Kim Chong

NEWS

September 16, 2014

WADA pays tribute to Bengt Saltin

NEWS

September 11, 2014



WADA extends deadline for ADAMS Stakeholder Feedback

FEATURED TOPICS



2015 Code Implementation



World Anti-Doping Programme

THERAPEUTIC USE EXEMPTION GUIDELINES

Version 6.0 January 2012

USEFUL LINKS

Therapeutic Use Exemptions Laboratories



THE CODE

The World Anti-Doping Code is the document that brings consistency to anti-doping rules, regulations and policies worldwide.

- Read more about the Code
Download the Code
Read more about International Standards



THE PROHIBITED LIST

Updated annually, the List identifies the substances and methods prohibited to athletes in- and out-of-competition.

- Read more about the Prohibited List
Download the Prohibited List

USEFUL LINKS

Therapeutic Use Exemptions Laboratories

POPULAR Q&A ALL Q&As

What are the differences between the Haematological and the Steroidal Modules?

NEXT EVENTS ALL EVENTS

SEP 20 2014 WADA Executive Committee Meeting



ISTUE 2015

ADO Jurisdiction and TUE Recognition

- **National Anti-Doping Organization**
- **International Federation**
- **Major Event Organizer**

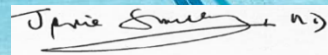


Dr. John Landis;
446 Cunningham Rd;
Hamilton, Ontario

December 18, 2013
Reference: Arthur Vandalay

Mr. Vandalay is a 20 year old student at McMaster University. He is a high level athlete and has ADHD, a chronic medical condition.

His symptoms are well managed with Adderall 10 mg. 3 times/ day. Mr. Vandalay needs his medication to function at school.



J.R. Landis, M.D. FRCP; 84-432

Quality TUEs

Include sufficient information to support the diagnosis

- **Physician notes**
- **Laboratory and/or test results**
- **Imaging studies**

Dueling Perspectives?

Treating Physician

My patient has a medical condition and this is the medication that he needs

TUE-C Physician

I must uphold the concept of fairness in sport. Convince me why this athlete should be exempted from the rules



TUE Recognition in ADAMS



IFs and MEOs may recognize TUEs

A screenshot of a software interface window. At the top left, there is a label 'Date Documents Received' above a text box containing '04-Jan-2014'. To the right of this is a yellow button labeled 'TUE Recognition', with a red arrow pointing to it from the text above. Further right are two more labels: 'Effective Date*' above a text box with '05-Jan-2014', and 'Rejection Date' above an empty text box. Below these are two larger text areas: 'Recognized by organizations' and 'Additional notes', both with empty input fields. The window has a light blue border and a small close button in the bottom right corner.

ADAMS and Automatic Recognition

TUE Automatic Recognition

[SHORTNAME] Automatically Recognizes TUEs Approved by the Following Organizations: [add organization](#)

Filtered by:

Name	Roles Sports	Country	Groups	Effective Date
AFG - Afghan Taekwondo Federation	NF - ADO Taekwondo Taekwondo	AFGHANISTAN	select All athletes ▾	2014-03-12 <input type="checkbox"/>
AIBA - International Boxing Association	IF - ADO Boxing WSB Boxing - Boxing		select All athletes ▾	2014-03-30 <input type="checkbox"/>
ALB-TK - Albanian Taekwondo Federation	ADO - NF Taekwondo Taekwondo	ALBANIA	select All athletes ▾	2014-04-14 <input type="checkbox"/>

The Following Organizations Automatically Recognize TUEs Approved by [SHORTNAME]:

Filtered by:

Name	Roles Sports	Country	Groups	Effective Date
No records found.				

Activities(4)

Filtered by:

Activity	Type	Posted by	Last updated	
IAAF added Automatic Recognition for UKAD's	creation	zorb, user	27-Aug-2014 21:20 GMT	+
IAAF added Automatic Recognition for NADB's	creation	zorb, user	06-Aug-2014 14:11 GMT	+
IAAF deleted Automatic Recognition for NADB's	deletion	zorb, user	06-Aug-2014 14:11 GMT	+
IAAF added Automatic Recognition for NADC's	creation	zorb, user	06-Aug-2014 14:07 GMT	+

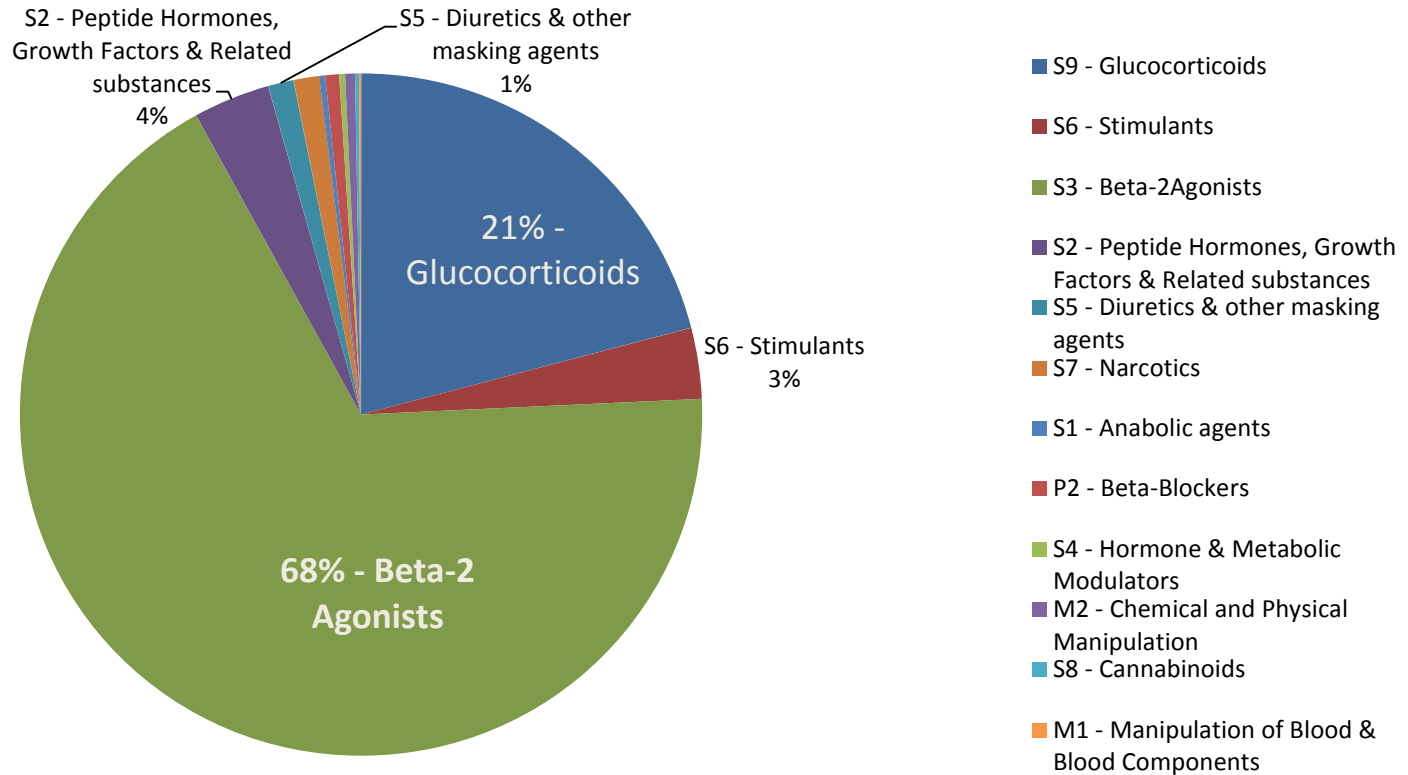
TUEs Automatic Recognition Deletion

From now on, your organization will no longer automatically recognize all TUEs approved by [organization short name].

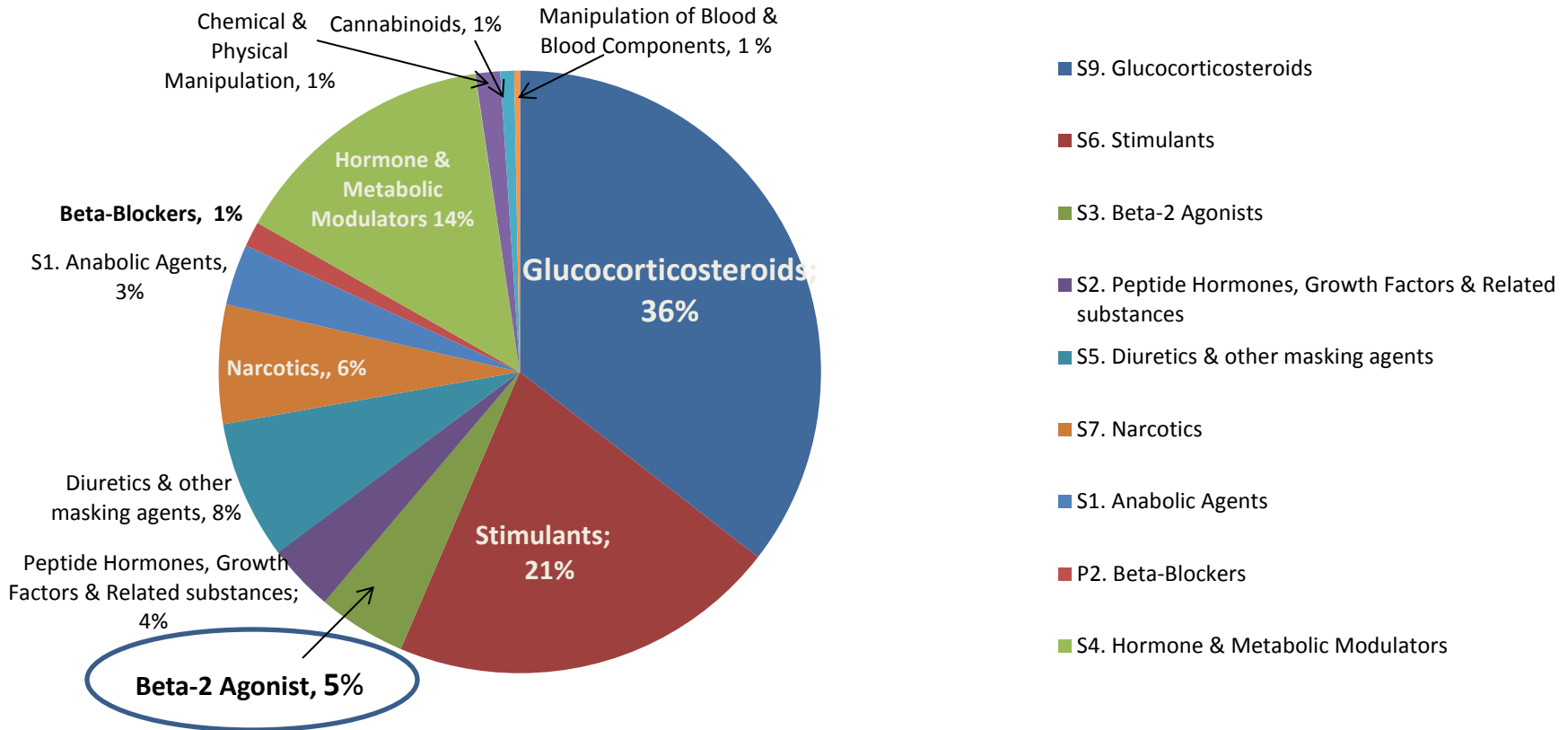
TUEs already recognized by your organization will not be affected.



ADAMS: TUEs by Substance Class 2009



ADAMS: TUEs by Substance Class 2013



Quality TUEs

Resources:

- ISTUE
- TUE Guidelines
- TUE Physician Guidelines

Engage



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Thank you! Merci!
