



Preserving. Inspiring. Protecting.



TrueSport™

The Realities of TUE Policy Implementation within a Diverse Athlete Population

Matthew Fedoruk, Ph.D.

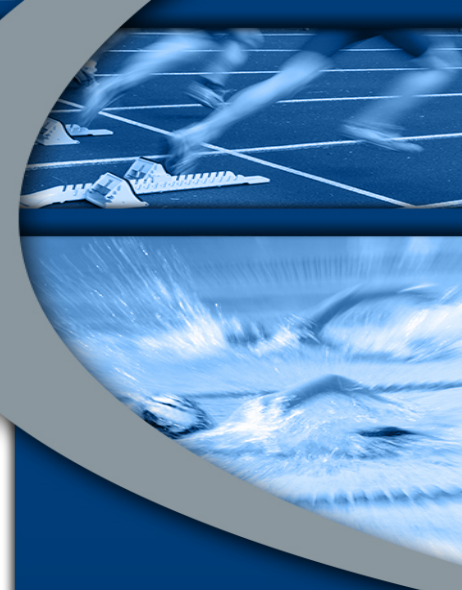
WADA TUE Symposium 2014, Paris

Diverse Athlete Population

2013 By the Numbers

81	Sports tested
4,640	Athletes tested
6,037	Out-of-competition tests conducted
3,160	In-competition tests conducted

**19 Expert Physicians
USADA TUEC Committee**



U.S. Anti-Doping Agency

TUE Applications Processed 2013

TUE Applications Processed Grouped according to Outcome and Granting Authority

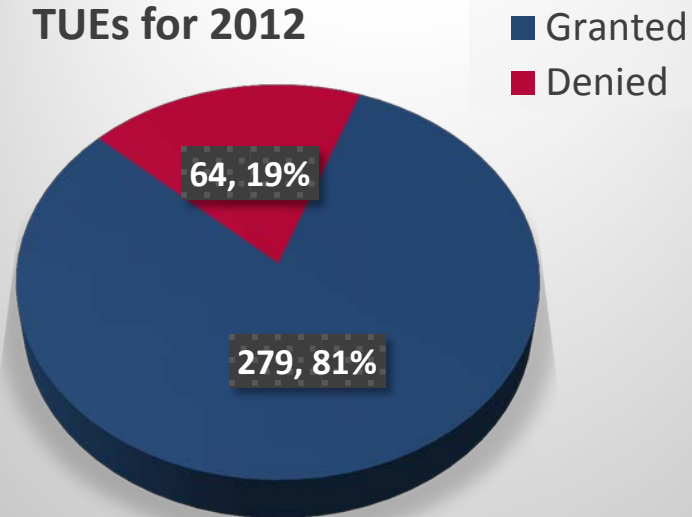
OUTCOME	IF	USADA	TOTAL
TUEs Granted	43	236	279
TUES Denied	6	45	51
Returned*	23	147	170
Decision Pending	3	2	5
Unknown Authority of TUE**	0	0	3
Grand Total	75	430	508



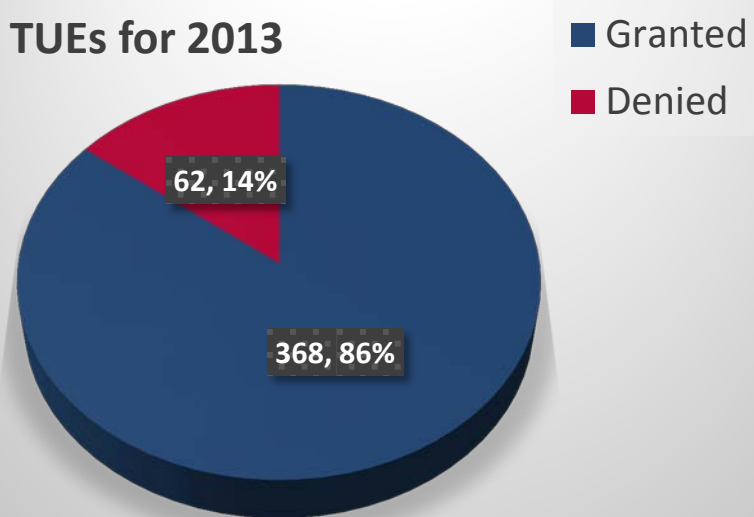
U.S. Anti-Doping Agency

TUEs Granted and Denied

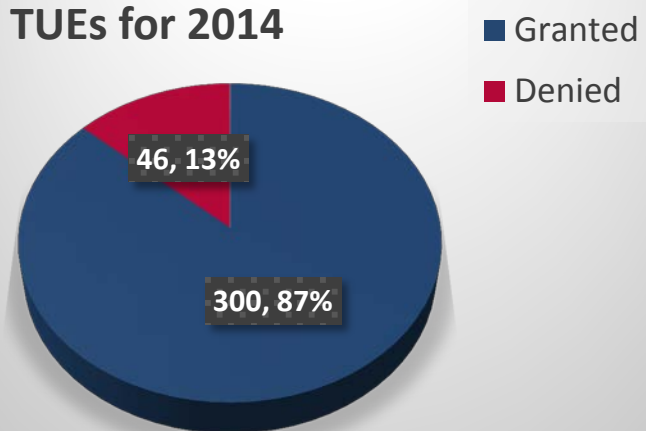
TUEs for 2012



TUEs for 2013

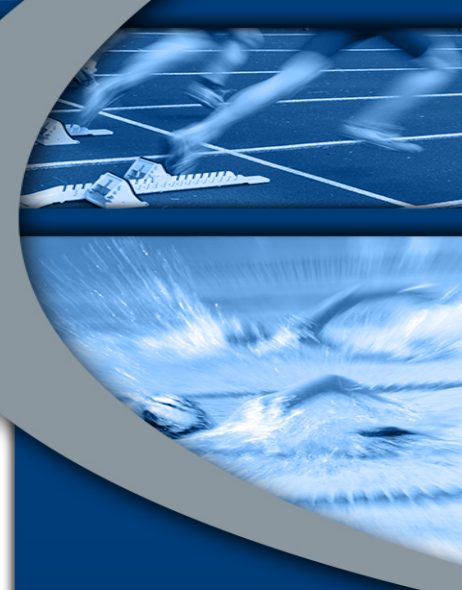
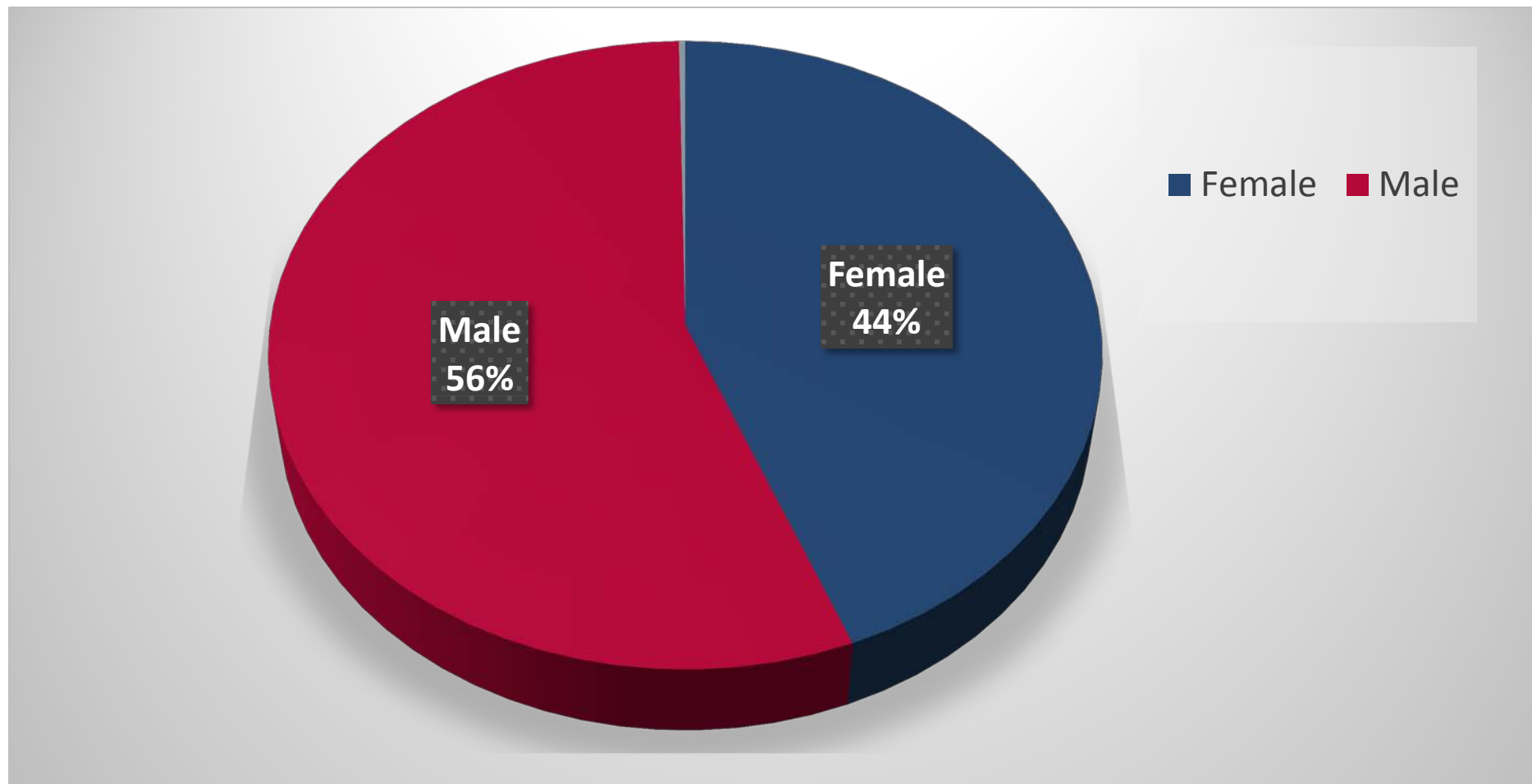


TUEs for 2014



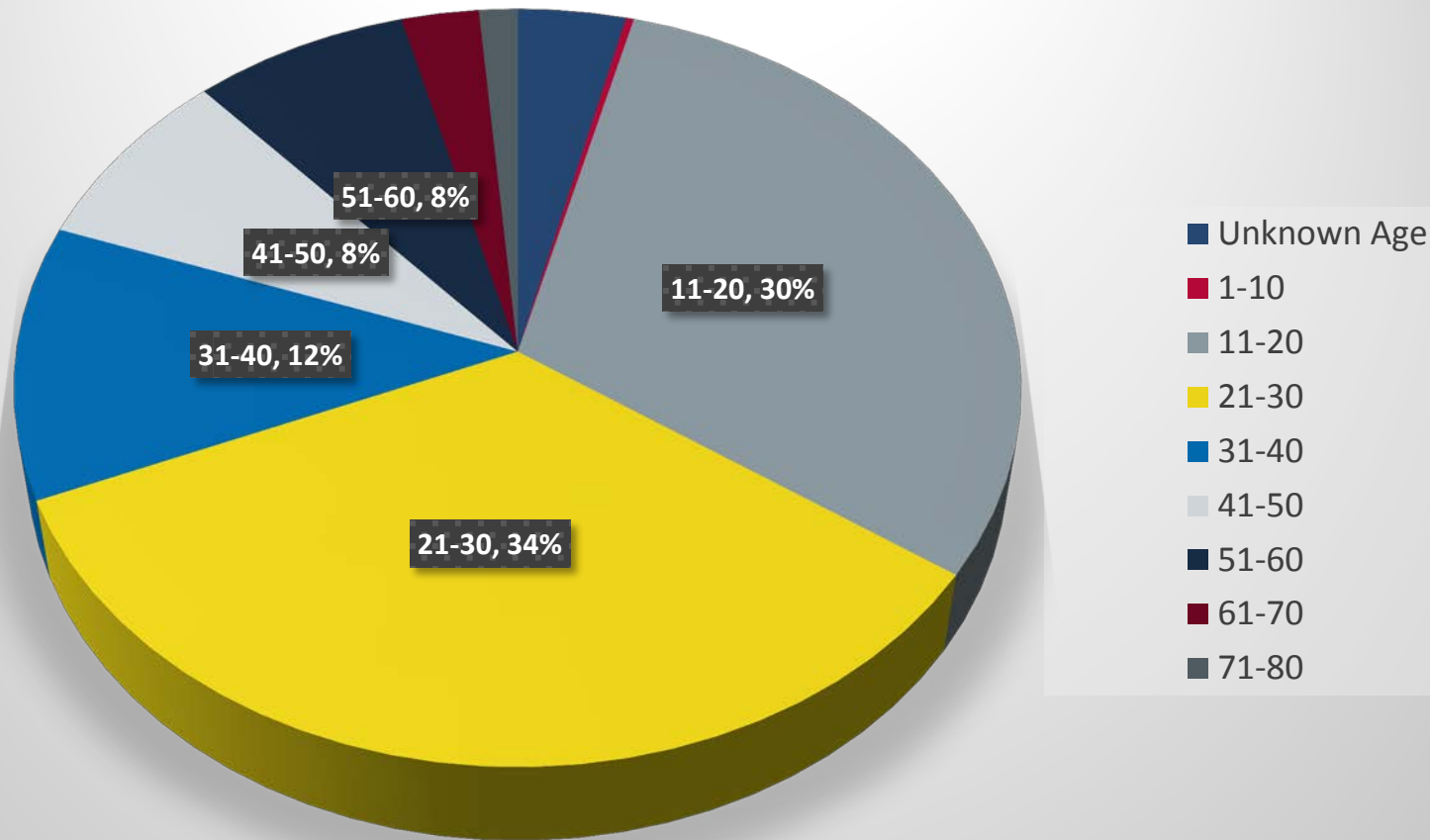
U.S. Anti-Doping Agency

TUEs Granted in 2013 by Gender



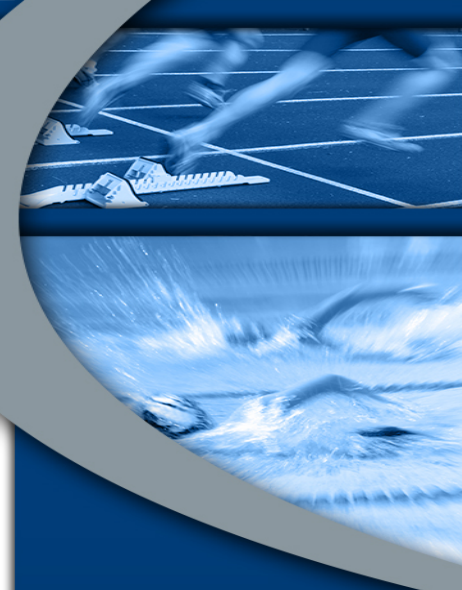
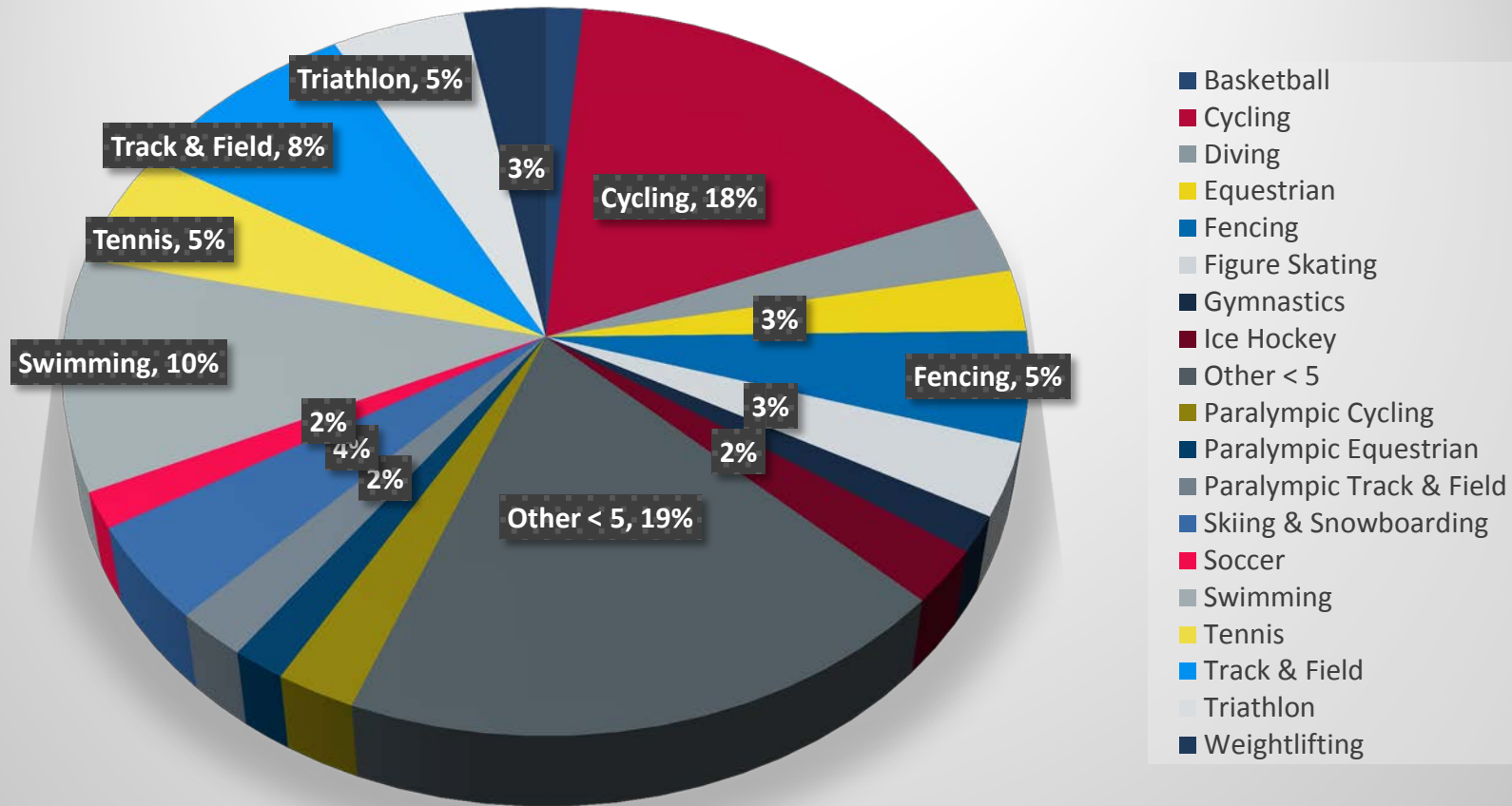
U.S. Anti-Doping Agency

TUEs Granted in 2013 by Age



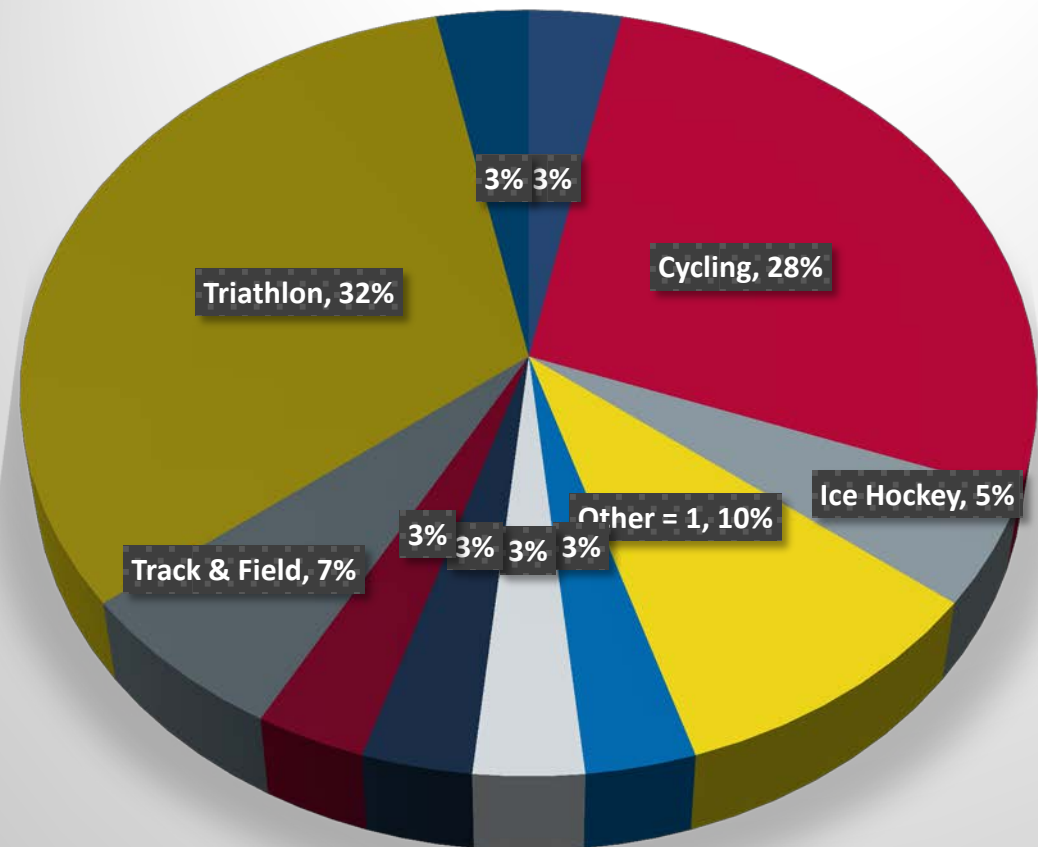
U.S. Anti-Doping Agency

TUEs Granted by Sport 2013

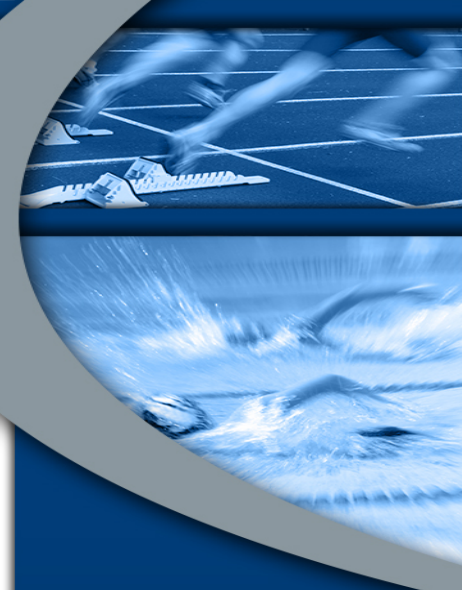


U.S. Anti-Doping Agency

TUEs Denied by Sport 2013

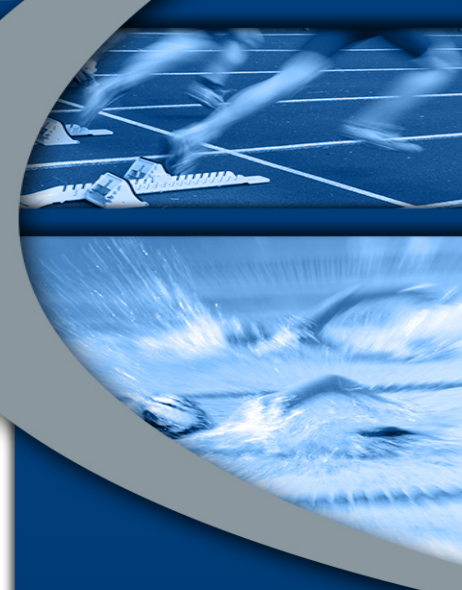
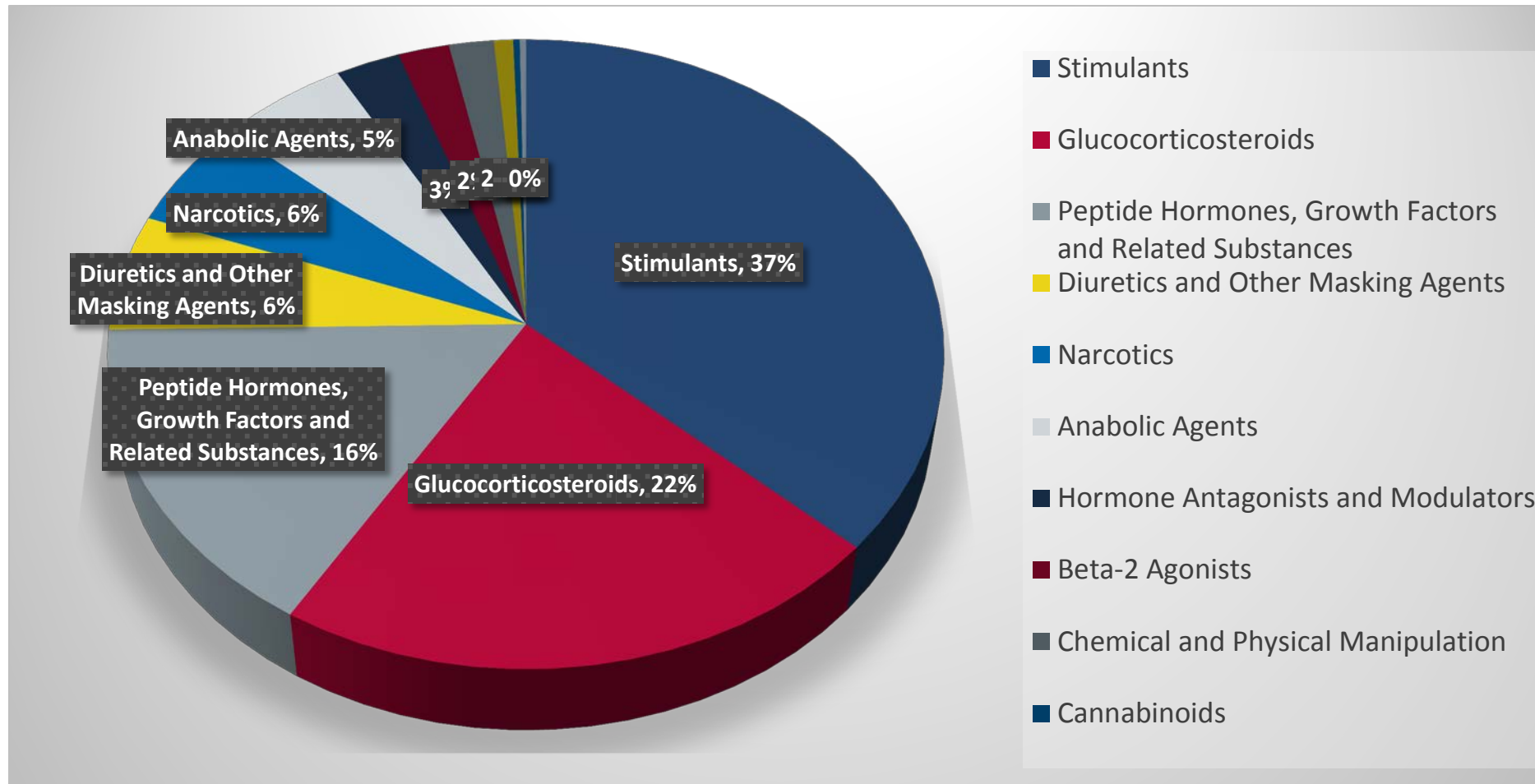


- Archery
- Cycling
- Ice Hockey
- Other = 1
- Paralympic Rowing
- Paralympic Track & Field
- Paralympic Triathlon
- Skiing & Snowboarding
- Track & Field
- Triathlon
- Wrestling



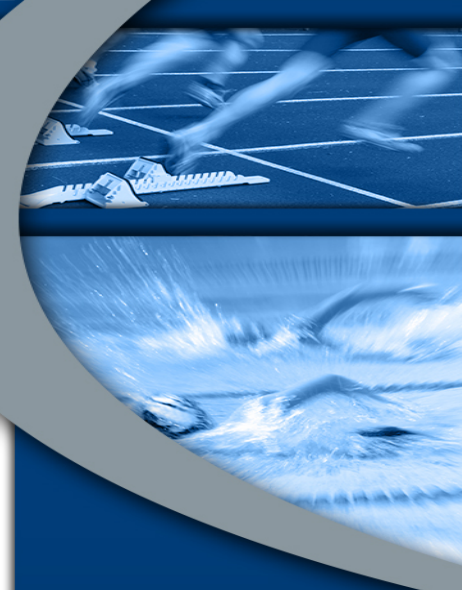
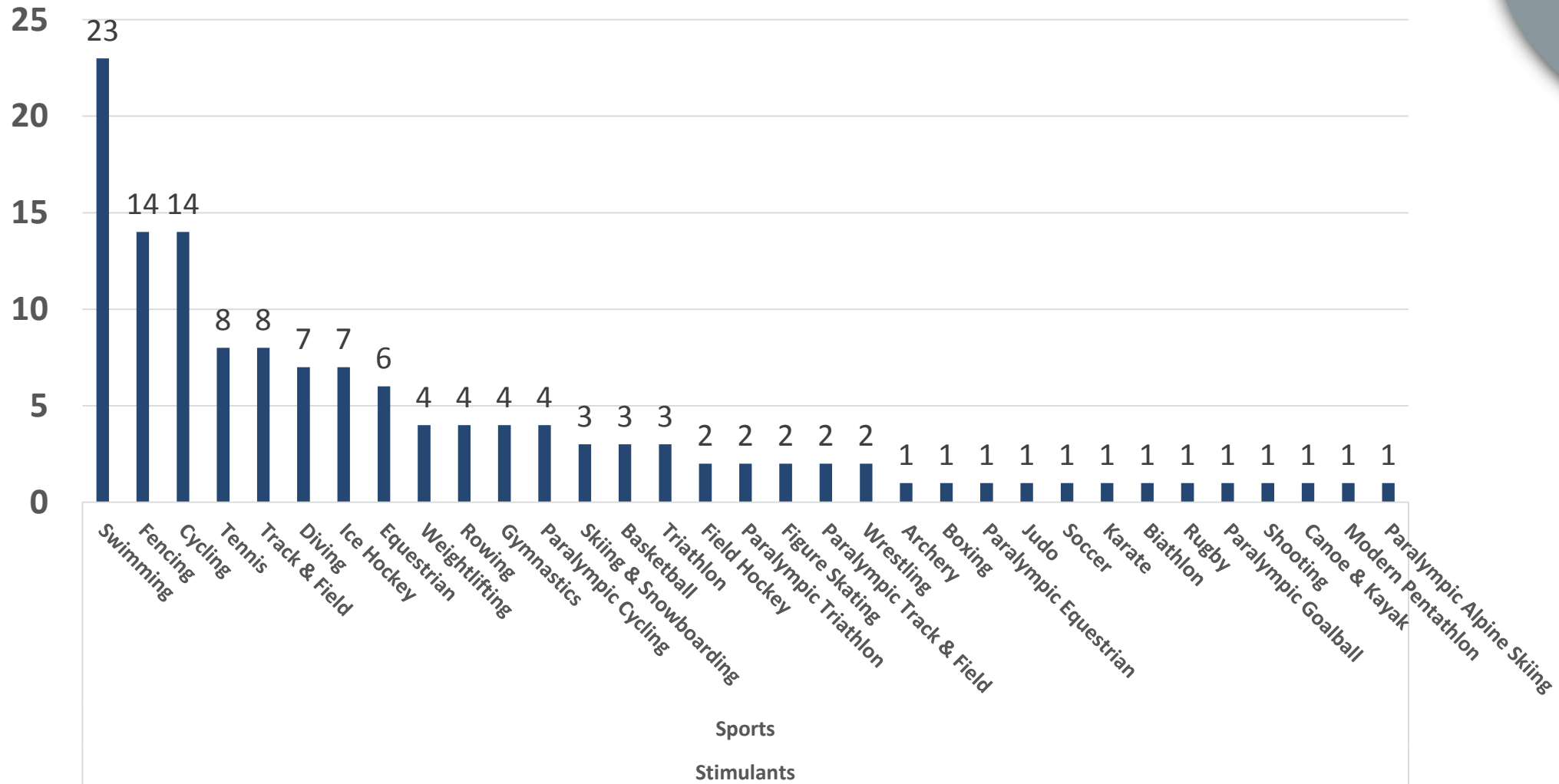
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Total TUEs Granted in 2013 by WADA Classification



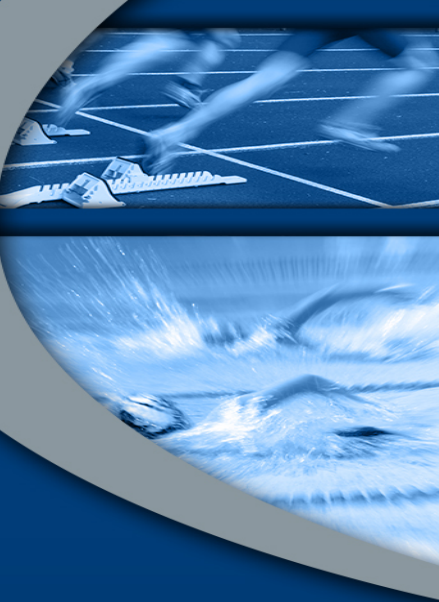
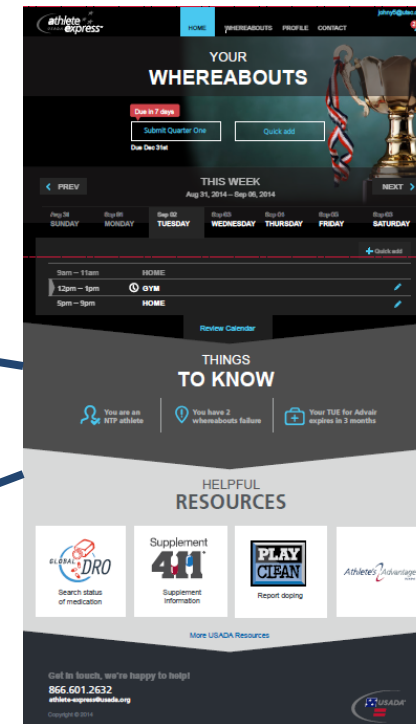
U.S. Anti-Doping Agency

Top Sports for Stimulant TUEs 2013



TUE Education = Drug Reference Resources

- Drug Reference - TUE Process, Global DRO, Supplement 411, Drug Reference Line
- Mandatory education for athletes, coaches and health professionals
- Online & In-person
- Health Pro Portal & CME credits
- TUE information through Athlete Express Application



USADA TUE Portal



About Testing Substances Science News Resources Services Athletes

Therapeutic Use Exemptions (TUEs)

In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's Prohibited List. USADA can grant a Therapeutic Use Exemption (TUE) in these situations in compliance with the World Anti-Doping Agency International Standard for TUEs. The TUE application process is thorough and designed to balance the need to provide athletes access to critical medication while protecting the rights of clean athletes to compete on a level playing field.



Determine if you need a TUE



Apply for a TUE



TUE Questions



USADA TUE Policy

Read USADA's full Therapeutic Use exemption Policy and download the PDF.

[Learn More](#)



WADA ISTUE

USADA's TUE Policy is compliant with the WADA International Standard for Therapeutic Use Exemptions.

[Learn More](#)



USADA Wallet Card

A quick reference summary of prohibited and permitted substances under the WADA Prohibited List. *(hard copies are available for request)*

[View PDF](#)

Surgery Checklist

When preparing for surgery always keep your immediate health and safety at the forefront of all decisions, and make all important decisions between you and your doctor, however there are some important anti-doping considerations that should be considered in preparation for surgery.



[View Information](#)

Useful Links

- Therapeutic Use Exemptions (TUEs)
- Determine If You Need a Therapeutic Use Exemption (TUE)
- Apply For A Therapeutic Use Exemption (TUE)
- USADA Therapeutic Use Exemption Policy
- Therapeutic Use Exemptions (TUEs) Frequently Asked Questions (FAQs)
- Surgery Checklist
- Global DRO
- Drug Reference Phone Line
- WADA Prohibited List

Contact USADA's Drug Reference Team

Phone: 719.785.2000 (option 2)
Email: Use the form below

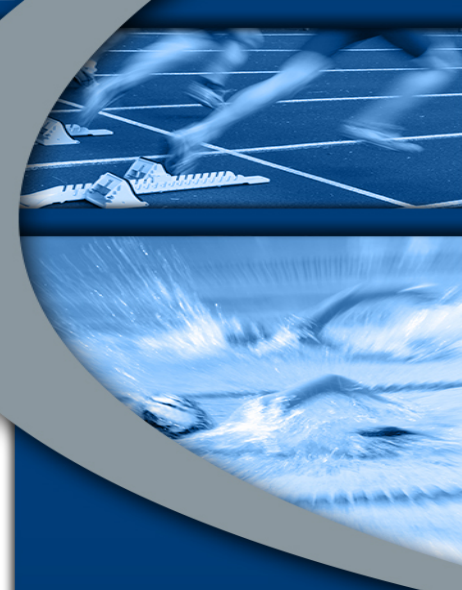
Your Name

Your Email

Your Message

Input this Code **F K U F**

[Send](#)



U.S. Anti-Doping Agency

Athlete-Physician Checklists



Preserving the integrity of competition. **Inspiring** true sport. **Protecting** the rights of athletes.

Documentation to support a Therapeutic Use Exemption Application for Stimulants to treat ADD/ADHD

Essential supporting documents

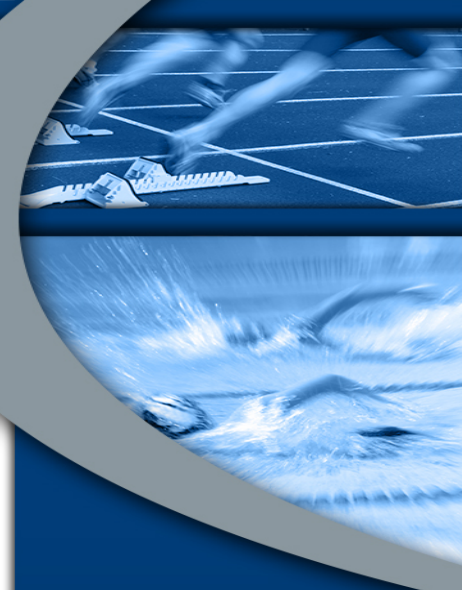
- A completed, and legible TUE application form
- A clinical record of the onset of symptoms, and copies of the consultation notes leading to the present diagnosis addressing the criteria set forth in the DSM IV or ICD-10.
- Other primary medical records, including medical progress notes, school special education evaluations, etc.
- Second expert opinions for diagnoses made in young adults, if available.
- Current mental status evaluation
- General medical history including other diagnoses and medications
- At least two reports describing behavior and symptoms in multiple realms, and over time (home, work, school, sport, athlete's own personal perspective, etc.). One report should be generated by the Athlete applying for the TUE. The other report should be by someone who knows the athlete well (a parent, teacher, supervisor, etc.).

Additional supporting documentation that may be useful (but are not essential)

- Standardized testing results. If they are available they may be submitted, but they are not essential. Similarly IQ testing is not required.
- Prior attempts to manage the condition with permitted medications. If trials have been conducted using atomoxetine or bupropion, this information is very useful and supportive of the TUE application. However, USADA will consider your TUE application in the absence of such a trial.
- Description of attempts at using behavior modification therapy.
- Family Psychiatric history

Duration: Any athlete on prolonged therapy with stimulant should provide evidence of annual review by a specialist in the management of ADD/ADHD.

Cautionary matters: Drugs to manage ADHD can have cardio-vascular side-effects. It is recommended that clinical parameters of this system (blood pressure, heart auscultation, ECG, etc.) are monitored and included in the TUE application.

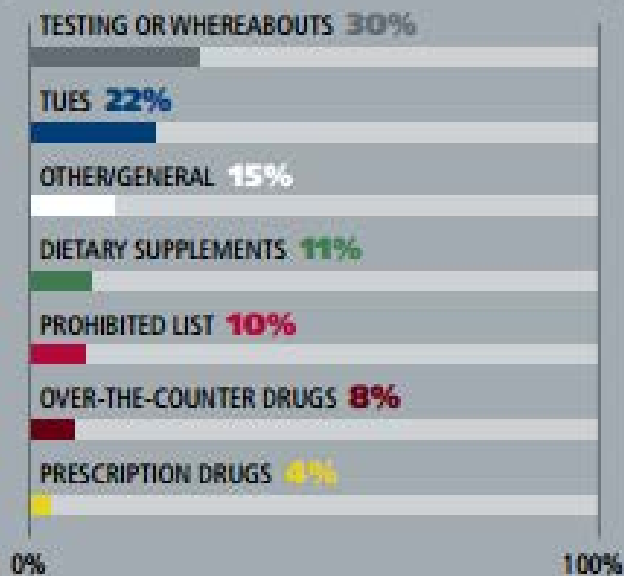


U.S. Anti-Doping Agency

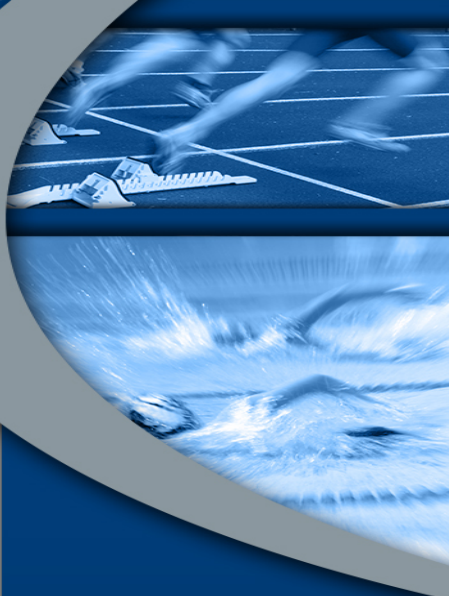
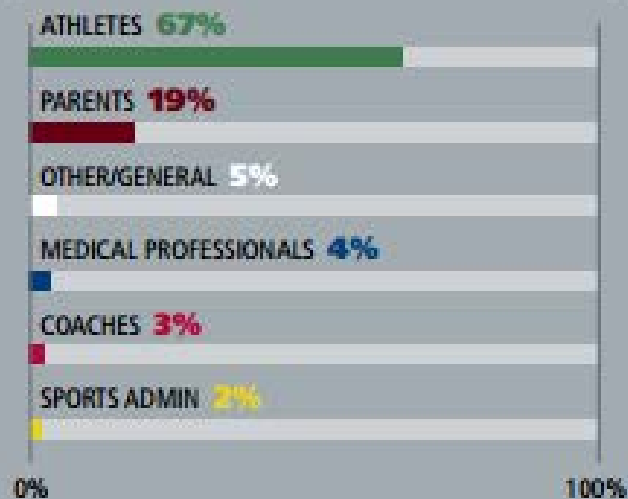
Athlete's questions about the TUE process

Athlete Express Phone Service



Calls By Topic:




Calls By User Type:



U.S. Anti-Doping Agency



GLOBAL DRO HOME | UNITED STATES DRO HOME | SEARCH | FAQs | ? HELP




Easily accessible information for American athletes.

WELCOME

Global Drug Reference Online (Global DRO) provides easily accessible and accurate information on the status of specific pharmaceutical products for use in the US, Canada, Japan and United Kingdom. Some over-the-counter medicinal products are also included in the database.


The status of the pharmaceuticals reflects the current WADA Prohibited List and applies ONLY to the formulations used in your specified country. Formulations of medications sold overseas MAY be different. If Global DRO shows a medication is prohibited you may use this medication only after the approval of a TUE.

Global DRO does not contain information on, or that applies to, dietary supplements or homeopathic products. If you have questions regarding a dietary supplement, please consult: www.supplement411.org or contact USADA.

 **DRUG SEARCH**


TOP FIVE SEARCHES

- CANNABIS
- PHENYLEPHRINE
- CAFFEINE
- ADDERALL 12.5MG TABLET
- SUDAFED 12 HOUR 120MG CAPLET

 www.globaldro.com

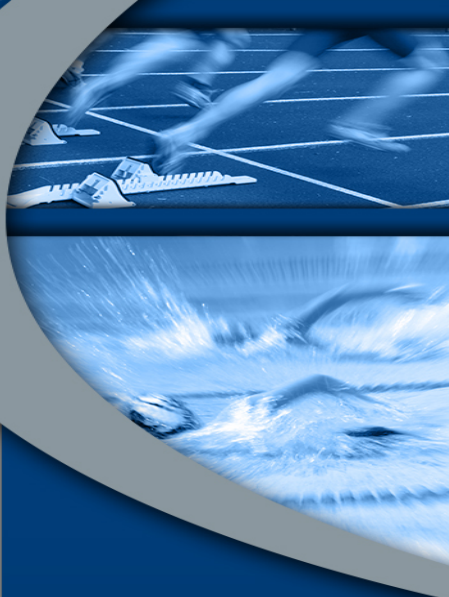
Now optimized for use on your phone.

BE THE VOICE FOR THE RIGHT CHOICE

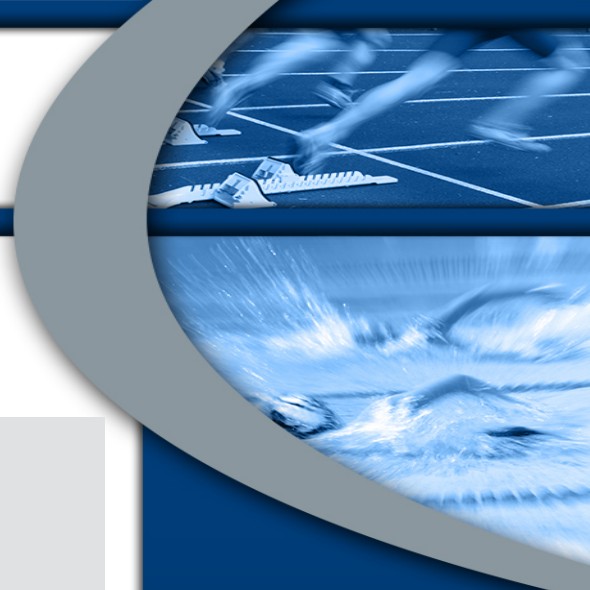


[U.S. Anti-Doping Agency]

1-877-Play Clean (1-877-752-9253)
Play Clean Tip Line



Global DRO



TOP 10 MOST COMMON Searches on Global DRO

USADA

Albuterol
Creatine
Prednisone
Adderall
Sudafed
Caffeine
NyQuil
Testosterone
Tylenol
Ibuprofen

UKAD

Lemsip
Sudafed
Salbutamol
Ibuprofen
Paracetamol
Creatine
Lemsip Max
Beechams
Ventolin
Benylin

CCES

Acetaminophen
Clenbuterol
Pseudoephedrine
Tylenol
Advil
Creatine
Cold fx
Tylenol Cold
Clenbuteral
Ventolin

JADA

Bufferin
Pabron
Prednisolone
Kakkonto
Meptin
Ephedrine
Diclofenac
AdoAir
Loxoprofen
Caffeine



U.S. Anti-Doping Agency

Supplement 411

Supplement

411[®]

Of the supplements USADA tested in collaboration with the DoD:

47%
ANABOLICS

STIMULANTS
53%



ROUGHLY HALF
of the Supplements
TESTED
were positive for
STIMULANTS
and the other half for
STEROIDS

23%
NOTHING
DETECTED

POSITIVE
77%



3 OUT OF 4
of the Supplements
TESTED
were positive for a
PROHIBITED
SUBSTANCE




Supplement 411 High Risk List				
Only the website version of this list is valid, and only on the day accessed. If you are viewing a saved or printed version of this page then you are viewing an out-dated, invalid High Risk List.				
Brand Name ↑	Company	What the label says	Prohibited List Classification	Comments
1-Andro	Iron Mag Labs	The Supplement Facts panel lists 1-Androstene 3b-ol, 17-one	Anabolic Agents	The product lists one or more prohibited substance on the label. 1-Androstene 3b-ol, 17-one is also known as 1-Androsterone or 1-DHEA.
17 Diol Prohormone	Sports One Nutrition	The Supplement Facts panel lists ephthio-17(a)-methyltiocholanol and methylsyneprine	Anabolic Agents	The product lists one or more prohibited substances on the label.
Absolute Fuel	Biosciences Institute Inc.	The Supplement Facts panel lists citrus aurantium	Stimulants	Testing revealed the presence of oxlofrine (also known as methylsyneprine). The product label also includes a warning for athletes to consult their sport organization for restrictions on the use of dietary supplements.
Adipo X	Axis Labs	The Supplement Facts panel lists Advantra Z (citrus aurantium 30%)	Stimulants	Testing of Lot 50003615 revealed the presence of octopamine. Citrus aurantium (also known as bitter orange) is a plant source of syneprine (in the monitoring program, but not prohibited) and octopamine (a prohibited stimulant).



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U.S. Anti-Doping Agency Athlete: Username Password [Login](#) [Login Help](#) TrueSport [f](#) [t](#) [YT](#)

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Health Professional Resources

As health professionals, who care for athletes, you are a vital component in the bigger picture of preserving the integrity of competition and the core principles of true sport. Athletes and support personnel depend on health professionals to help guide them in making good decisions. Understanding anti-doping rules is essential to ensuring success in program compliance, and clean competition.


HealthPro Advantage

HealthPro Advantage is USADA's online portal dedicated to health and medical professionals. It is our goal to deliver practical, valuable, and directly applicable knowledge, specific to you as a health professional, which will guide your work with high-performance athletes.

The tutorial was used in preparation of the 2014 Sochi Winter Olympic and Paralympic Games for the U.S. teams and is currently being developed further so that it may be used on a broader basis. Please check back for updates with HealthPro Advantage.




[Important Healthcare Related Links](#)



Substances

USADA's substances & methods main page for information on medication, TUEs, supplements and prohibited substances.

[Click Here](#)




Check Medication

Therapeutic Use Exemptions

Determine if a TUE or medical exemptions is needed for the use of prohibited substances.

[Click Here](#)




Supplement 411

Dietary Supplements

Understand the issues associated with dietary supplement products and learn to reduce risk.


[Click Here](#)



Check Medication

Use Global DRO to check the prohibited status of generic and name brand medications online.

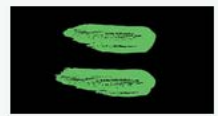
[Click Here](#)



Speak to an Expert

USADA's drug-reference phone line provides an expert during business hours to discuss drug information.


[Click Here](#)



WADA Prohibited List

The WADA Prohibited List outlines the substances and methods prohibited in sport.


[Click Here](#)



Ask The Scientists

USADA's science team answers some important questions related to substances, methods and the effect on anti-doping.

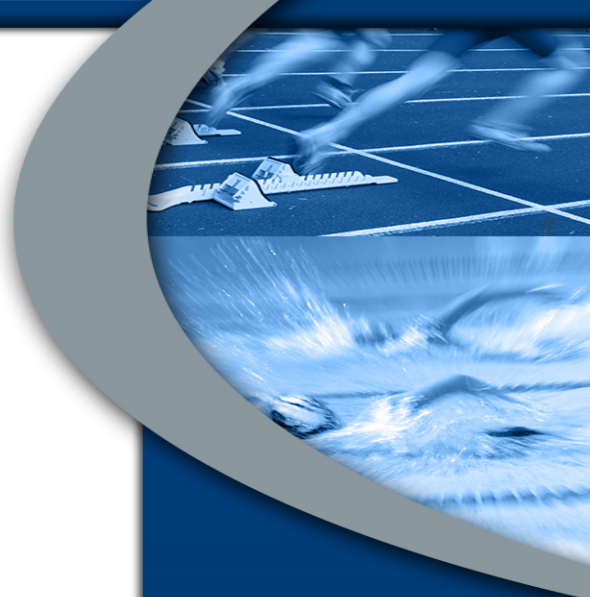
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Surgery Checklist

Important anti-doping considerations that should be understood in preparation for surgery.

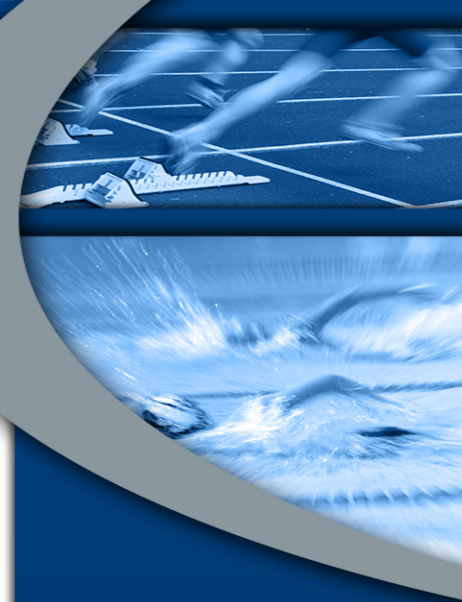
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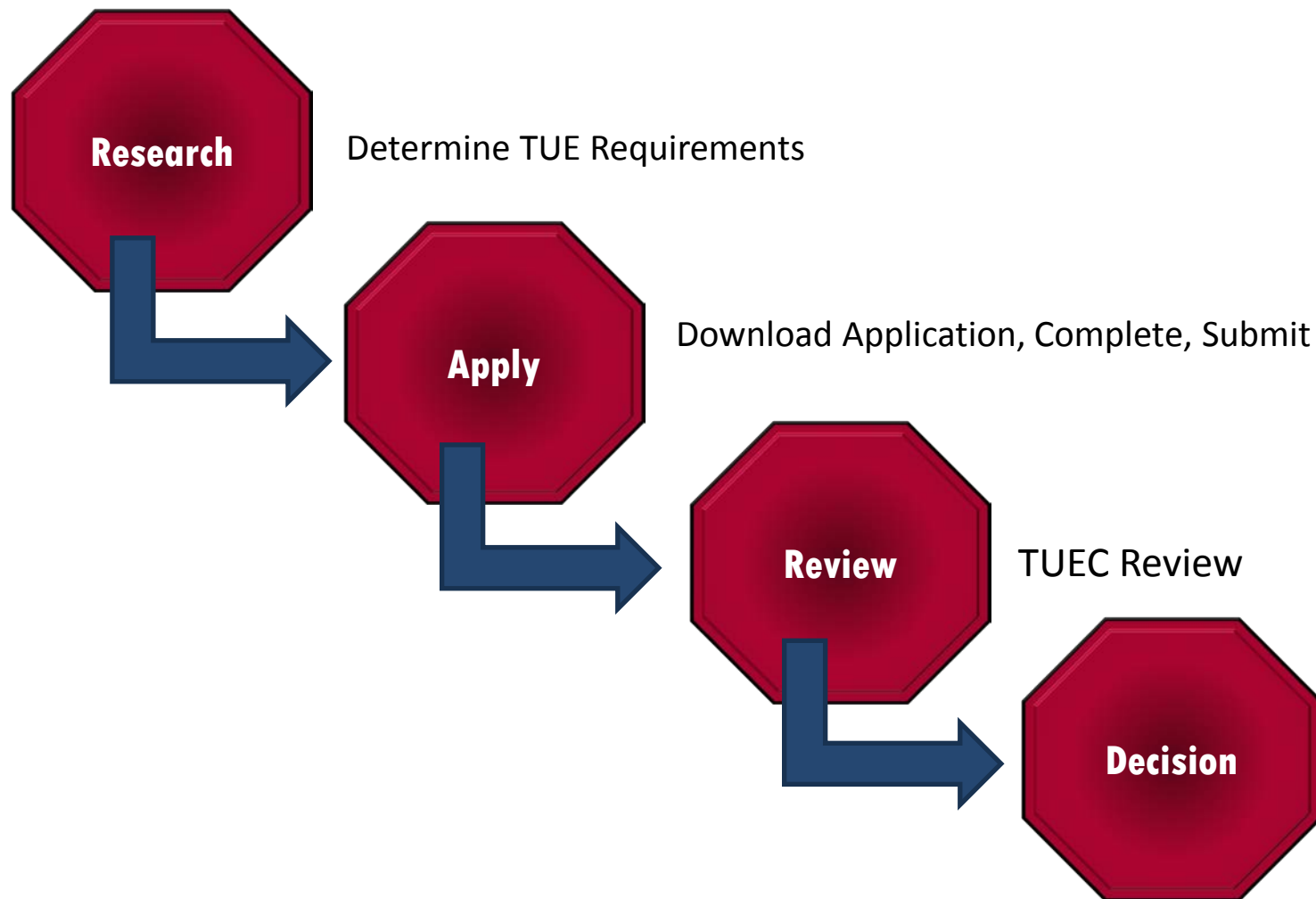
Global Stakeholder Collaboration

- US Athletes and USOC/National Sport Bodies
- ADO Relationships & Cooperation
- WADA Collaboration
 - WADA Medical Team
 - WADA TUE Expert Group
 - WADA List Committee
- USADA TUEC Ad-Hoc Workshops
- External Medical Community



U.S. Anti-Doping Agency

TUE Application and Review Process



U.S. Anti-Doping Agency

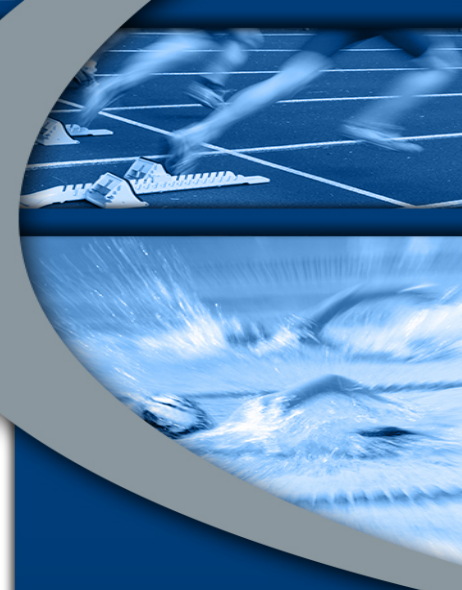
Trends and Challenges



Glucocorticosteroids



U.S. Anti-Doping Agency



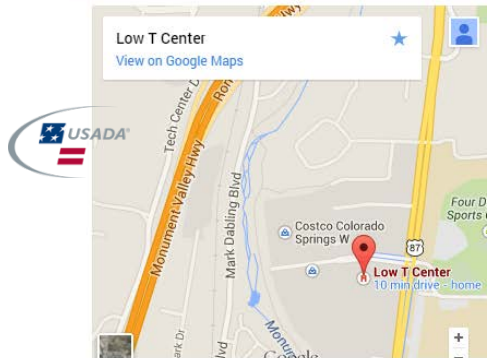
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Low Testosterone Therapy Colorado Springs, CO - Low T Center



CLINIC DETAILS

Low T Center
5134 North Nevada Avenue, Suite 100
Colorado Springs, CO, 80918
Phone: (719) 354-2928

ALSO FIND US ON



HOURS OF OPERATION

Mon: 08:30AM - 05:30PM
Tue: 08:30AM - 05:30PM
Wed: 08:30AM - 05:30PM
Thu: 08:30AM - 05:30PM
Fri: 08:30AM - 05:30PM
Sat: Closed
Sun: Closed

[View Holiday Hours](#)

INTRODUCTORY OFFER

\$50 Includes:
Testosterone Test and Assessment.

Your Name...

Your Email Address...

[RESERVE TODAY!](#)



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PROVEN RESULTS WITH THE LITTLE BLUE PILL.



ROLL OVER TO SEE THE DATA

VIAGRA
(sildenafil citrate)

IMPORTANT SAFETY INFORMATION AND INDICATION

• **Nitrates:** Administration of VIAGRA to patients using nitric oxide donors, such as organic nitrates or organic nitrites in any form either regularly and/or intermittently is contraindicated. VIAGRA was shown to potentiate the See prescribing information

TRT linked with weight loss, improvement of m ...

Urology ... , September 201 ...

Urology Times > Urology



Testosterone 'best indicator' of men's health, according to experts

Watch for metabolic syndrome, bone loss, CVD in men with low T, panel urges

August 01, 2012

By Mac Overmyer

RESOURCE CENTERS PARTNER CONTENT

- Erectile dysfunction: Treatment & diagnosis
- Low Testosterone
- Metastatic Castration-Resistant Prostate Cancer
- The Obesity Epidemic
- Preparing for ICD-10

MORE >



U.S. Anti-Doping Agency

DHEA Use in Females



Medscape Medical News

Practice Guideline Nixes Testosterone Therapy for Women

Marlene Busko

October 07, 2014

Se

56 comments



Print

Doctors around the world are prescribing a surprising number of testosterone treatments. Nearly 3 percent of Americans 65 and older are thought to be on testosterone therapy, according to scripts in 2011—three times as many as in 2001. (If confirmed, these figures mean that perhaps two-thirds of the U.S. have been given testosterone.) Originators of these hormones because of their effects on the system, testosterone is prescribed to middle-aged and older men to lessen some of the symptoms of low sex drive.

In truth, no one knows how many of its proponents claim to be on testosterone therapy. In a 2011 study, its proponents claim that 10 percent of men who do not take testosterone therapy number, and their re-

EDITORS' RECOMMENDATIONS

FDA Hits Back at Charge of Gender Bias in Libido Drug Decision



Androgen Replacement Therapy in Women

Is Lack of Sexual Desire a Disease? Is Testosterone the Cure?

DRUG & REFERENCE INFORMATION

Anabolic Steroid Use and Abuse

Female Orgasmic Disorder

Gonadotropin-Releasing Hormone Deficiency in Adults

There is no evidence to support the use of testosterone or dehydroepiandrosterone (DHEA) by women with low levels of these hormones, with the possible exception of postmenopausal women distressed by and diagnosed with hypoactive sexual desire disorder, according to a new clinical practice guideline issued by the Endocrine Society.

The guideline, which updates a 2006 version, is published in the October issue of the *Journal of Clinical Endocrinology and Metabolism*.

"We don't have any [new] data to support the use of testosterone or DHEA in [healthy] women, and there's no evidence for an androgen-deficiency syndrome," writing chair and Endocrine Society vice president, clinical science, Margaret E. Wierman, MD, from the University of Colorado in Aurora, Colorado, told *Medscape Medical News*.

Specifically, testosterone is not recommended to treat women with infertility or cognitive, cardiovascular, metabolic, or sexual dysfunction (other than hypoactive sexual desire) or to promote bone health or well-being, she added.

Limited evidence suggests that postmenopausal women who are upset by and diagnosed with hypoactive sexual desire disorder might benefit from a 3- to 6-month trial dose of testosterone, according to the guideline. But these patients would have to be closely monitored for signs of androgen excess, such as acne or hirsutism, and the long-term safety, especially the risk for cardiovascular disease, is unknown.



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IV Wellness Clinics



The Quickie

Need a boost but no time to spare? Order a quickie and recharge in less than 40 minutes with this vitamin packed IV.



JetLag

Too many air miles? Too many time zones? This drip will get your feet back on the ground and your clock ticking again.



Drip with an Extra Shot

Need an extra pick me up? This super packed drip recharges you with an extra shot of vitamin B12 to boot!



The Burnout

Running on steam? The mega dose of vitamins B5, B6 and C in this drip will get you firing on all cylinders.



The Einstein

Get that brain fired up and the creative juices flowing! This drip is packed with antioxidants and B vitamins specially formulated as fuel for thought.



The Cold Buster

Sick and tired of being sick and tired? This drip is packed with a mega dose of vitamin C, zinc and selenium guaranteed to give your immune system the boost it needs.



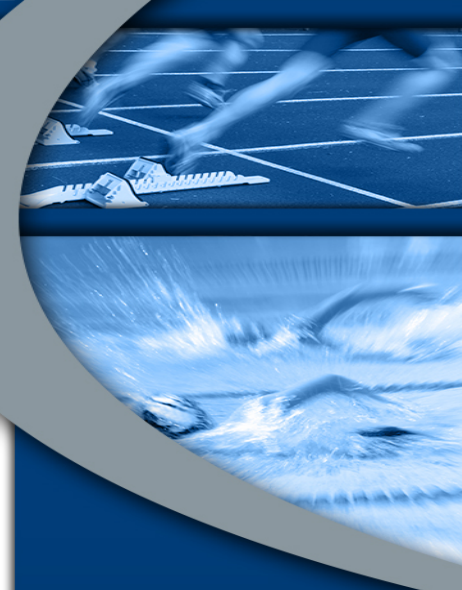
The Hot Flash

Take control of your thermostat and cool down! This drip is loaded with vitamin B6 and minerals designed to support your hormone imbalance.



The Mojo

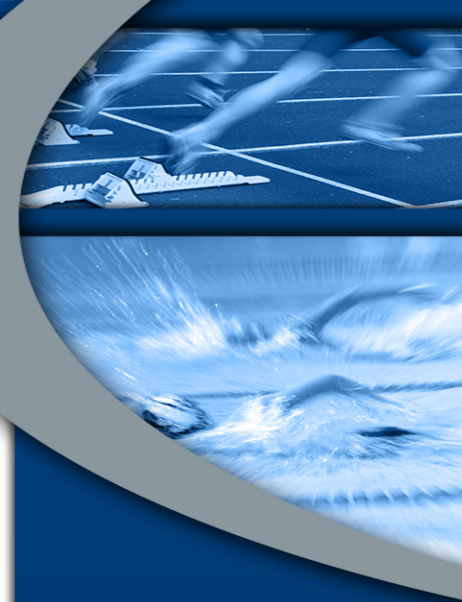
This drip is a combination of vitamins B3, B6, B12, C plus magnesium, zinc, selenium and arginine, specially designed to get you feeling like yourself again.



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Parallel & Synergistic Effects of Permitted and Prohibited Substances

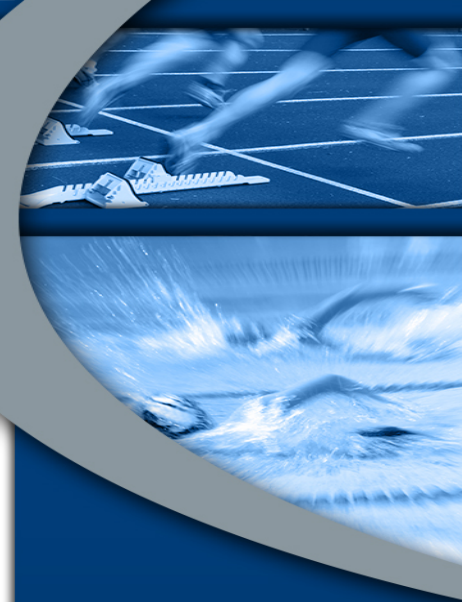
- Influence of Hormonal Contraceptives on the Steroidal Athlete Biological Passport
- IV cocktails with Actovegin, iron, corticosteroids, vitamins, mildronate
- Several hormones may stimulate renal and/or hepatic production of EPO, including thyroid hormone, angiotensin II, growth hormone (GH) and testosterone.
- Intravenous vs. intramuscular iron injections
- Inclusion on Prohibited List – Performance-enhancing vs. beneficial side effects beyond increasing aerobic output and time to exhaustion



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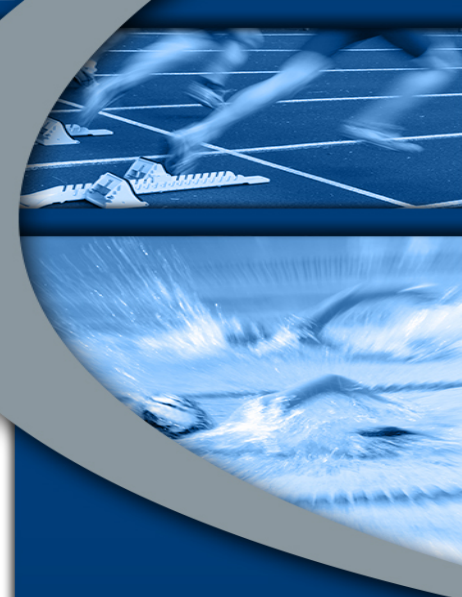
Key Conclusions

- Managing a large and diverse TUE program requires effective stakeholder cooperation and comprehensive education
- Differing TUE Policies and ADO rules can easily confuse athletes
- Easy-to-use and easy-to-find resources are essential for athletes and support personnel to understand the TUE process
- Encourage teamwork between the athlete and their medical team
- Gaps between common and best clinical practice present unique challenges moving forward
- The increasing complexity of how athletes may be using permitted substances alone or in-combination with prohibited substances requires broadening our thinking of performance-enhancement in sport



U.S. Anti-Doping Agency

Thank you!!



U.S. Anti-Doping Agency

Preserving. Inspiring. Protecting.