ALL ME® ASSEMBLY: PROGRAM SUMMARY

APPEARANCE AND PERFORMANCE ENHANCING SUBSTANCES

#ALLMEPEDFREE

Text questions to:
401-552-5563 (401-55-ALLME)
# Taylor Hooton Foundation

<table>
<thead>
<tr>
<th>Formed in 2004</th>
<th>National leader on the subject of Appearance and Performance Enhancing Substances</th>
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<tbody>
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<td>Have spoken directly to over two million people</td>
<td>501(c)3 – non profit</td>
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**Mission**

Enlighten the world to the truths about Appearance and Performance Enhancing Substances

**Vision**

Eliminate the use of Appearance and Performance Enhancing Substances in US, Canada, and Latin America high schools, middle schools and universities
3 Questions to ask before you use a supplement

1. Clean?
2. Necessary?
3. Contain banned substances?
18-25% of supplements spiked with steroids

15 of 58 protein powders tested positive for steroids (25%)
Informed-Choice.org, 2014

45 of 240 OTC supplements tested (18%) contained anabolic steroids
Int'l. Olympic Committee

Almost 50% of all testosterone-boosting supplements contain illegal steroids.
Military Times, 7/2013

“25% of all vitamins and supplements on sale are spiked with anabolic steroids”
Int'l. Assoc. of Athletic Federations, 2014

“According to health experts, most of the health supplements available in the market are laced with steroids.”
UK Daily Mail, July 4, 2015

“60% of the creatine we test is laced with the steroid nandrolone.”
Frank Shorter, Founder of US Anti-Doping Agency
Nov. 2010
Potential Effects of Consuming Energy Drinks

**Acute Effects**
- Elevated Blood Pressure
- Increased Heart Rate
- Increased Corrected QT Interval
- Supraventricular Arrhythmia
- Ventricular Arrhythmia
- Coronary Artery Spasm
- Coronary Artery Thrombosis
- Takotsubo Cardiomyopathy
- Aortic Dissection
- Sudden Cardiac Death
- Endothelial Dysfunction

**Potential Chronic Effects**
- Hypertensive Heart Disease
- Coronary Artery Disease
- Atherosclerosis
- Cerebrovascular Disease
- Peripheral Arterial Disease
Are you taking “dirty” supplements?
How do I know if a supplement is clean?

**NSF Sport**
The leader in Dietary Supplement and Ingredient Certification

**Resources:**
- NSF website: [www.nsfsport.com](http://www.nsfsport.com), with up to date product listings, supplement related news, and articles.
- [iPhone / Android Application](http://www.nsfsport.com)
Anabolic Steroids
What is **Testosterone**?

**Testosterone** – natural hormone in the human body

- Male Sex hormone
- Puberty
- Muscle Growth
- Bone Growth
- Body Hair
Anabolic Androgenic **Steroids**

- Man-Made / Synthetically Produced chemicals similar to the natural occurring hormone Testosterone
  - Anabolic: Muscle Building
  - Androgenic: Increased male characteristics
- Steroids: refers to the class of drug

✓ NOTE: not the same as corticosteroids which are used to treat asthma, arthritis, skin rash etc..
Why Are They Banned?

- Cheating
  - Changes the fundamental value of competition

- Illegal drugs
  - Possession Federal Offense
    - Schedule III Drug (USA)
      - Like Vicodin and Hydrocodone
  - Selling, distributing, manufacturing is a felony

- Banned for your protection
  - Dangerous to the user
Physical Dangers - Males

- Premature balding
- Testicular atrophy
- Lower sperm count
- Sterility, Impotence
- Potential birth defects in offspring
- Painful erections
- Grow breasts*

*Breast surgery is now the #4 most frequent plastic surgeries . . . for men.
Orange County Register, 6/23/2011
Physical Dangers - Females

- Male-type body hair
  - E.g., beard
- Male pattern baldness
- Deepened voice
- Breast shrinkage
- Abnormal menstrual cycles
- Potential birth defects
  - E.g., having a female fetus with male characteristics
- Enlarged clitoris
Physical Dangers

- Cardiovascular System
  - Weakens left ventricle (pumps blood)
  - Water & salt retention = High blood pressure
  - Elevated cholesterol and triglycerides
  - Blood clotting disorders
Other Physical Dangers

- Gastrointestinal System
  - Liver cysts / Liver cancer
- Musculoskeletal System
  - Bones stop growing
- Kidneys
  - Damage may be as severe as the heart damage
- Hypertension
- Increased chance of injury to tendons, ligaments, and muscles
- Jaundice, trembling, aching joints
- Bad breath
- Users can become addicted

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ALL ME® Assembly Programs

- Multimedia assembly program
  - Schools (High Schools and Universities)
  - Conferences (ATC, Coaches, AD, etc)
  - Any large gathering of youth, parents, or adult influencers

- Two Program Choices
  - Appearance and Performance Enhancing Substances
  - Dietary Supplement Safety and Nutrition
Promoting a “PED-Free” lifestyle

Join the All Me League by pledging to live and compete PED Free!

www.allmeleague.com
Join the ALL ME League

1. Go to: allmeleague.com
2. Enter your Name & Email

Share with your Friends!

Congrats!
You have now pledged and joined the ALL ME League

Text questions to: 401-552-5563 (401-55-ALLME)
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RESOURCE SLIDES
A new report shows drug dealers are peddling steroids on Facebook and YouTube.
What did we learn from the report?

- As part of the study, DCA surveyed 2,417 Americans and found that:
  - 10% of those surveyed admitted to taking anabolic steroids.
    - 13% of males
    - 8% of females
  - 10% were underage when they first used.
  - 1 in 3 purchased the drugs online
  - 52% of users cited “improve physical appearance” as the reason that they use these drugs
  - 63% of users admitted to experiencing side effects or health issues consistent with the use of these drugs.
What did we learn from the report?

• Anabolic Steroids and Human Growth Hormone (HGH) were successfully purchased on Facebook
  • Both drugs were sent to a lab (Microtrace) to be tested:
    • Traces of Nadrolone (brand name Deca Durabolin “Deca”) in the same that was marked “Nandrolone
    • HGH was not deleted in the sample alleged to be HGH
  • In 2013 Harvard professor Ben Edelman estimated that Google made $1 Billion from illicit activities on it’s platform!
  • Ad’s for drugs being run on Facebook next to THF posts
Youth Usage Rates of Anabolic Steroids

- 7% of high school students admit use*
- 21% of HS students know a friend that uses
- Equates to almost 1.5 million high school kids!
  - About 3-4 dozen per high school
  - About 1 per classroom
- 8.2% of males age 18-26 admit use**

* Partnership for Drug Free Kids, 7/23/2014
** Digital Citizens Alliance / Zogby Survey 2013
Anabolic Steroids: A Survey of Users

Age of Users
- 18-21: 12.91%
- 22-30: 42.85%
- 31-40: 24.49%
- 41-50: 14.13%
- 51-Plus: 5.62%

Motivation for Use
- Improve Appearance: 82%
- Increasing Strength: 50%
- Body Image: 30%
- Improve Performance: <10%

Common Weekly Doses
- <500 mg: 46%
- 501-1000 mg: 47%
- 1001-2000 mg: 5%
- >2001 mg: 1%

- Over 94% of participants reported side effects.
- 46% tried to quit, but over 60% returned to using.

*American Journal of Men’s Health, 2020
Steroids and Cardiotoxicity of the Heart

Study measuring long-term steroid use and Cardiac Function and Plaque Formation

Study Design
- Tested 140 experienced male weightlifters ages 34-54
- Examined 86 subjects who used steroids for > 2 years versus Non-steroid users

Results
- Steroid users exhibited higher Left Ventricular Mass (heart size)
- Steroid users exhibited thicker Left Ventricular Walls
- 71% of Steroid users has a below normal Ejection Fraction (heart pumping function)
- Steroid users showed significantly higher plaque volume

Steroids and Ejection Fraction

Steroids and CAD

Steroids and Cognitive Decline

- In Vitro (test tube) test shows high doses of steroids causes brain cell death

- **Study Design**
  - Studied 31 steroid users vs 13 non-steroid users ages 29-55
  - Administered 5 Cognitive tests to evaluate Memory, Learning, Reaction Time, and Visual Processing

- **Results**
  - Steroid users showed a significant reduction in visual perception
  - Steroid users under-performed on a Pattern Recognition Test
  - No difference on response speed, sustained attention, and verbal memory

ALL ME Assembly Programs (Virtual)

- Multimedia assembly program
  - Schools, conferences, coaches meetings, any large gathering of youth, parents, or coaches
  - 45 – 60 minutes
  - Speaker, PowerPoint, Video

- Proven results:
  - SAMHSA (Federal Government)
  - Rhode Island Interscholastic League
  - CEU Credits
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