

21. DOPING PREVENTION IN SPORTS

Author: Turcanu Natalia

Scientific adviser: Artiom Jucov, MD, Associate Professor, Department of Family Medicine, *Nicolae Testemitanu* State University of Medicine and Pharmacy of the Republic of Moldova.

Introduction. Doping prevention is a matter for society as a whole and not an exclusive concern of elite sport. This statement is the consequence of considering the desire for performance-enhancement as a societal phenomenon and acknowledging the association of athletic success and appearance with strength, competence, and social ability.

Aim of study. This research aims to study the fundamental role of athletes in competing in a clean, doping-free sport and thus to promote health, fairness and equality of athletes worldwide and to implement effective, coordinated and harmonised anti-doping programs to prevent doping.

Methods and materials. National and international regulations, 30 scientific publications, reports of national and foreign statistical data were studied. The following methods were applied: statistical, structuralist, analytical.

Results. Doping should focus on young athletes, involving family members and coaches. In connection with anti-doping programs that focused on health education and information skills, prevention of doping based on moral behaviour was considered to be more effective in the actual doping behaviour of athletes. Because coaches could influence athletes' anti-doping behaviour, there should be collaboration between sports organisations and decision makers to help coaches work according to anti-doping rules by creating certain doping prevention programs. Sports regulatory authorities have reported rates ranging from 5% to 31% for the use of performance enhancing substances among athletes. Athletes can have serious injuries and morbidities, which leads to poor health using such substances. Commonly abused substances in sports include anabolic-androgenic steroids and its analogues, blood, erythropoietin, growth hormone and its derivatives, nutritional supplements, creatine, amphetamines, beta-hydroxy-beta-methylbutyrate (HMB), diuretics, stimulants, and analgesics.

Conclusion. (1) In order to minimise the phenomenon of doping, it is necessary to carry out information campaigns and formulate certain prevention programs, starting with athletes from an early age with the involvement of other stakeholders (sports doctors, coaches or family). (2) Focusing on sports pharmacology in the medical curriculum can help future health professionals to help athletes improve their quality of life by using different medicines and other substances within standardised limits and avoiding doping.