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Changes to the anti-doping code in sport explained

With the upcoming Olympic Games there is increased interest in the World Anti-Doping Code. Recent changes to the Code are examined and explained by Professor Peter Fricker, Assistant Director of the Australian Institute of Sport, in the latest edition of *Australian Prescriber*.

Professor Fricker discusses the implications of the changes to the Code for health professionals and athletes alike. The article clarifies the specifics of each listing - including the type of tests used in screening and the acceptable levels of each drug type.

Changes to the World Anti-Doping Code and the List of Prohibited Substances and Prohibited Methods include the removal of caffeine and pseudoephedrine, and the inclusion of a detailed list of various beta-agonists, peptide hormones, anabolic agents, masking agents and glucocorticosteroids.

Professor Fricker also explains the inclusion of a new category of 'specified substances' in the List of Prohibited Substances as: "substances which are particularly susceptible to unintentional violations of anti-doping rules because their general availability in medicinal products, or because they are less likely to be successfully abused as doping agents."

In short, the list includes all substances that have potential to enhance sport performance, have a potential risk to health or are in violation of the spirit of sport.

Practicalities of drug testing in athletes are also to be visited at the upcoming 8th World Conference on Clinical Pharmacology and Toxicology (CPT). Professor Danny Stiel, Royal North Shore Hospital, Sydney, will present the history of drug taking in sport and the role of the Australian Sports Drug Agency and the Australian Sports Drug Testing Laboratory.

The 8th World Conference on Clinical Pharmacology and Toxicology is being held in Brisbane at the Brisbane Conference and Exhibition Centre from the 1 to 6 August 2004 following the National Medicines Symposium 2004.

For the complete article visit the *Australian Prescriber* web site www.australianprescriber.com

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For more information on the 8th World Conference on Clinical Pharmacology and Toxicology see: <http://www.cpt2004.com/welcome.htm>. For more information about National Medicines Symposium 2004 see: www.icms.com.au/nms2004.

Media enquiries: Miriam Fletcher on 02 8217 8700 (bh), 0419 618 365 (media mobile), mfletcher@nps.org.au or visit our website www.nps.org.au

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National Prescribing Service Limited | ACN 082 034 393 | ABN 61 082 034 393
Level 7/418A Elizabeth Street Surry Hills NSW

PO Box 1147 Strawberry Hills NSW 2012 | Phone: 02 8217 8700 | Fax: 02 9211 7578 | net: www.nps.org.au