

## Drug abuse and athletes: A perspective

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### Abstract

Drug abuse in athletes is a menace which should be addressed by the sporting and the associated non-sporting fraternity for the benefit of the society. Doping is the use of prohibited substances and methods for the purpose of performance enhancement by athletes. Doping may lead to drug abuse and addiction when an athlete may get involved in it for getting the competitive edge or for stress relieving. Hence, it requires stringent actions to promote confidence of athletes in their natural ability while saying no to doping. The World Anti Doping Agency (WADA), monitors the anti doping program worldwide to promote fair play and to safeguard athletic population. However, the performance enhancing drugs pave their way into the sports and games and hampers its true spirit. The advancements in the classification of drugs of abuse makes it more challenging for the doping/substance abuse testing laboratories to keep a check on the cheaters which is achieved using improved testing methodologies and advanced scientific research. Drug abuse in athletes is a significant problem which may have many potential underlying causes. It requires to take necessary preventive measures, promote education, provide motivation and interventions to combat doping/drug abuse in sports. This presentation would provide a review of the history of doping and drugs of abuse in athletes, their side -effects, addictions, advancements in testing methodologies and scientific advancements. The future prospective required to curb the menace of doping/drugs abuse by adulterated nutritional supplements would also be discussed.



experience as an anti-doping scientist and teaching resource (faculty) for students of toxicology, forensic science, instrumentation and drug metabolism. Her research experience is in developing and applying the state-of-the-art approaches to identify and quantify drugs and proteins in the biological samples. She is author of over 35 scientific publications, and conference proceedings in the field of drugs of abuse testing, analytical chemistry, sports medicine and has been serving as an editorial board member of repute.

### Abstract Citation:

Shobha Ahi, Drug abuse and athletes: A perspective, Alzheimer's Disease 2020, 14th International Conference on Alzheimer Disease and Dementia June 22-23, 2020 Webinar

<https://alzheimersdisease.neuroconferences.com/abstract/2020/Drug-abuse-and-athletes-A-perspective>

[14th International Conference on Alzheimer's Disease and Dementia](#); June 22-23, 2020 Webinar.



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### Speaker Biography:

Dr Shobha Ahi is PhD in Biochemistry and serving as Senior Scientist and Quality Manager at National Dope Testing Laboratory (NDTL), Govt. of India. She has outstanding 14 years