CONCLUSIONS

1. The actions of Anabolic Steroids in healthy, training athletes are not fully understood. Studies show conflicting results in respect of increase in body size, measures of strength and improvement in performance. The use of Anabolics appears, however, to be widespread, in certain sports. The difficulties of trial procedures are noted, especially in respect of ethical considerations.

2. Biochemical studies demonstrate side-effects of Anabolic Steroids such as gonadal and pituitary suppression, and hepatic and prostatic involvement. In addition, psychological effects should be considered. The muscle bulk increase due to Anabolics is due mainly to water retention.

3. Detection methods for Anabolic Steroids, as well as naturally occurring hormones, are effective and we seek the wider spread of approved testing laboratories to eliminate the use of drugs in sport.
Meeting of F.I.M.S. Technical Commission, including representatives of A.G.F.I./G.A.I.F. (General Assembly of International Federations)

1. This meeting, considering the evidence of the London symposium (19.2.75) and previous evidence, condemns the prescription of Anabolic Steroids by physicians for healthy persons participating in sport.

2. This meeting recommends the International Federations to implement effective Anabolic Steroid control methods relevant to each sport throughout the year.
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