

Joakim Noah, suspendido 20 partidos



Mike Ehrmann
AFP

El pívot de los Knicks ha dado positivo por "un suplemento de venta libre", aunque según la investigación no lo habría tomado

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Joakim Noah ha sido suspendido con 20 partidos por violar el programa antidrogas de la NBA, según publica *The Vertical*. El pívot de los Knicks dio positivo por "un suplemento de venta libre" que está prohibido. Noah se perdería los diez partidos que restan para cerrar la temporada y tampoco podría disputar el comienzo del curso 2017-18 (otros diez partidos).

La investigación determina que el francés no ha violado la política "de manera consciente o voluntaria" y que está cooperando con la NBA. Noah pasó por quirófano el pasado 27 de febrero para solventar un problema en la rodilla izquierda y ya hacía carrera. El pívot firmó el pasado verano un contrato por cuatro temporadas y 72 millones. Cierra el curso con 46 partidos, 5 puntos y 8,7 rebotes de media. Otros dos jugadores recibieron este mismo castigo (20 partidos) por dar positivo: Nik Calathes (tamoxifeno en 2014) y Hedo Turkoglu (metenolona en 2013).

http://baloncesto.as.com/baloncesto/2017/03/25/nba/1490435581_796571.html

Inside the games

Michael Pavitt: How low should we go to combat doping?

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- By [Michael Pavitt](#)
- Sunday, 26 March 2017

I could not help but shake my head when I saw that UK Anti-Doping (UKAD) had banned an amateur cyclist for two years earlier this week. The idea of a 55-year-old man opting to take steroids to improve his performance firstly made me laugh, but then began to sadden and trouble me.

The cyclist in question claimed the steroid hormones prednisone and prednisolone had appeared in his system because of mouth ulcer medication, which led to a positive test at the Port Talbot Wheelers Cycling Club's 25 mile time trial last year. Whether his reason is actually the case is beside the point in my view.

It is not the first case of UKAD tackling an amateur athlete. In fact, during the last year we have written about several similar cases. Cycling and rugby feature strongly.

An investigation, published by the *BBC* last week, found that 35 per cent of amateurs have claimed that they personally know someone who has doped. The study also stated that eight per cent of amateur sports people said they had taken steroids and 49 per cent thought performance-enhancing drugs were "easily available".

Frankly, these responses are troubling. They raise a number of questions on how drug use in sport is tackled. The initial query which springs to mind is what is the point of trying to combat doping in amateur sport?

A repeated complaint from anti-doping organisations is that they do not have the financial resources in which to effectively combat the use of performance enhancing drugs at elite levels of sport. Fundamentally, only a small number of people ever reach the top echelons of their chosen sport and this small and limited pool has proved impossible to police.



Doping is a problem in both amateur and elite sport ©Getty Images

By throwing the net even wider to include all athletes from amateur through to elite sport, anti-doping forces are attempting to scoop up krill, when they need to be focusing on the big fish in sport.

If 35 per cent of people actually know of an amateur who has doped, how do you go about target testing this, when hundreds of thousands of people could be involved? UKAD have even admitted that the majority of the bans handed out to amateurs have come through tip-offs, rather than testing.

How far down the sporting system do we go when trying to tackle doping? I would personally set the bar at the elite level.

There is clearly a difference of opinion regarding this issue when you scout around. A section of the public would be pleased that doping is being taken seriously, regardless of the standard of competition. While others would cynically suggest that catching a few MAMILs (Middle Aged Men in Lycra), who are perhaps naïve and not aware of what they are taking, is an attempt by anti-doping agencies to show they are competent.

Despite this, it would be interesting to note whether organisations could learn and detect trends from amateur sport, where those caught up in cases are unlikely to have been as educated on the issues as an elite sports person. For instance, if a particular substance is repeatedly flagged up at amateur level, could we assume that the drug in question is also present at the top level? Could National Anti-Doping Agencies (NADOs) become more aware of the source of substances by talking to the amateurs?

However, it could be working in the opposite way. The International Cycling Union's (UCI) Cycling Independent Reform Commission report revealed last year that doping in amateur cycling was "becoming endemic" across a variety of events, including at masters level.

Rather than trying to catch amateurs and handing out bans - which come across as token gestures because the athletes are competing at low level events - greater education of the dangers would surely be the way forward.

When I was going through school, the education regarding drugs centered around the likes of cocaine, cannabis and heroin. Unless you opted to study physical education or maybe biology in the latter stages of your schooling, your knowledge of the likes of steroids and beta blockers would be basic at best and non-existent at worst. Perhaps this has changed since I departed the school gates, but I have my doubts.



Nicole Sapstead said the issue of drug use at amateur level could be due to a societal problem ©Getty Images

UKAD chief executive Nicole Sapstead claimed last year that the issue of drug use at amateur level could be due to a societal problem.

"The reality is that with all of those factors - online access, cheap products, gym culture etc - it is entirely possible that sport at an amateur level, and I am talking across all sports, is at risk," she told *The Telegraph*.

"If this is going on in every sport and in the gyms which you or I frequent then for me this isn't a sport-specific problem, it is that something is going on out there. Something has

shifted in society which is telling them that you can't achieve your best potential by good nutrition and training."

Sapstead's assessment is one I would agree with. Our society has perhaps contributed to what appears to be a growing culture at amateur level, one I would particularly argue is the case among young men. The pressure to achieve the body beautiful seems to be greater now for young men than ever before - although I am willing to be picked up on this.

The perceived need for bulging muscles and a "ripped" torso surely contributes to a culture where it might be seen as normal to take substances to provide a boost to achieve what one of my friends describes as "gains".

To be clear, this does not necessarily mean the use of performance enhancing substances. The use of supplements appears to be vast and, in my view, there is a distinct lack of education around what they actually achieve. Their easy access - a quick Google will rack up the results - and minimal awareness from buyers about products they are choosing strike me as clear problems. It would not be hard to foresee that should the "gains" not follow, stronger substances may be tempting.

It seems clear to me that rather than trying and likely failing to police amateur sport, which could put off people from participating at a time when there are concerns about inactivity and obesity, education has to be the way forward.

We often view doping through the lens that it is solely about cheating, but fundamentally it is about health.

Bans from competition should not be the way forward at amateur level. Instead, educate people in the classrooms, educate them in the gyms, educate them in clubs.

<http://www.insidethegames.biz/articles/1048555/michael-pavitt-how-low-should-we-go-to-combat-doping>

Manchester City broke anti-doping rules three times in less than five months

- 24 Mar
- From the section [Football](#)

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Manchester City are currently third in the Premier League

Manchester City broke the Football Association's anti-doping rules three times in less than five months, the governing body has said.

The Premier League club also failed to take notice of a written warning sent three weeks before the final breach.

City were [fined £35,000](#) last month but the written reasons have now been released.

A first-team player missed a test on 1 September 2016 because the hotel address provided was no longer correct.

In addition, City also failed to inform the FA of an extra first-team training session on 12 July 2016, while anti-doping officials were unable to test reserve players on 7 December, 2016 because six of them had been given the day off without the FA being informed.

Clubs are required to provide accurate details of training sessions and player whereabouts so they are available for testing at all times.

If clubs fail to provide this information - or testers are unable to find the players they are looking for - three times in a rolling 12-month period then they are deemed to have breached the rules.

The final breach on 7 December occurred despite the FA writing to City on 14 November to remind them clubs must notify the governing body if five or more players in a particular squad are given a day off from a scheduled session.

They were also warned in writing after the second strike in September.

City told the FA the two training-session breaches were "administrative errors" related to the club's new management team under Pep Guardiola being unfamiliar with the system.

An independent regulatory commission hearing was critical of City's failure to meet their obligations and heed warnings.

"It is no less concerning that in this case, despite the club being made aware of their breaches on two previous occasions [and] the resources available to the club, they failed to deal with these and implement a system to correct this," it said.

Analysis

BBC Sport's Simon Stone

The fact City accepted the charge is not a surprise.

Doping is a word that attracts big headlines and they are even greater when it is attached to one of the world's leading football clubs.

However, as I understand it, the three breaches of the whereabouts rule were relatively low level.

Still, it is slightly embarrassing for the Blues

<http://www.bbc.com/sport/football/39383967>

Muchodeporte.com

Finaliza su sanción de tres años por dopaje

Pentinel regresa con un triunfo en San Juan

26/03/2017 · Carlos Carrión

El pasado 11 de marzo expiraba la sanción de tres años que le impuso la Agencia Española de Protección de la Salud en el Deporte (AEPSAD) a Antonio Jiménez Pentinel, castigado en este tiempo por dopaje dentro de la denominada como operación 'Jimbo'.

Una vez consumado el precepto, el atleta sevillano ha vuelto a correr una popular y lo ha hecho en San Juan. Un regreso que ha sido por la puerta grande, ya que Pentinel ha conseguido la victoria y de manera autoritaria sobre un circuito de 10,5 kilómetros y con un trazado irregular. El suyo ha sido el principal foco de atención de una prueba que ha concentrado a unos 700 corredores y que ha dejado también el triunfo en mujeres de Carmen Valle.

<http://www.muchodeporte.com/runners/33472/pentinel-regresa-con-un-triunfo-en-san-juan/>

MÁLAGA HOY

El precio de tener demasiado músculo

- Especialistas sanitarios alertan que el mal uso de la hormona del crecimiento o el empleo de anabolizantes pueden provocar trastornos cardiacos y hasta infertilidad



El precio de tener demasiado músculo

LEONOR GARCÍA MÁLAGA, 26 MARZO, 2017 - 01:38H

La obsesión por tener demasiado músculo puede pasar una factura muy cara en salud. El mal uso de la hormona de crecimiento o el empleo de anabolizantes tienen un precio alto que con los años se paga con trastornos cardiacos, de fertilidad o metabólicos. Lo saludable para ganar masa muscular es hacer ejercicio y llevar una alimentación rica en proteínas dentro de una dieta saludable y equilibrada, resume el jefe de Endocrinología de los hospitales Regional y Clínico, Francisco Tinahones. A partir de ahí, todo lo demás suma músculo, pero resta salud.

Esta semana, la Guardia Civil decomisó más de tres millones de dosis de hormonas de crecimiento y arrestó a 14 personas. Uno de los encarcelados era un culturista que

regentaba varios gimnasios. Al hilo de esta información conviene escuchar a los especialistas. "El exceso de hormona de crecimiento tiene efectos indeseables, como la formación de tumores o la aparición de problemas cardiacos", explica el endocrinólogo.

Los médicos administran este fármaco cuando la persona tiene un déficit de la hormona. Puede ser niños o adultos. En dosis ajustadas a cada paciente según sus carencias, sirve para compensar lo que no produce su hipófisis y alcanzar los niveles normales. El problema es cuando se utiliza de forma indebida para ganar masa muscular. Porque quien la consume, suma a sus niveles normales de hormona de crecimiento los que se inyecta. De ese modo se produce un exceso que es el que da lugar a una mayor y anormal formación de tejidos.

En síntesis, en personas que tienen déficit de esa hormona, la dosis recetada por el endocrinólogo lo equilibra a niveles saludables. Pero quienes no la necesitan, sufren un exceso de la sustancia que es perjudicial.

Un capítulo aparte son los anabolizantes derivados de testosterona; otras sustancias que suelen consumir quienes quieren lucir demasiado músculo. "Con los anabolizantes también se consigue más masa muscular a costa de la salud", advierte Tinahones.

Los hombres tienen más músculos que la mujer debido a la testosterona natural. Pero cuando esta sustancia se consume de forma artificial para ganar masa muscular, el efecto va más allá: se alteran los lípidos, se eleva el colesterol y pueden aparecer problemas de infertilidad. "Al sistema cardiovascular le sienta mal porque el exceso de testosterona altera los lípidos", explica Tinahones.

El organismo se comporta como si tuviera demasiada grasa. Además, pueden aparecer trastornos en la fertilidad porque el organismo, al detectar altas dosis de testosterona -añadidas de forma artificial- se inhibe de producirla de forma natural. En casos extremos, el consumo de anabolizantes pueden provocar también un ligero desarrollo de las mamas y una atrofia de los testículos, que disminuyen su tamaño.

Juan de Dios Beas, coordinador del Centro Andaluz de Medicina del Deporte, añade otros efectos perjudiciales como la mayor incidencia de lesiones. Debido a que no hay

un desarrollo armónico entre los músculos y los tendones, se producen mas roturas ya que estos tienen que tirar una masa muscular exagerada. Los deportistas que recurren a anabolizantes o a la hormona del crecimiento suelen ser jóvenes que se inician en los gimnasios. "La mayoría no toma este tipo de sustancias, pero hay un número reducido de víctimas de la desinformación y de los clanes que buscan el lucro que caen en esa trampa", señala Beas.

"Es un atajo. Siempre cabe la tentación de, en vez de trabajar durante un periodo prolongado, pincharse o tomar estas sustancias para acortar esos tiempos a costa de la salud", añade. Los expertos señalan que siempre que hay un desarrollo muscular desproporcionado y nada fisiológico, es evidente que hay un uso inadecuado de la hormona del crecimiento o un abuso de sustancias anabolizantes. Para Beas la forma de combatir estas prácticas es combinar la educación de los deportistas con actuaciones policiales que persigan el tráfico de sustancias dopantes. En síntesis, los especialistas aconsejan trabajar los músculos con ejercicio, llevar una dieta saludable y asumir una complexión física normal. Los demás atajos -advierten ambos facultativos- es tirar piedras contra el propio cuerpo y dilapidar la salud.

http://www.malagahoy.es/malaga/precio-tener-demasiado-musculo_0_1120988140.html

Doping in sport: Drug use 'fast becoming a crisis' - Nicole Sapstead

- 20 Mar

Key stats from a ComRes/BBC doping in amateur sport poll

Drug use at every level of sport is "fast becoming a crisis" according to UK Anti-Doping - responding to a BBC poll into doping in amateur sport.

It found more than a third (35%) of amateur sports people say they personally know someone who has doped, and 8% said they had taken steroids.

Half believe performance enhancing substance use is "widespread" among those who play sport competitively.

Ukad chief Nicole Sapstead described the figures as "incredibly alarming".

A BBC State of Sport investigation into doping in UK amateur sport also found that 49% thought performance-enhancing drugs (PEDs) were "easily available" among people who play sports regularly.

What do the statistics say?

According to figures from UK Anti-Doping (Ukad), the national body responsible for protecting clean sport, there are currently 52 athletes and coaches serving bans.

Of these, only 12% are professional sports men or women; 62% are amateurs, 21% are semi-professional, and 5% are coaches.

Of the 186 sanctions handed out across 22 separate sports by Ukad since it formed in 2009, 46% have been rugby union or league players - mainly at amateur and semi-professional levels.

What does the poll tell us?

Reacting to the ComRes poll for BBC Sport of more than 1,000 men and women who are members of sports clubs and teams, Sapstead said: "Certainly the figures as regards the prevalence of performance-enhancing substances at an amateur level are incredibly alarming."

"That said, it does confirm what UK Anti-Doping has long suspected and also seen through some of our intelligence-led testing.

"I don't think any sport can say that they don't have a problem at an amateur level.

"I think now is the time for everybody to sit up and acknowledge that this is a reality in every single sport and that you can't just be washing your hands of it or hoping that someone else will address it."

Sapstead also told BBC Sport:

- Ukad needs an extension of powers and extra cash from individual sports governing bodies to "address what is fast becoming a crisis for sport".
- There is a "woeful lack of education" at amateur level about the health risks of doping.
- There is a "robust" anti-doping programme in the UK, but it faces "challenges".
- Ukad works with police forces to target suppliers of drugs to amateur dopers.

State of Sport: Can Ukad do more to tackle doping?

Why do amateurs dope?

Of the 79 people interviewed who had specifically taken anabolic steroids, 41% said improving performance was the main reason for taking them, followed by pain relief (40%) and improving how they look (34%).

However, when this is widened out to include those who admitted taking other performance-enhancing substances, boosting results was no longer the primary reason.

Only 25% of users overall claim they have taken substances with the intention of improving performance.

Over half say they were primarily used for pain relief, while 17% say they were used to improve looks.

"I think there are clearly a group of individuals seeking to enhance their performance by taking prohibited substances," said Sapstead, "and then there are others who were taking these substances because they have a body image problem, or actually because they think it's the done thing."

Is doping a younger issue?

Younger people are the main users of anabolic steroids in amateur sport, according to the poll for BBC Sport.

Among sports club members aged 18-34, 13% say they have taken steroids to support performance or recovery while playing. Not one interviewee aged 55 or over said they had used anabolic steroids.

However, users aged between 35 and 54 are significantly more likely than those aged 18-34 to say pain relief is among the main reasons they have used steroids or other sports supplements.

But there is hardly any difference in gender, with 9% of men admitted taking steroids, compared with 8% of women.

And 71% of all those polled said they would not know where to get hold of anabolic steroids.

Using steroids for image reasons [is a "worrying" problem among young people in Wales](#), according to the nation's social services and public health minister Rebecca Evans, who said in January: "It's not just a problem in sport - it is a wider societal issue."

The law

More than 50 types of anabolic steroids are banned by the World Anti-Doping Agency (Wada), the independent body responsible for the list of substances prohibited in sport.

The possession of steroids, which are class C drugs, is not illegal under UK law as long as they are only for personal use.

It is illegal, however, to supply them to other people.

<http://www.bbc.com/sport/38884801>