

## EL INCOMPRENDIDO OFICIO DE CAZAR TRAMPOSOS

Desde hace doce meses, tras perder dos medallas y un récord panamericano en Toronto 2015, una austera oficina al interior del Estadio Nacional, con apenas tres funcionarios y el pomposo nombre de Comisión Nacional Antidopaje, vigila la pureza urinaria de nuestros 2800 deportistas de elite. A dos años de Lima 2019, el IPD cuenta con menos de treinta oficiales de control de los cien que se requiere. ¿Cómo fue su labor anónima unos días antes de Río 2016?

Todo empieza con los pantalones abajo. En la obscena soledad de un baño. A puertas cerradas. Sin tanto apuro. Porque no todos mean tan rápido. Aunque algunos sí, como Hernán Viera que saca su semiflácido pene y tarda apenas seis segundos en propulsar un chorro firme y dorado. Cuida de no rebalsar el pote de plástico y por eso levanta uno de los brazos como si hubiera cometido un delito. En realidad, lo hace para no ser acusado de uno más adelante. No es la primera vez que pasa una prueba de dopaje en su vida. Conoce el protocolo de memoria y por eso expone sus pudencias sin pudor. Tiene el pantaloncillo rojo de seleccionado de pesas del Perú por debajo de las rodillas y la camiseta blanca con el escudo de su Federación por encima del pecho. Un deportista vive para ser observado, y él lo sabe.



Durante el minuto y medio que ha durado verlo acercarse al mingitorio, recolectar la muestra, lavarse las manos y salir, Hernán Viera no ha intentado nada sospechoso. Al menos nada de lo que la Comisión Nacional Antidopaje (Conad) y la World Anti-Doping Agency (WADA) advierten como prácticas delatoras: uso de catéteres ocultos tras el pene, miembros falsos, bombas de presión activadas desde la axila, bolsas de orina camufladas al interior de la vagina —en el caso de las mujeres—, suplantaciones de personas, intentos de soborno. O, dicho de otro modo, algún mecanismo, burdo o sofisticado, para alterar la muestra. Porque sí, los deportistas hacen trampa. Lo hacen a menudo. Esa es la principal razón por la que Hernán Viera y más de 280 mil deportistas al año en todo el mundo pasan controles antidopajes para demostrar su inocencia; aunque suene mejor decir que son pruebas de rutina. Y es que en el deporte todo deportista es potencialmente culpable hasta que se demuestre lo contrario. Y la única forma es hacerlo en un baño, con los pantalones abajo, junto a un oficial de control que tiene la misión de comprobar la honestidad de los genitales.

<http://www.revistasudor.com/inicio/confidencial/comision-nacional-antidopaje-ipd-peru/>

17/04/2017

### Sharapova has paid the time for doping offence: Arantxa Sanchez to India Today

Arantxa Sanchez Vicario still looks as fit as a rookie 17-year-old girl hustling around at Roland Garros, where she inflicted one of the biggest tennis upsets back in 1989.



That day, Sanchez fought hard for a dream, which still remains the closest thing to her heart, and that is what she preaches to youngsters as well.

It was a healthy rivalry those days with players like Graf, Sanchez, Monica Seles and even Martina Navratilova battling around against each other. Even today, there's no dearth of talent in the women's tennis, but American Serena Williams has made a place of her own.

Maria Sharapova, probably, comes closest to Serena, but the doping ban she endured, took her away from the game for a 15 months. Sharapova will make her first appearance at the Stuttgart Open next week where she has been handed a wild card. That move has rubbed some big names in the women's tennis the wrong way. Many feel Sharapova should go through the qualifiers and shouldn't get an automatic entry into the main draw.

But Sanchez has backed the former Russian World No.1 and says Sharapova has served the punishment for her anti-doping rule violation.

"There will be a difference of opinion on this issue. But I think she has already paid the time she had to pay for the doping offence. She will be playing her first tournament at the Stuttgart Open after serving her doping ban. It will be interesting to see how she comes back, so that's what we need to look at," Sanchez, who is in the Capital to promote the Rendezvous Roland Garros wild-card tournament, told India Today.

Sanchez also had a game very similar to Rafa as both relied on their ability to retrieve virtually everything from the baseline. So can Rafa win one more at the French Open?

"I think both of us had one common thing. It was and is our determination and ability to never give up, whatever the situation may be. We always fight till the end and have the ability to turn things around. Rafa has been playing well and he came early to play at clay this season.

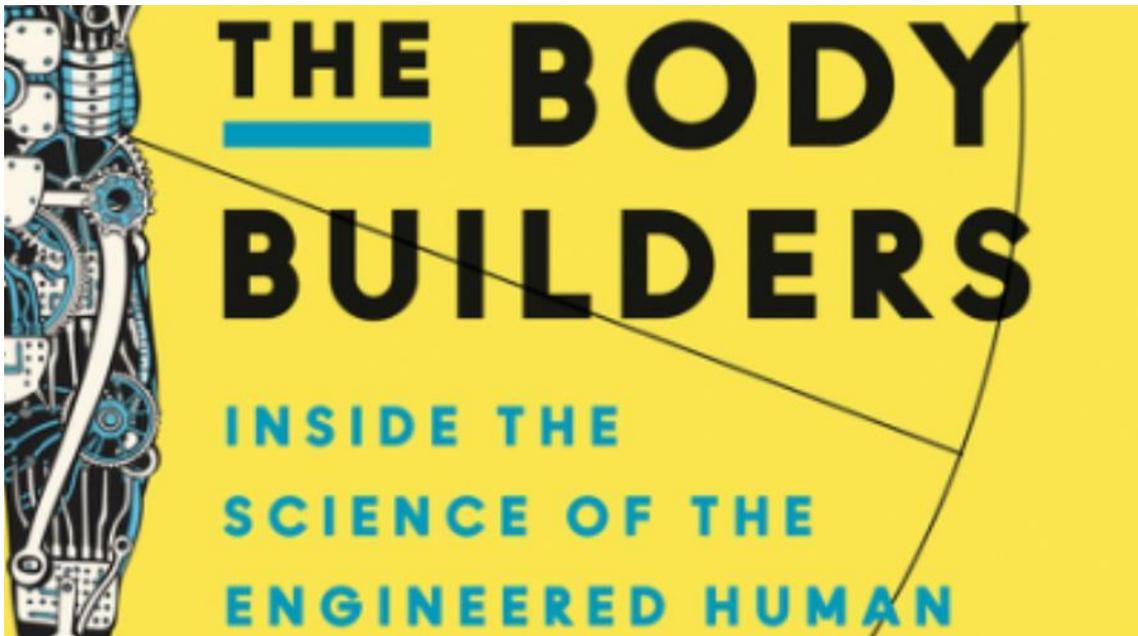
<https://indian364.com/sports/122580/Sharapova-has-paid-the-time-for-doping-offence-Arantxa-Sanchez-to-India-Today>

## VICE SPORTS

### BIONICS, GENE DOPING, AND BRAIN TRAINING: WHAT'S NEXT FOR HUMAN ENGINEERING IN SPORTS?

17/04/2017

A powder that helps badly damaged muscle tissue regenerate. Genetically engineered mice that can scale ladders while carrying three times their body weight. Computerized bionic limbs that function like the real thing, responding to cues in the surrounding environment. Science fiction? Guess again. In his recent book *The Body Builders: Inside the Science of the Engineered Human*, journalist Adam Piore explores the cutting edge of medical and scientific efforts to rebuild and augment the human body—efforts that have an intriguing amount of overlap with sports.



VICE Sports recently caught up with Piore to discuss his book, the state of current human engineering research, and potential applications for athletes. This conversation has been lightly edited for clarity.

**VICE Sports:** When we think of using medical science to engineer human performance in sports, we generally think of performance-enhancing drugs; for example, doctors use steroids to treat muscle-wasting diseases, and then athletes quickly figure out you can use the same drugs to build more muscle in healthy people. In the book, you write about one of the next major medical frontiers—genetic therapies and modification—and how some people in sports are concerned about *gene* doping.

**In layman's terms, what is gene doping, and how is it different than the PED use we're familiar with?**

Adam Piore: So gene doping is when you're basically altering your genome. You're altering the molecular blueprint in your body that tells your body how to build things. In the book, I look at a compound in your body called myostatin. It functions as an off switch for muscle growth—when your body releases it, it keeps your muscle growth within normal bounds. When you lift

weights and exercise, your body turns down the amount of myostatin it releases so you get bigger.

Well, it turns out there are people with a genetic mutation who don't produce myostatin, and without that, you grow abnormally large muscles. Researchers had already found this mutation in dogs and cattle. The first confirmed case of it in humans was with a baby in Germany. The kid's mother had been a professional sprinter. His grandfather could lift entire curbstones with his bare hands. After the baby was born, doctors noticed that his muscles were quivering, and that he barely had any fat on him.

**That sounds like someone else you write about in your book, a little boy from Michigan named Liam Hoekstra. At five months old, he was able to grab his mother's forefingers and lift himself in the air like a gymnast doing an iron cross; at age three, he had six-pack abs, and literally punched a hole in the wall during a tantrum. Did he have the same mutation?**

They couldn't find that exact mutation in him. But [scientists] think it must be something similar, a mutation that interferes with myostatin in some way.

[https://sports.vice.com/en\\_us/article/bionics-gene-doping-and-brain-training-whats-next-for-human-engineering-in-sports](https://sports.vice.com/en_us/article/bionics-gene-doping-and-brain-training-whats-next-for-human-engineering-in-sports)

**BBC**

**Geraint Thomas: Team Sky cyclist has 'moral' concern over TUEs**

**Welsh cyclist Geraint Thomas says he feels morally obliged not to utilise therapeutic use exemptions (TUEs) unless they are medically necessary.**

Thomas' former Team Sky colleague Sir Bradley Wiggins was granted three TUEs - before the 2011 and 2012 Tour de France, and the 2013 Giro d'Italia.

The 30-year-old, who will lead Team Sky at the Giro, accepts TUEs and drugs are a major talking point in cycling.

"Certainly morals and things come into it," Thomas told BBC Wales Sport.

TUEs let athletes take prohibited substances if there is a medical need.

"As long as I do everything the right way and I only have something off the doc if I actually need it or if I'm actually injured, I don't know what else I can do," added Thomas.

"I can't speak for other riders but I just know - everything I do is 100% above board.

"You look at my career, you can see the progression - it's not like a sudden boom and suddenly I'm going for the Giro out of nowhere.

"It's hard to say [about TUEs], especially when it comes to the whole Brad thing. Who's to say he didn't need that or he did? He's the only one who can answer that."

Five-time Olympic champion Wiggins, who was the first Briton to win the Tour de France in 2012, was granted TUEs to treat asthma and allergies, and they were revealed when hacking group [Fancy Bears released athletes' medical files](#) stolen from the World Anti-Doping Agency (Wada).

<http://www.bbc.com/sport/wales/39579608>

## AEPSAD

### **El profesional sanitario debe prevenir el dopaje y dar respuesta a las necesidades específicas del deportista.**

El profesional sanitario tiene un papel fundamental en la prevención del dopaje y en especial, en impedir resultados adversos en controles de dopaje por el consumo inadvertido de sustancias prohibidas en el deporte.



A pesar de que el deportista es el último responsable de las sustancias que puedan estar presentes en su organismo, respondiendo disciplinariamente por ello, es el profesional sanitario la figura altamente cualificada y próxima al deportista que debe prevenir consumos no intencionados y dar respuesta a las necesidades específicas de su paciente.

<http://blog.aepsad.es/lo-que-un-sanitario-debe-saber/>