



Types of Performance Enhancement Drugs and its Side Effects

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Description

Performance Enhancement Drugs (PEDs), also known as ergogenic aids, are substances or methods used to enhance physical performance, improve stamina, and gain a competitive edge in sports and athletic activities. These drugs have become a topic of great controversy due to their potential benefits and inherent risks. While athletes seek to maximize their performance, it is essential to understand the implications of using PEDs in terms of health risks, fairness in sports, and ethical concerns.

Types of performance enhancement drugs

Performance enhancement drugs encompass a wide range of substances, including anabolic steroids, stimulants, Human Growth Hormone (HGH), Erythropoietin (EPO), beta-blockers, and diuretics. Anabolic steroids, such as testosterone, promote muscle growth, strength, and endurance. Stimulants, like amphetamines, increase alertness and reduce fatigue. HGH and EPO enhance the production of red blood cells, resulting in improved oxygen delivery to muscles. Beta-blockers reduce anxiety and tremors, providing a steadier aim for precision sports. Diuretics are used to mask the presence of other drugs by promoting the excretion of fluids.

One of the primary concerns associated with performance enhancement drugs is the potential adverse effects on an athlete's health. Anabolic steroids can lead to a range of side effects, including liver damage, cardiovascular issues, mood swings, and hormonal imbalances. Stimulants can cause increased heart rate, elevated blood pressure, insomnia, and addiction. HGH and EPO misuse may result in abnormal bone growth, organ enlargement, and increased risk of cardiovascular diseases. The misuse of diuretics can lead to dehydration, electrolyte imbalances, and impaired kidney function. It is important to note that the long-term effects of many of these substances are still not fully understood.

The use of performance enhancement drugs raises questions of fairness and integrity in sports. Athletes who engage in doping gain an unfair advantage over their competitors who choose to compete without PEDs. This undermines the spirit of fair play, as it creates an uneven playing field and diminishes the achievements of clean athletes. Furthermore, the pressure to use PEDs can lead to a culture of doping, where athletes feel compelled to take substances to remain competitive. This not only compromises the integrity of the sport but also risks the health of athletes who succumb to the pressures.

To combat the use of performance enhancement drugs, sports organizations and governing bodies have implemented anti-doping programs and policies. These programs include regular testing, stringent rules, and sanctions for athletes found to be using banned substances. Organizations such as the World Anti-Doping Agency (WADA) play a crucial role in setting standards and promoting fair play in sports. However, despite these efforts, the cat-and-mouse game between dopers and anti-doping authorities continues, as new substances and masking techniques emerge.

Addressing the issue of performance enhancement drugs requires a multi-faceted approach. Education plays a vital role in raising awareness among athletes, coaches, and support staff about the risks and consequences of PED use. Promoting a culture of clean sport, emphasizing the value of fair play and ethical behavior, can help deter athletes from seeking shortcuts through doping. Providing resources for athletes to develop their skills and enhance performance naturally can also reduce the temptation to turn to PEDs.

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