



Der perfekte Body – IPED Konsum bei Jugendlichen



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Telefonat – Die Mutter von Tim (17)



Wo findet die Mama Hilfe?

„Die Zuständigkeit für den Freizeitsport bzw. für die Gesundheitsgefährdung durch den Konsum von illegalen Mitteln im Fitness/ Bodybuilding wäre demzufolge beim Bundesamt für Gesundheit anzusiedeln.“

«Die Kontrolle der Fitnesszentren, die Umsetzung des SpoFöG, die Sensibilisierung der Ärzteschaft etc., da haben sowohl SSI und weitere [ihre] Aufgaben, die sie [...] wahrnehmen müssen.»

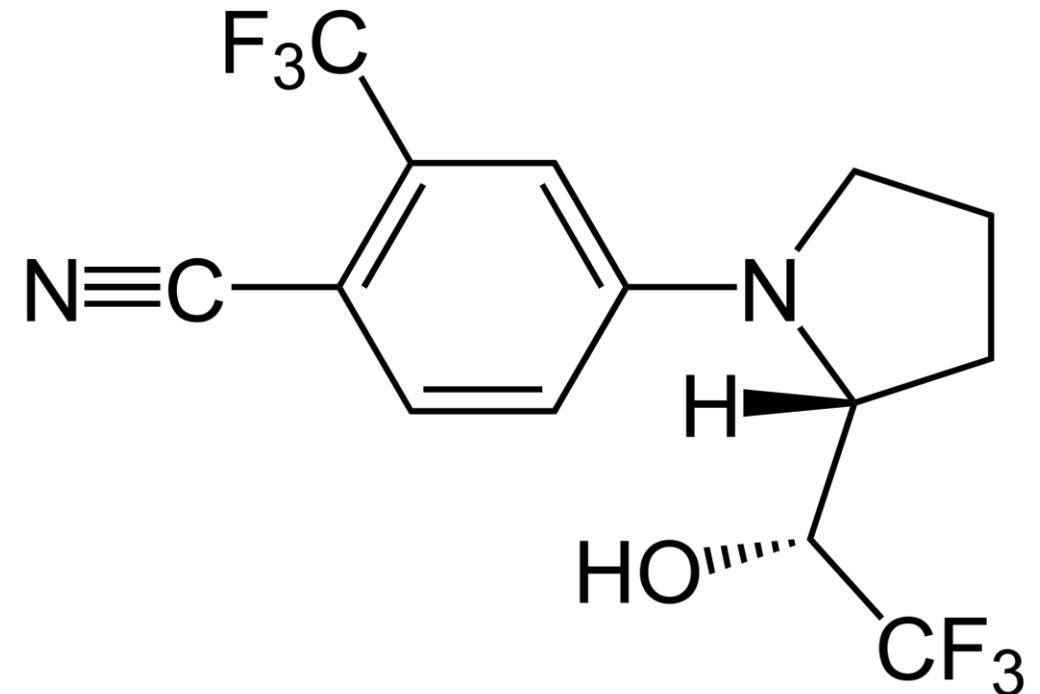
«Das BAG ist [...] nicht zuständig für die Finanzierung von Angeboten. Das ist Sache der Kantone.»

„Wir können der Mutter aktuell leider nichts empfehlen.“



Ligandrol (LGD-4033)

- SARM (Selektiver Androgen-Rezeptor Modulator)
 - Bindet an und aktiviert den Androgenrezeptor ohne ein Steroid zu sein
 - Unterschiedliche Affinität je nach Gewebe
- Neue Stoffgruppe (seit ca. 15 Jahren, ca. 2010)
- KEINE Zulassung (weltweit)



Easy Online-Shopping



Zuhause > SARMS > Pro Nutrition STACK 60 caps.



NICHT AUF LAGER

PRO NUTRITION

Marke: PRO NUTRITION

Letzter Preis für 30

66,90 €

Pro Nutrition SAR
Androgenrezept

Anzahl

-

Nicht

Kategorien: Shop

Excellent **★★★★**



GW-501516 (Cardarin) | LGD-4033
Drostanolone (Drostanol) | Ostarine (MK-2866).

WICHTIGE INFORMATIONEN :

Das Produkt (der Stoff) ist kein Lebensmittel
Nahrungsergänzungsmittel und ist nicht für
den menschlichen Verzehr geeignet.

Halten Sie das Produkt außerhalb der Reichweite von Kindern
abzuwehren.

Halten Sie den Behälter fest verschlossen.
Lagern Sie das Produkt an einem kühlen, kühl und schattig lagern; vor
Feuchtigkeit schützen.

Halten Sie das Produkt in der Originalverpackung aufbewahren.

Vermeiden Sie den Kontakt während der
Schwangerschaft und der Stillzeit.

Konsultieren Sie einen Arzt, wenn Sie sich
unwohl fühlen oder unerwünschte Reaktionen
auf die Substanz haben.

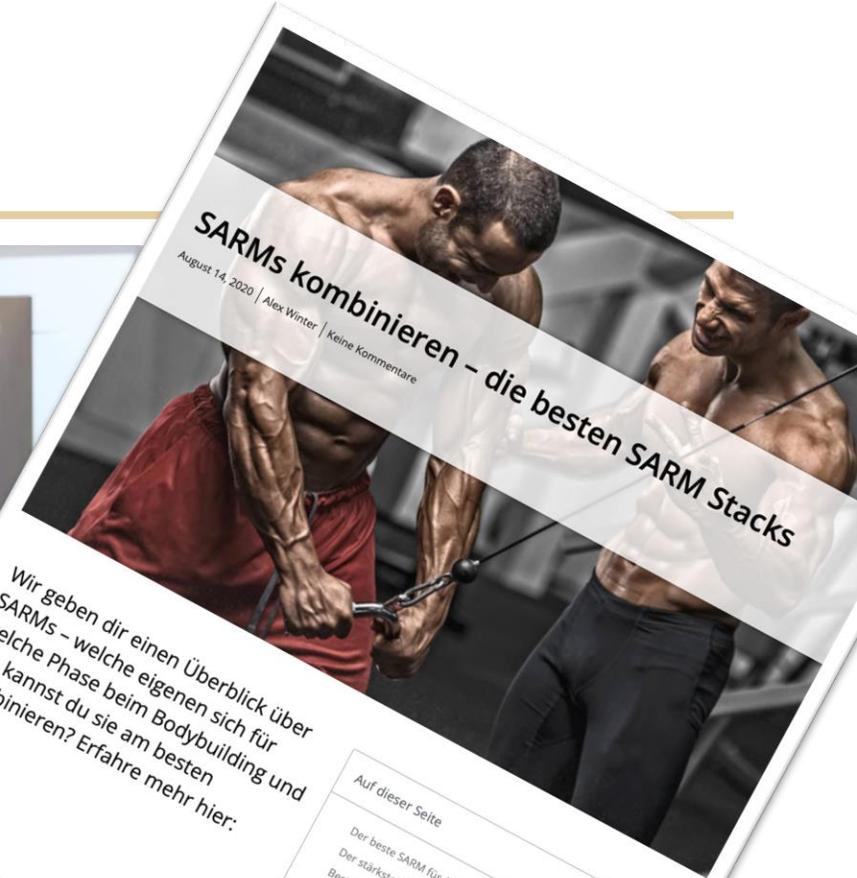
Easy Online "Ratschläge"

CURRENT STACK Extras...

Proviron 25mg
12iu HGH (Human growth hormone)
L-Carnitine 500mg Pre Cardio 600mg Pre Workout
Metformin 500mg
T4 150mg
Telmisartin 40mg
Clenbuterol 40mg
Yohimbine 10mg

CURRENT STACK

875mg Testosterone cypionate (125mg Daily)
1225mg Primobolan (175mg Daily)
2.1 Grams Total



Wir geben dir einen Überblick über SARMs - welche eignen sich für welche Phase beim Bodybuilding und wie kannst du sie am besten kombinieren? Erfahre mehr hier:

Auf dieser Seite

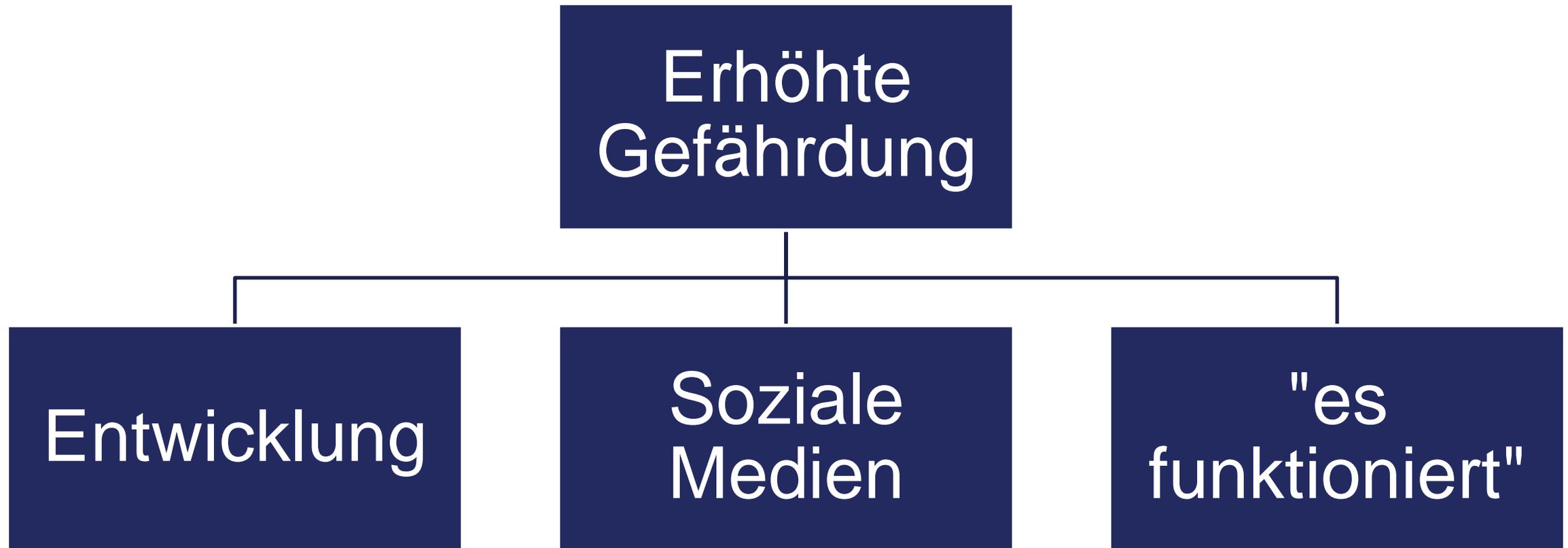
- Der beste SARM für Anfänger: Ostarine (MK-2866)
- Der stärkste SARM: Testolon (RAD-140)
- Bestes SARMs für Muskelaufbau: Ligandrol (LGD-4033)
- Der beste SARM für die Definitionsphase: Andarine (S4)
- Die besten SARM Stacks für die Definitionsphase
- Die besten SARM Stacks für die Massephase und Aufbauphase
- SARMs kaufen - ganz einfach im Online Shop

Keine offizielle Hilfe vorhanden...

... und was erwartet uns?

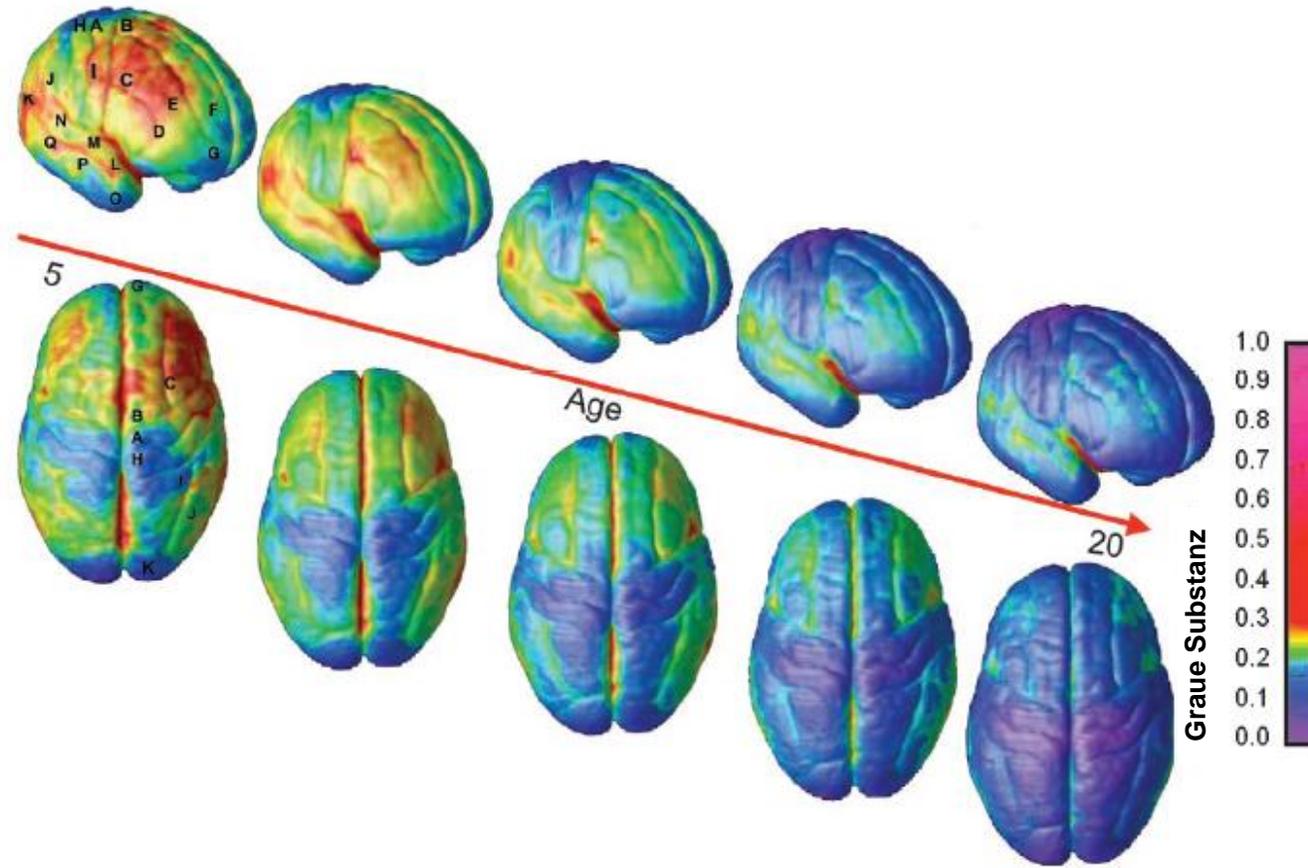


Mögliche Gründe für erhöhte Gefährdung



Entwicklung

Gehirnentwicklung von Jugendlichen



Präfrontaler Cortex unter Entwicklung

Entwicklung des präfrontalen Cortex

- Zum organisieren, Prioritäten setzen, Strategie wählen und Impulskontrolle
- Soziale Umgebung zu erkennen, zu planen und sich anzupassen
- Situationen in Kontext interpretieren; Erinnerungen mit «Bauchgefühl» verbinden

Sozial-Emotionale Entwicklung

- Wer bin ich; wo gehöre ich hin?
- Identität entwickeln
- Selbstvertrauen
- Rolle von Peers
- Wie stehe ich zu anderen?

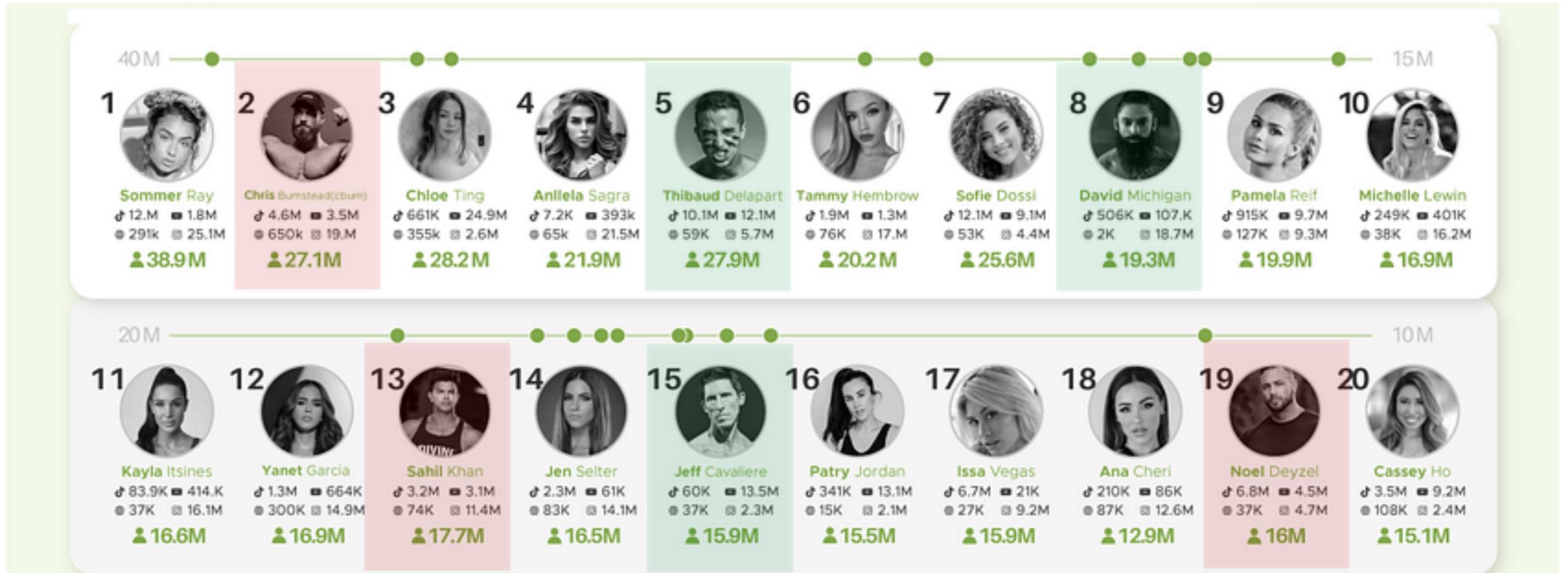
- Soziale Skills
- Emotionale Intelligenz

Soziale Medien

Konsumenten werden mehr und jünger

- Lebenszeitprävalenz (Studie aus NL, N = 2269; **24 ± 6 years**)
 - Protein 81.2 %
 - Kreatin 46.2 %
 - Pre-Workout 44.2 %
 - **SARM-Nutzung 2.7 %**
 - **Anabolika 9.0% (Akutprävalenz 3.6 %)**,
- Social Media mit fitnessbezogenen Inhalten erhöhen Prävalenzraten

World's top 20 fitness influencers 2024

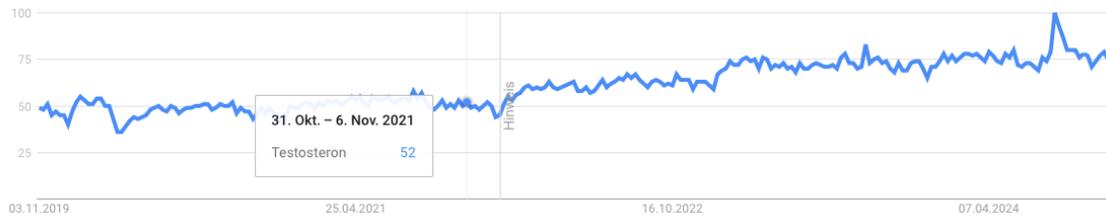


Social Media – TikTok Hashtags Schweiz

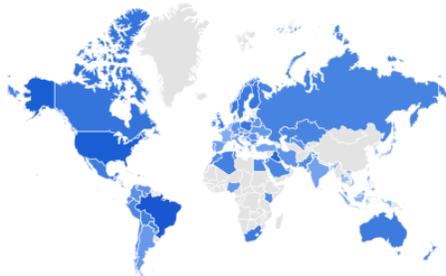
Rank	Hashtags	Posts	Trend	Creators
1	# motivation — 📍 Sports & Outdoor	52K Posts		
2	# zürich —	34K Posts		No related creator
6 ↓1	# loveyou	24K Posts		
7 ↓1	# gym 📍 Sports & Outdoor	19K Posts		

Google Trends: Testosteron & Co

Google: Testosteron



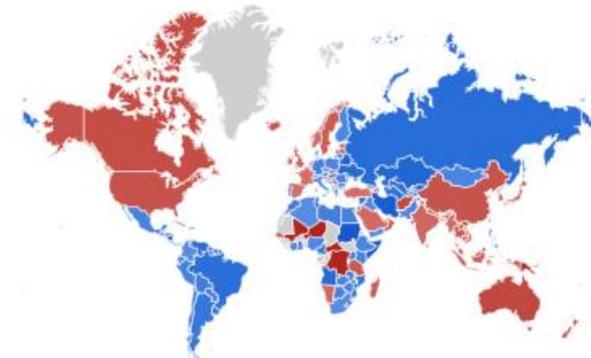
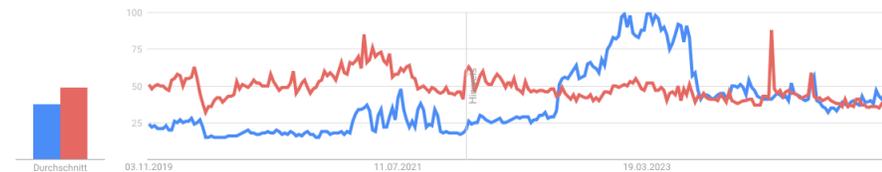
Interesse nach Region ?



Region ▾ ⬇ <> 🔗

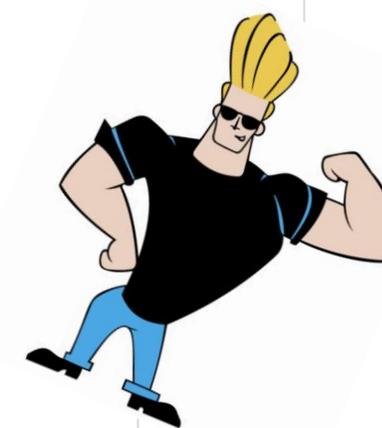
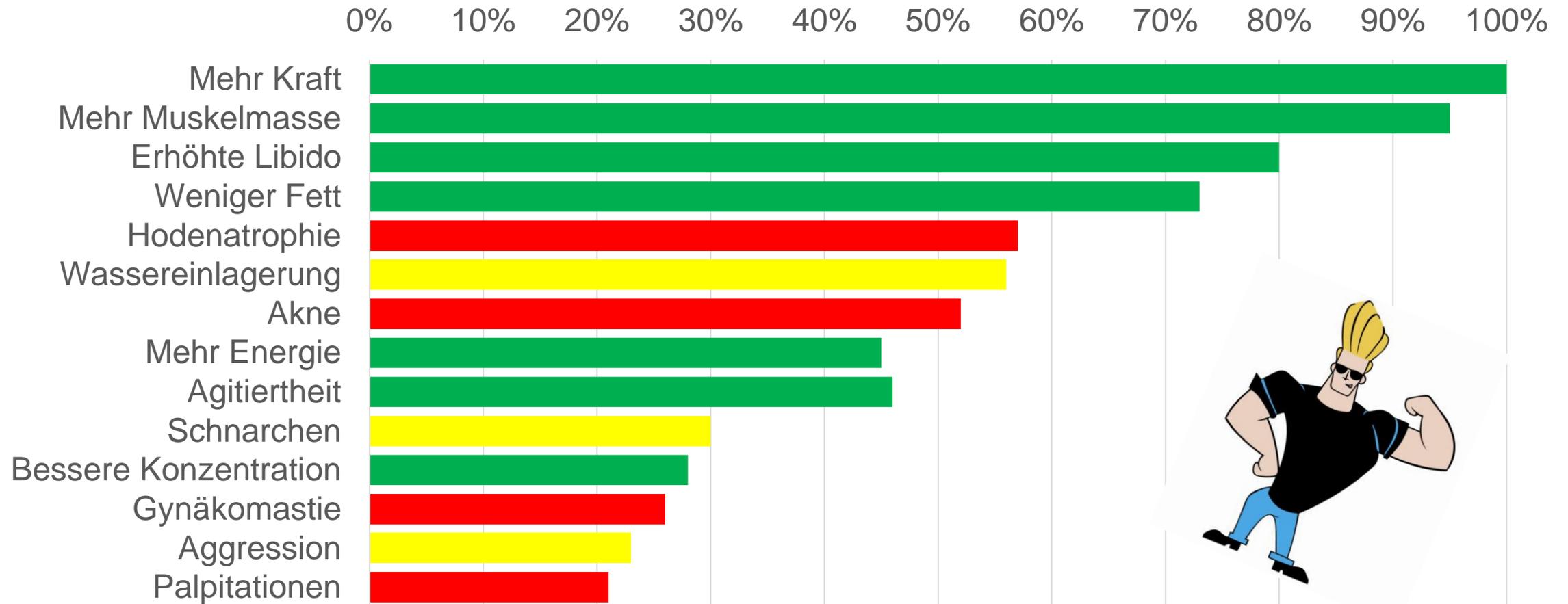
1 Brasilien	100	<div style="width: 100%;"></div>
2 Puerto Rico	97	<div style="width: 97%;"></div>
3 Vereinigte Staaten	93	<div style="width: 93%;"></div>
4 Kuwait	90	<div style="width: 90%;"></div>
5 Irak	86	<div style="width: 86%;"></div>

Google: Trenbolon und SARM

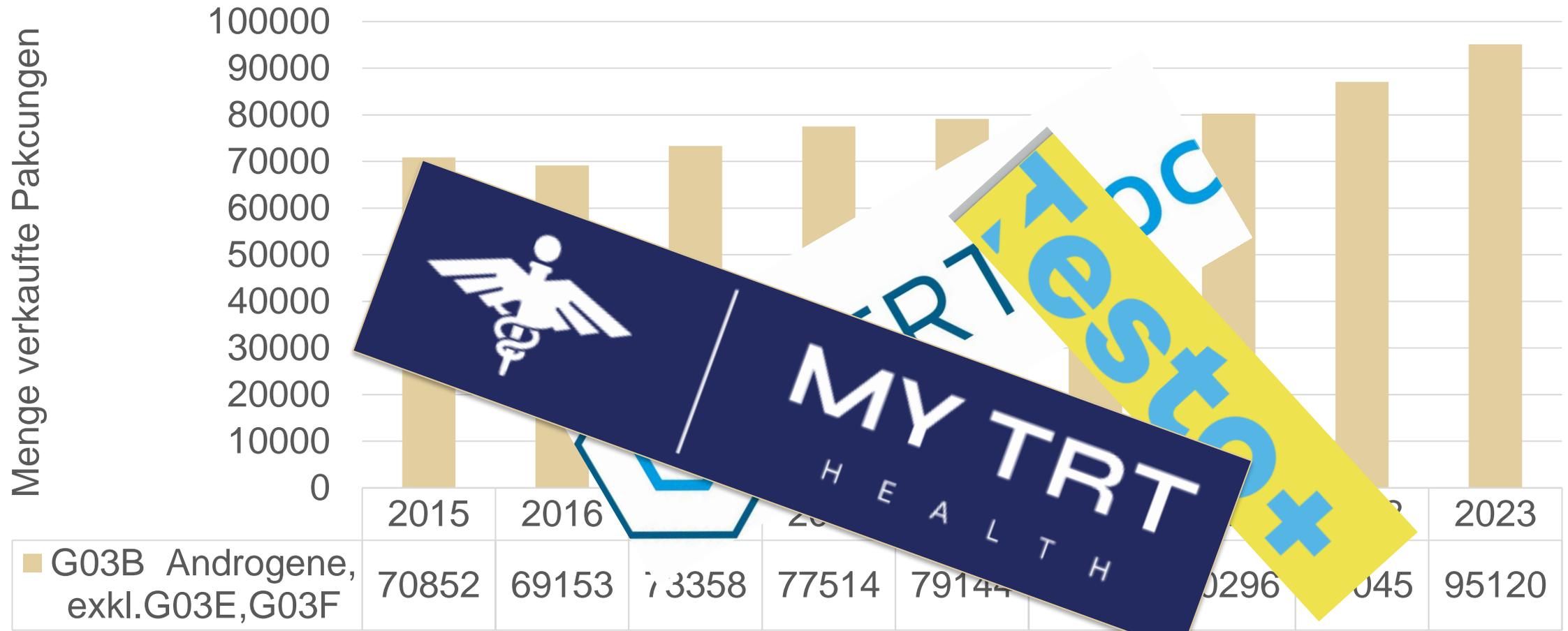


„es funktioniert“

Typische subjektive Folgen



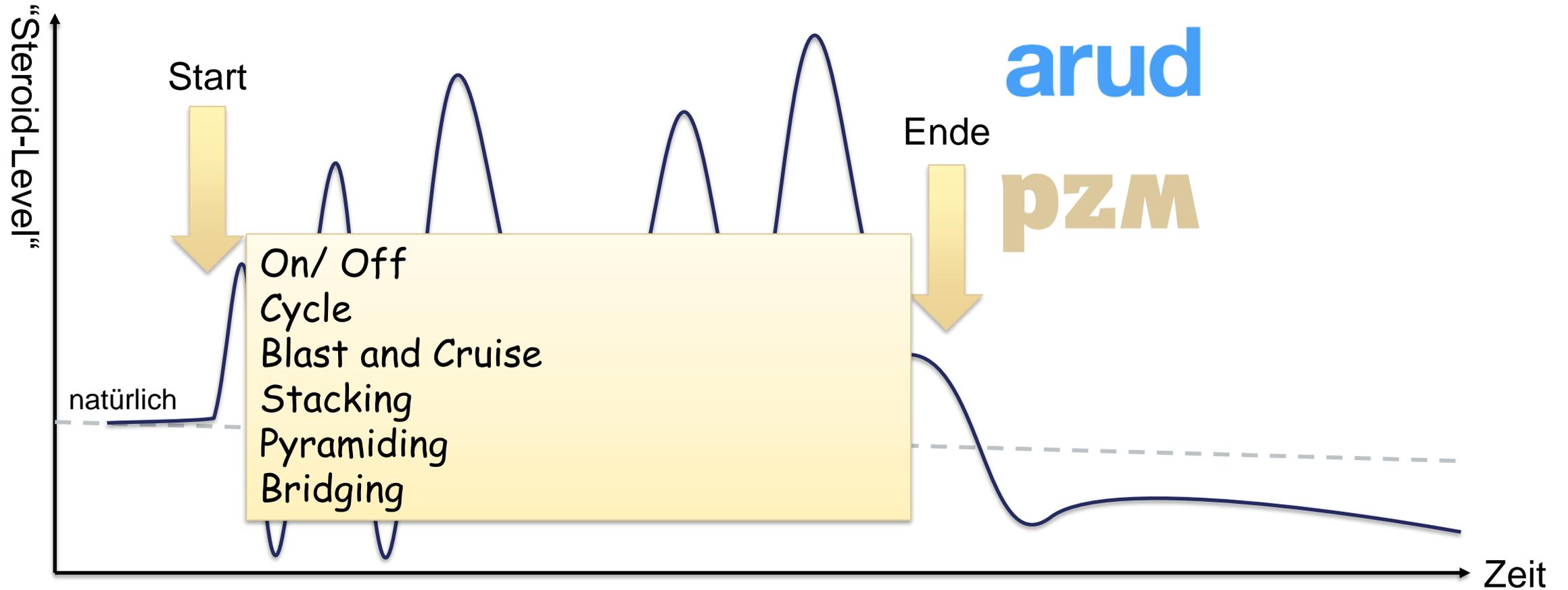
Verkaufszahlen von Testosteron in Schweizer Apotheken



Quelle: Berechnungen Interpharma mit Datengrundlage IQVIA AG.

Was macht es für die Prävention so schwierig?

„Karriere“ eines IPED-Users



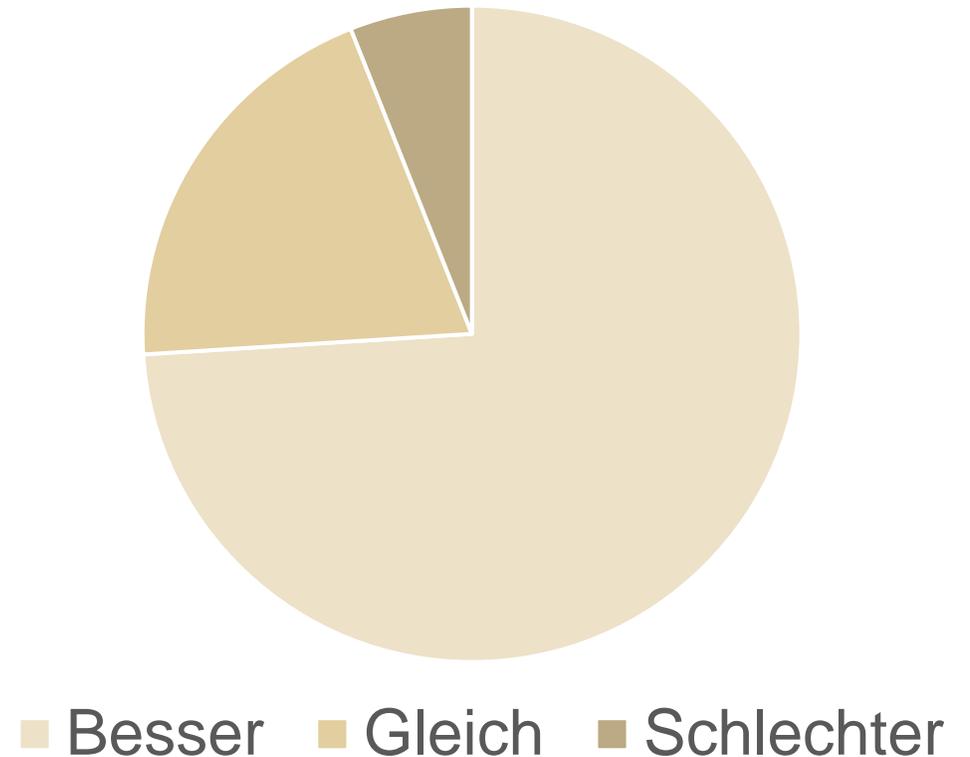
Gründe für Start von IPED Anwendung

- Körper verbessern
 - Besser aussehen
 - Muskelmasse und -definition verbessern
 - Kraft steigern
- Aussehen verbessern
 - Kaschieren von anderen körperlichen Merkmalen
 - Jugendliches Aussehen behalten
 - Attraktivität steigern
- Erfolgchancen erhöhen
 - Sportliche Errungenschaften
 - Verletzungen ausheilen oder vermindern
 - Fitness für Arbeit verbessern
- Sozialer Status verbessern
 - Kulturelle und soziale Erwartungen erfüllen
 - Den Ansprüchen und Erwartungen der Lebensgefährten entsprechen

Startpunkt von IPED

- Bewusster Entscheid für den Konsum von IPED
 - Bewusste Abwägung von Risiken
 - Bewusster Entscheid für Reduktion von medizinischer Information
 - Andere Optionen meist ausgeschöpft bzw. nicht realistisch
 - Aufwand und Ertrag abgewogen
- Klare Zielsetzung für den Konsum (Muskelmasse, Attraktivität, Sexualität, Selbstvertrauen, Energie, etc.)

Subjektive Lebensqualität



Gründe für Abbruch/ Reduktion von IPED

Nebenwirkungen

- Erektionsprobleme
- Gynäkomastie
- Hautbildveränderungen
- Prostataprobleme
- Herz-Kreislauf-Erkrankungen
- Leber- und Nierendysfunktion

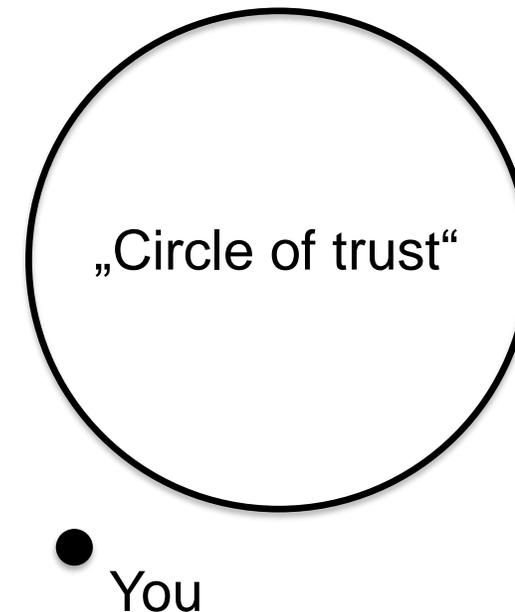
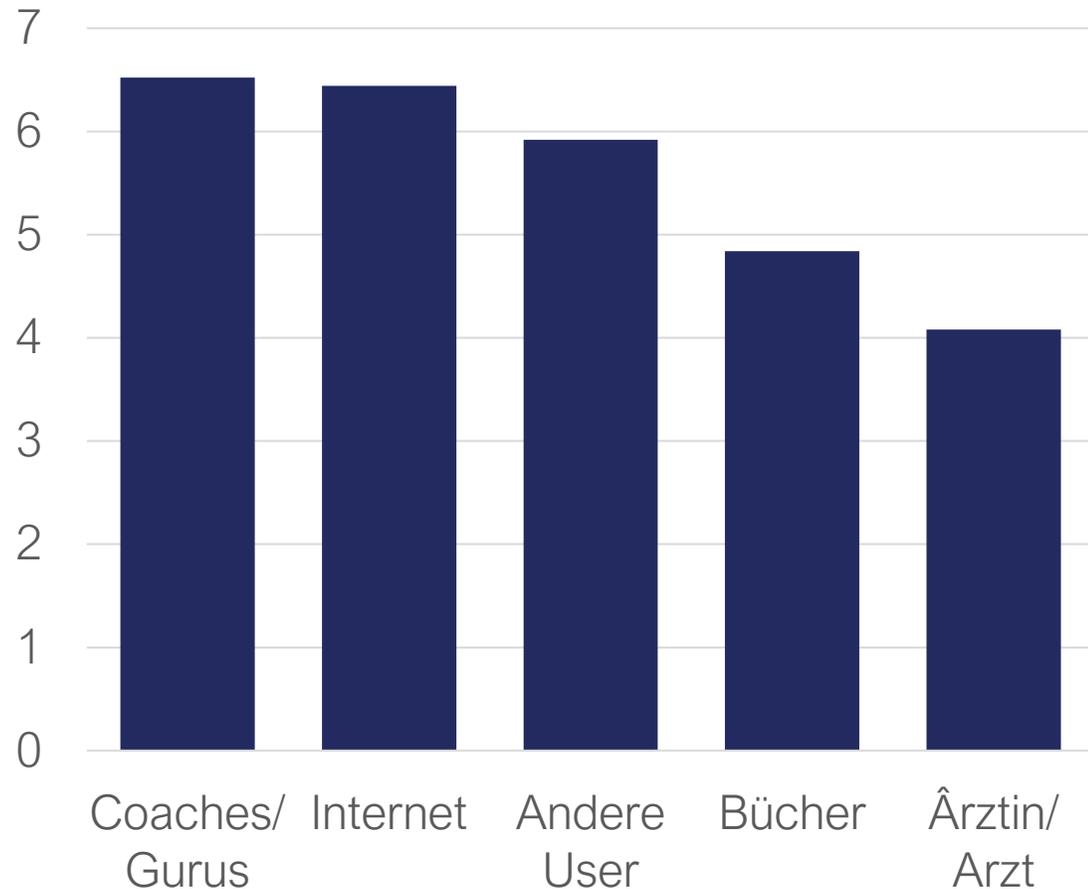
Lebenssituation

- Familiengründung
- Feste Beziehung

Psychische Nebenwirkungen

- Stimmungsschwankungen
- Aggression und Irritation
- Abhängigkeit

Vertrauen der Anwender - „Trust Gap“



Was macht der IPED Konsum gefährlich?

- Es ist nie „nur einmal“
 - Bewusster Entscheid zur Anwendung
 - Positive Effekte überwiegen am Anfang stark
 - Dauer, Dosis, Substanzen erhöht sich mit den “Kuren“
 - Chronischer Konsum in rund ein Drittel der Anwendenden
- Jegliche mögliche Dosis, jede mögliche Kombination von IPED
- Inhärente Nebenwirkungen
- Unklarer Langzeitverlauf
- Schlechte Qualität der verfügbaren Produkte
- Keine medizinische Betreuung möglich

Was für Präventionsansätze gibt es?

Human Enhancement Drug Network (HEDN)

GP Guide to harm minimisation for patients using non-prescribed anabolic-androgenic steroids (AAS) and other performance and image enhancing drugs (PIEDs)

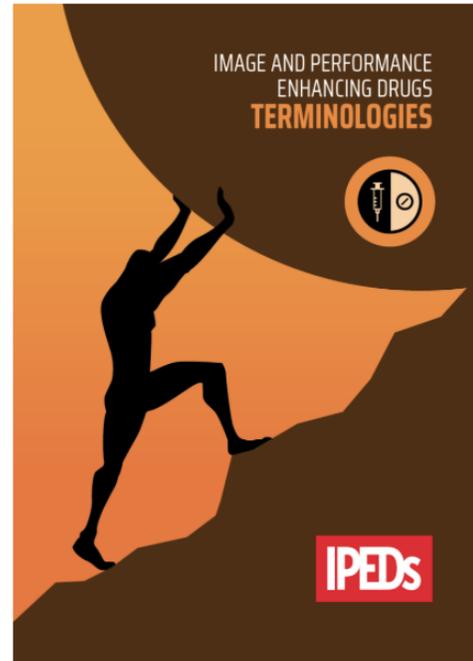
The purpose of this Guide is to provide GPs and other health professionals with up-to-date, evidence-informed guidance on how to manage and minimise harm for people who are contemplating, currently using or wanting to stop, non-prescribed anabolic-androgenic steroids (AAS) and other performance and image enhancing drugs (PIEDs).

This Guide is based on the best available evidence and draws upon an extensive literature review and the experience and knowledge of health professionals, researchers, and people who use non-prescribed AAS and other PIEDs.

The harm minimisation approach taken in this Guide is in line with the harm-reduction approach. It acknowledges the inherent risks of drug use and the range of supports needed to progressively reduce drug-related harm to the user, the community, and families. This approach does not condone the use of illicit drugs.



PIED Guide for GPs



Infographics for health professionals

HUMAN ENHANCEMENT DRUGS NETWORK INFORMATION PAMPHLET

Type of HEDs	Description	Examples	General Effects*	High-Risk Groups**
Weight-Builder	Designed to increase muscle mass and strength.	Anabolic-Androgenic Steroids (AAS), Growth Hormone (GH), Human Growth Hormone (hGH), Testosterone, Prolactin, Somatotropin, Somatomedin, Somatomedin Receptor Antagonists (SRA).	Intended effects: Muscle growth, protein synthesis, increased strength. Side-effects: Acne, hair loss, and increased risk of cardiovascular disease.	Young, competitive athletes, bodybuilders, and those seeking to improve performance.
Strength-Builder	Designed to increase strength.	Testosterone, Anabolic-Androgenic Steroids (AAS), Growth Hormone (GH), Human Growth Hormone (hGH), Testosterone, Prolactin, Somatotropin, Somatomedin, Somatomedin Receptor Antagonists (SRA).	Intended effects: Increased strength and muscle mass. Side-effects: Acne, hair loss, and increased risk of cardiovascular disease.	Young, competitive athletes, bodybuilders, and those seeking to improve performance.
Image-Enhancing Drugs	Designed to enhance appearance.	Testosterone, Anabolic-Androgenic Steroids (AAS), Growth Hormone (GH), Human Growth Hormone (hGH), Testosterone, Prolactin, Somatotropin, Somatomedin, Somatomedin Receptor Antagonists (SRA).	Intended effects: Increased muscle mass and strength. Side-effects: Acne, hair loss, and increased risk of cardiovascular disease.	Young, competitive athletes, bodybuilders, and those seeking to improve performance.
Sexual Enhancers	Designed to increase sexual desire and performance.	Testosterone, Anabolic-Androgenic Steroids (AAS), Growth Hormone (GH), Human Growth Hormone (hGH), Testosterone, Prolactin, Somatotropin, Somatomedin, Somatomedin Receptor Antagonists (SRA).	Intended effects: Increased sexual desire and performance. Side-effects: Acne, hair loss, and increased risk of cardiovascular disease.	Young, competitive athletes, bodybuilders, and those seeking to improve performance.
Performance Enhancers	Designed to increase performance.	Testosterone, Anabolic-Androgenic Steroids (AAS), Growth Hormone (GH), Human Growth Hormone (hGH), Testosterone, Prolactin, Somatotropin, Somatomedin, Somatomedin Receptor Antagonists (SRA).	Intended effects: Increased performance. Side-effects: Acne, hair loss, and increased risk of cardiovascular disease.	Young, competitive athletes, bodybuilders, and those seeking to improve performance.
Mood & Social Behavior Enhancers	Designed to improve mood and social behavior.	Testosterone, Anabolic-Androgenic Steroids (AAS), Growth Hormone (GH), Human Growth Hormone (hGH), Testosterone, Prolactin, Somatotropin, Somatomedin, Somatomedin Receptor Antagonists (SRA).	Intended effects: Improved mood and social behavior. Side-effects: Acne, hair loss, and increased risk of cardiovascular disease.	Young, competitive athletes, bodybuilders, and those seeking to improve performance.

In Deutsch

HED Information Pamphlet



Educational Infographics

Schadensminderung Beispiel UK

A PRACTITIONER'S GUIDE TO STEROIDS
+ OTHER DRUGS USED TO ENHANCE PERFORMANCE AND IMAGE

Choosing the right needle

NEEDLE SIZE	LENGTH	USES
Green 25G	33mm / 1.3"	Drawing up oil. Can be used for glutes (upper outer section of buttock)
Blue 25G	33mm / 1.3"	Glutes (lower outer section of buttock)
Blue 23G	25mm / 1"	Quads (inner thigh), deltoids (side shoulder)
Purple 24G	25mm / 1"	Can be used for IM injection of water based steroids
Orange 25G	25mm / 1"	Can be used for IM injection of water based steroids
Green 1ml syringe 22.25 or 30G	33mm	All substances (under the skin) injections - results 50% etc.

Available free from services and pharmacies where you see this sign. Buy online at exchangesupplies.org

Injecting essentials

- Never share or reuse anything
- For intramuscular injecting the needle must be long enough to reach deep into the muscle
- Don't inject too much solution into a site - 25G to 24G needles for oil based steroids
- Spot injecting increases the risk of complication

Steroid related side effects and risks

GENERAL

- Increases in CO₂ (Peak cholesterol) and increases in HDL (good cholesterol)
- Enlargement of the heart
- Increased risk of developing heart-related complications and strokes
- Acne
- High blood pressure
- Hair damage causing jaundice (during yellow) and pain
- Mood swings and changes in emotions (including aggression)
- Wasting (muscle loss) - excessive, infection

MALE

- Shut down of testosterone production and HPTA axis leading to testicular atrophy
- Regression of male pattern baldness
- Infertile (hypogonadism)
- Changes in skin tone
- Development of female breast tissue (gynecomastia)
- Prostate enlargement

FEMALE

- Changes in the reproductive system with defects (irregularity of female cycles)
- Development of a more masculine physique, thickening of the breast tissue, deepening of the voice and coarse skin

ADOLESCENTS

- Stunting of growth
- Early physical maturation
- Wrink and acne

Terminology

Aromatase - Testosterone conversion to oestrogens

Back water - Bacteriostatic water

Blair and cruise - Administering large amounts between maintenance doses

Cycle - The duration of use is 12 weeks

ED - Every day administration

EDD - Every other day administration

Feminisation - The development of female characteristics

IM - Intramuscular injection

Post Cycle Therapy - Combination of drugs used to restart testosterone production

Spot injecting - Injecting in to smaller muscles (not recommended)

Stack - Having a combination of drugs during the cycle

Subcut - Subcutaneous injection (under the skin)

Visualization - Female developing male characteristics

W - An international unit (a measurement for the amount of substance)

Knowing the dose

- The most important thing to establish is how much weight (in milligrams) or percentage of drug is in each millilitre (volume) of product
- mg (micrograms) - there are 1000 mg in 1mg
- mg (milligrams) - there are 1000 mg in 1 gram
- With underground lab products, it is not possible to be sure: overdose and overdose is a real possibility
- Always start with a smaller test dose and gauge reaction

Injectable steroids

BRAND NAME	STREET NAME	HALF LIFE	WATER SOLUBLE	AROMATISES	LIPOPHILIC	PRODUCT OF ORIGIN	DOSE USED BY MALE BODY BUILDERS
Boldenone Undecanoate	Eubolone	14 days	Yes	Low	Arabic	200 - 400 mg per week (injections once every 4-7 days)	
Drostanolone Propionate	Mastolon	5 days	No	Low	Arabic	100 - 150 mg (injections every other day)	
Methandrolone Enanthate	Phenno	10 days	No	Low	Arabic	200 - 400 mg per week (injections once every 4-7 days) - often a choice for women at lower doses	
Nandrolone Decanoate	Deca	6 days	Yes (low)	Low	Arabic	200 - 600 mg per week (injections once every 2-7 days) - often a choice for women at lower doses	
Stanozolol	Winstrol	7 days	No	Low	Arabic	50 - 100 mg daily or every other day (injections every other day)	
Suldamon	Suldamon 250	15 days	Yes	Low	Arabic	250 - 750 mg per week (injections once every 4-7 days)	
Tetosterone Cypionate	Test Cyp	12 days	Yes	Low	Arabic	200 - 600 mg per week (injections once every 4-7 days)	
Tetosterone Enanthate	Test E	10 days	Yes	Low	Arabic	200 - 600 mg per week (injections once every 4-7 days)	
Tetosterone Propionate	Test Prop	4 days	Yes	Low	Arabic	50 - 100 mg every other day (injections every other day)	
Tetosterone Suspension	Test Sol	7 days	Yes	Low	Arabic	50 - 100 mg daily or every other day (injections every day)	
Trenbolone Acetate	Tren Ace	5 days	No	Low	Arabic	50 - 100 mg (injections every other day)	
Trenbolone Enanthate	Tren E	10 days	No	Low	Arabic	200 - 300 mg per week (injections once every 4-7 days)	
Trenbolone Hexahydrobenzoylcarbonate	Tren Hex	10 days	No	Low	Arabic	152 - 228 mg per week (injections once every 4-7 days)	

Oral steroids

BRAND NAME	STREET NAME	HALF LIFE	WATER SOLUBLE	AROMATISES	LIPOPHILIC	PRODUCT OF ORIGIN	DOSE USED BY MALE BODY BUILDERS
4-Chlorodehydrocorticosterone	Trenbolone	1-2 hrs	7000s	No	High	Arabic	20 - 80 mg per day
Fluoxymesterone	Halobol	8 hours	No	High	Arabic	20 - 40 mg per day	
Methandrolone, Methandienone	D-Bal	6 hours	Yes	High	Arabic	20 - 30 mg per day	
Methandrolone	Proviron	12 hours	No	Low	Arabic	400 mg per day	
Oxandrolone	Anavar	8 hours	No	Medium	Arabic	20 - 140 mg per day - often a choice for women at lower doses	
Oxymetholone	Anapolon 50	8 hours	Yes	High	Arabic	50 - 100 mg per day	
Stanozolol	Winstrol	8 hours	No	Medium	Arabic	20 - 50 mg per day - often a choice for women	
Tetosterone Undecanoate	Andriol	12 hours	Yes	Low	Arabic	80 - 160 mg per day	

Aromatase inhibitors and selective oestrogen receptor modulators

BRAND NAME	STREET NAME	HALF LIFE	WATER SOLUBLE	AROMATISES	LIPOPHILIC	PRODUCT OF ORIGIN	DOSE USED BY MALE BODY BUILDERS
Aromasin (AI)	Exemestane	24 hrs	No	Low	Arabic	0.5 - 1 mg every other day	
Exemestane (AI)	Aromasin	24 hrs	No	Low	Arabic	15 - 25 mg every other day	
Letrozole (AI)	Letro	5 days	No	Low	Arabic	1.5 - 2.5 mg every other day	
Tamoxifen (SERM)	Tamoxifen	5 days	No	Low	Arabic	20 - 40 mg daily (also see Post Cycle Therapy)	

Post Cycle Therapy (PCT) drugs

BRAND NAME	STREET NAME	HALF LIFE	WATER SOLUBLE	AROMATISES	LIPOPHILIC	PRODUCT OF ORIGIN	DOSE USED BY MALE BODY BUILDERS
Clomid	Clomid	5 days	No	Low	Arabic	100 mg every day for 30 days (50 mg morning and 50 mg evening)	
Human Chorionic Gonadotropin (HCG)	HCG	4 days	No	Low	Arabic	2000 IU every other day for 10 days (i.e. 10 doses). Note: HCG is often taken on cycle at a dose of 250 - 500 IU every 4 or 5 days	
Tamoxifen	Tamoxifen	5 days	No	Low	Arabic	40 mg every day for 45 days (20 mg morning and 20 mg evening)	

Fat loss and thyroid drugs

BRAND NAME	STREET NAME	HALF LIFE	WATER SOLUBLE	AROMATISES	LIPOPHILIC	PRODUCT OF ORIGIN	DOSE USED BY MALE BODY BUILDERS
Clebutolol	Diethylolol	6 hrs	100%	No	Low	Arabic	20 - 120 mcg daily
DNP	2,6-Dinitrophenol	30 hours	100%	No	High	Arabic	200 mg daily. Note: high risk of overdose death
Ephedrine	Ephedrine	6 hours	100%	No	Low	Arabic	50 - 150 mg daily
EF	Caffeine (ethylphenyl)	10	100%	No	Low	Arabic	25 - 75 mg daily
EF	Yohimbine	15	100%	No	Low	Arabic	25 - 150 mg
EF	Yohimbine hydrochloride	15	100%	No	Low	Arabic	Ephedrine 50 mg, caffeine 200 mg, Aspirin 300 mg 7 or 8 times daily

Growth enhancers and peptides

BRAND NAME	STREET NAME	HALF LIFE	WATER SOLUBLE	AROMATISES	LIPOPHILIC	PRODUCT OF ORIGIN	DOSE USED BY MALE BODY BUILDERS
CJC 1295	Growth Hormone Releasing Peptide	CJC	1 hour	No	Low	Arabic	100 mcg 3 times per day
Hexarelin	Growth Hormone Releasing Peptide	Hex	1 hour	No	Low	Arabic	100 mcg 3 times per day
HGH	Human Growth Hormone	Growth	20 minutes - 2 hours	No	Low	Arabic	1 - 30 IU every day
IGF 1	Insulin Type Growth Factor	IGF	20 minutes	No	Low	Arabic	40 - 100 mcg daily
IGF LR3	Long Acting Insulin Type Growth Factor	IGF	20 hours	No	Low	Arabic	10 - 50 mcg daily
Insulin (short acting)	Humalog	Slin	3 - 8 hours duration	No	Low	Arabic	1 IU post workout. Note: high risk of overdose death
GHRP	Growth Hormone Releasing Peptide	GHRP	1 hour	No	Low	Arabic	100 mcg 3 times per day
GHRP6	Growth Hormone Releasing Peptide	GHRP	1 hour	No	Low	Arabic	100 mcg 3 times per day
Melanotan 2 / Afamelanotide	Tanning agent	MT2	35 hours	No	Low	Arabic	0.5 - 1 mg daily

Growth enhancers and peptides

CJC 1295	Growth Hormone Releasing Peptide	CJC
Hexarelin	Growth Hormone Releasing Peptide	Hex
HGH	Human Growth Hormone	Growth
IGF 1	Insulin Type Growth Factor	IGF
IGF LR3	Long Acting Insulin Type Growth Factor	IGF
Insulin (short acting)	Humalog	Slin
GHRP2	Growth Hormone Releasing Peptide	GHRP
GHRP6	Growth Hormone Releasing Peptide	GHRP
Melanotan 2 / Afamelanotide	Tanning agent	MT2

Telefonat – Die Mutter von Tim (17)



Was
würden Sie
mir raten?

Warum braucht es bessere Prävention?

- Jugendliche sind noch in der Entwicklung zu Erwachsenen (erhöhte Vulnerabilität)
 - Inoffizielle Informationen beschönigen die Gefährdung
 - Produkte sind online einfach verfügbar ohne Qualitätskontrolle der Inhaltsstoffe
 - Offizielle Informationen online gibt es nicht oder sprechen Zielpublikum nicht an (Angstmacherei, ungenaue und unglaubwürdige Informationen)
-

samuel.iff@unibe.ch

Fragen?
