



Doping Considerations for Tennis

B.M. Pluim, MD, PhD

Medical Director of the Royal Netherlands Lawn Tennis Association

The title of the current presentation could be interpreted in two different ways. It could mean 1) that we will discuss which performance enhancing drugs are useful to tennis players, or 2) that we will talk about the impact of the current doping rules and regulations on our player's lifestyle (medication and eating habits) and the precautionary measures players have to take to avoid an unintentional positive doping test. It may be a bit disappointing to you, but in this presentation we will talk about the latter

The WADA doping list and regulations will be presented, and three substances on this list will be discussed in more detail: corticosteroids, beta-2 agonists and nandrolone. With respect to corticosteroids, we will discuss what they are, how often they are prescribed, in what type of medications (creams, nasal sprays, pills, injections) they are present, what effect they have, and when and how a tennis player can apply for a Therapeutic Use Exemption (TUE). We will do the same for beta-2 agonists (asthma medications). Finally, the latest information on the positive nandrolone cases in the tennis world will be presented, including the impact it has had on the tennis community with respect to the distribution of supplements, medications, and ointments.

To conclude, general advice for the coach on the best way to avoid a (unintentional) positive doping case will be presented.