

What's Trending Now: Instant Feedback on Prescription & Over-the-Counter Medications for NCAA Athletes

Ryan Carpenter, Director of Education Services

Dealing with the bumps, bruises and injuries associated with training and conditioning, many student-athletes may need over-the-counter or prescription medications for healing and/or minimizing symptoms. Prior to the consumption of any pharmaceutical products, it's important to check the medications to make sure that they do not contain NCAA banned substances.

The over-the-counter and prescription drug database is a component of the Resource Exchange Center (REC) that is often overlooked. Athletes and their support personnel can access the database 24 hours a day, 7 days a week to receive instantaneous feedback on the status of over-the-counter or prescription medications as "banned" or "not banned."

The NCAA understands that some athletes may require medications that contain banned substances for legitimate medical purposes. Student-athletes requiring "banned" pharmaceutical products for a diagnosed and well-documented medical condition should review the NCAA medical exception policy. This information can be found on the REC website. All documentation for medical exceptions should be kept in the student-athlete's medical record within the athletic department. Prescriptions that fall within the Peptide Hormones or Anabolic Agents drug classes require pre-approval from the NCAA before the athlete can compete while using the medicine. All other drug classes, with the exception of Street Drugs, do not require pre-approval. There is no medical exception process for substances in the NCAA Street Drug class.

As a reminder, student-athletes should continue to check on the status of medications throughout the off-season and summer break. For additional questions about the Resource Exchange Center (REC) or other Drug Free Sport educational programs, please contact Ryan Carpenter at rcarpenter@drugfreesport.com.



Receive instant feedback ("Banned" or "Not Banned") on prescription and over-the-counter medications:

1. Report all medications to your athletic staff and/or physician.
2. Visit www.drugfreesport.com/rec. Passwords are: ncaa1, ncaa2, or ncaa3. Non-NCAA organizations should contact Ryan Carpenter for password assistance.
3. Click "Ask about Prescription/ Over-the-Counter Medications" quick link on the home page.
4. In the search bar, search the brand name first (e.g. Tylenol). If the product is not found, search the generic name (e.g. Acetaminophen).
5. Locate the product that you are considering from the queried results (e.g. Extra Strength Tylenol).
6. Select the product to view the status (i.e. Banned or Not Banned).
7. If you are unable to locate a medication based on brand or generic name searches, use the "Ask About a Dietary Supplement Inquiry Form" to submit the product to one of our REC experts.

Oral Fluid Drug Testing Available August 2015

Chris Nordby, Director of Client Services



Advantages of oral fluid drug testing: ease of collection, detection of recent substance use, and proven technology.

On April 22nd, Drug Free Sport hosted a webinar discussing the advantages and disadvantages of drug testing using urine, oral fluid, hair and blood. During the session, Dr. David Kuntz, Executive Director of Analytical Toxicology at Clinical Reference Laboratory (CRL), described some of the advantages oral fluid testing provides over testing hair and blood. Some of these advantages include ease of collection, detection of recent substance use, and proven technology. Acknowledging the validated science and benefit to drug testing clients, Drug Free Sport will begin offering oral fluid testing starting August 1, 2015.

Drug Free Sport prides itself on working with laboratories that provide the most sophisticated science and technology available for detecting drug-use. CRL's expertise in oral fluid testing, the growing industry acceptance, and multiple quality assurance programs lend to Drug Free Sport's confidence in offering oral fluid drug-testing services to clients. The ease of training institutional staff on how to perform oral fluid specimen collections may make the matrix an appropriate choice for institutions with limited resources and those who prefer performing specimen collections in a non-invasive setting.

It is important to affirm that urine drug testing continues to be the "gold standard" by providing a wider detection window and allowing for the testing of more substances than are detectable through oral fluid. Oral fluid testing also requires the inclusion of specific language in drug-testing policies. Drug Free Sport works closely with CRL to customize testing panels designed to detect drugs of greatest concern for our clients. Using the most sensitive methodology and instrumentation available in the drug-testing industry, CRL analyzes specimens at cut-off levels lower than those typically available through many laboratories.

Institutions considering oral fluid testing are invited to contact Drug Free Sport for assistance in policy development and determining the drug testing matrix that is the best fit for their program. If interested in learning more about oral fluid drug-testing, please contact Josh Roehr, Director of Sales and Marketing at jroehr@drugfreesport.com; or Chris Nordby, Director of Clients Services, at cnordby@drugfreesport.com.

Drug Free Sport News

DFS Partners with Boys & Girls Club of Kansas City for RBI Program

Ben Mosier, Director of Professional Sports Drug Testing

In 2014, Major League Baseball Commissioner, Rob Manfred, vowed to revive the game of baseball in today's youth by making the sport more accessible, especially within urban areas where fields and facility infrastructures may be more difficult to source. Drug Free Sport client, Major League Baseball, has since partnered with the Boys and Girls Clubs of America through the RBI (Reviving Baseball in Inner Cities) program.

The RBI Program provides inner-city youth (ages 5-18) an opportunity to not only play baseball and softball, but also learn important life skills through sport participation and mentorship. Locally, Drug Free Sport is proud to announce a partnership with the Boys and Girls Club of Greater Kansas City (BGCGKC) and the active sponsorship of the 2015 Drug Free Sport Cardinals RBI baseball team.

Spearheading the initiative is Drug Free Sport COO, Chris Guinty. "Drug Free Sport is proud to support the Boys and Girls Club of Greater Kansas City," Guinty said. "We feel a connection to the urban youth of our city and jumped at the opportunity to promote character through sport." In addition to sponsoring a 2015 RBI team, Drug Free Sport's dedicated staff will be volunteering as assistant coaches and helping with event coordination, educational programs, and other related activities.



First pitch at the Drug Free Sport Cardinals season-opener!

"Drug Free Sport really hits a home run with their support and involvement. Not only are they a financial supporter of our work, but they are also directly engaged on multiple levels, including as volunteer coaches and on our Sports LAB Advisory Board. They truly represent the spirit of empowering our work and impact," says Dave Smith, President & Club Alumnus at the BGCGKC.

The Drug Free Sport Cardinals will be competing in the Barnstormers Division (ages 9-10) and will be playing 15 games throughout the summer months at participating baseball facilities throughout the Kansas City area. More information about the RBI Program, its mission, and team schedules can be found online at <http://www.bgc-gkc.org/rbi/>. To support the Boys and Girls Club of America please visit www.bgca.org.



DRUG FREE SPORT™ MISSION

Ensuring Fair and Safe Sport

The National Center for Drug Free Sport is a team of accessible, world-class experts in partnership with leading sport organizations around the world providing unbiased and customized drug-testing programs and other drug prevention initiatives to ensure fair and safe sport.

DRUG FREE SPORT™ VISION

To be the premier provider of customized drug testing and prevention programs for athletes and sport organization worldwide through innovation, technology, quality, and exceptional staff.

ON THE ROAD AGAIN

Will we be in your area?

Contact us to schedule an educational session!



DATIA Conference
Miami, FL
June 2-4

Big West Athletic Trainers' Meeting
Long Beach, CA
June 8-10

NATA Clinical Symposia & Expo*
St. Louis, MO
June 23-26

Visit us in the Expo at Booth #2415 for your chance to win an iPad Air!

***FREE Hot Breakfast at NATA: Experience SCAN® 3 drug testing technology and benefits**
St. Louis, MO

Renaissance Grand Hotel
(across from the Convention Center)
June 25, 9:30-10:30am, Room Majestic C
RSVP at JRoehr@drugfreesport.com

2015 NACWAA National Convention
Tampa, FL
October 11-13

The National Center for Drug Free Sport®

For INSIGHT questions, comments, or to be added to our mailing list, please contact:
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816.474.8655 www.drugfreesport.com

Congratulations 2015 DFS Fund Continuing Education Award Winners!

Drug Free Sport® is pleased to announce the winners of the 2015 Drug Free Sport Fund Continuing Education Award.

John Ciecko III – Bloomfield Hills High School
Lauren Ey – The Catholic High School of Baltimore
Mary Tovornik – Stony Brook University
Nathan Wilder – Towson University

The Drug Free Sport Fund Continuing Education Award was established to recognize the significant contributions of Athletic Trainers in the prevention of drug abuse by athletes and, in gratitude, to provide monetary award(s) for the continuing education of Athletic Trainers employed in the high school, college, university or 501(c)3 public charity setting.

"Athletic Trainers are an integral part of the drug-prevention team in high school, college and professional sports," said Frank Uryasz, President of Drug Free Sport. "Drug Free Sport is pleased to recognize these four Athletic Trainers and to provide funding to further their professional development."

The Drug Free Sport Fund Continuing Education Award, which was established in 2013, has already awarded over \$20,000 to assist the advancement of Athletic Trainers through educational opportunities. Athletic Trainers interested in applying for the 2016 scholarship will be able to submit applications through The Greater Kansas City Community Foundation's website (www.gkccf.org) in August 2015.

insight

Drug Free Sport™

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Selective Androgen Receptor Modulators (SARMs) Appearing in Dietary Supplements

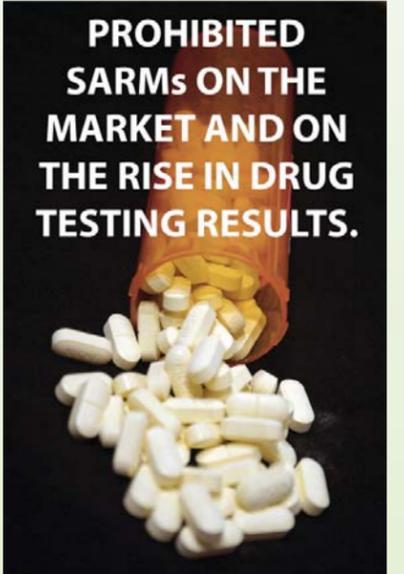
Lara Gray, MS, RDN, CSSD
Education Services Program Manager

Selective androgen receptor modulators (SARMs) are causing positive drug test results within the “anabolic agents” drug class. Structurally classified as steroidal or nonsteroidal, steroidal SARMs are molecularly similar to endogenous (produced naturally in the body) testosterone, such as the common metabolite dihydrotestosterone (DHT). Alternatively, nonsteroidal SARMs include a number of structural categories that easily bind to androgenic receptors and have high tissue specificity that promote both muscle and bone strength. These structural categories include aryl-propionamide, bicyclic hydantoin, quinolinones, benzimidazole, imidazolopyrazole, and indole, to name a few.

SARMs were originally designed for therapeutic use in age-related skeletal muscle loss, cancer cachexia, end stage renal disease, osteoporosis, and other chronic illnesses. A quick glance at the current market shows these substances appearing in dietary supplement products, specifically through online distributors. Product promotions target sport-related vulnerabilities such as being “legal” and “proven” for effectiveness and without undesirable side-effects experienced with steroidal hormones, such as acne, liver dysfunction, and prostate issues. However, the scientific literature confirms SARMs as performance-enhancing drugs (PEDs) and sports organizations have thereby banned/prohibited them in and out of competition.

SARM-containing products are most often sourced through unreliable and disreputable internet-based distributors. Unfortunately for the athlete, SARMs are more difficult to identify in dietary supplements and other exogenous (originates outside of the body) sources than they are in urine drug testing analyses. Some common names seen on supplement labels and online marketing campaigns include ostarine (MK-2866, enobosarm), andarine (S4), ligandrol (LGD-4033), compounds S1, S-22, LGD2226 and LGD 2941, BMS-564929, and several other synthetic chemical compositions derived by pharmaceutical companies. Due to the highly unregulated nature of the supplement industry and high rates of false labeling, there is always a chance that a supplement may contain SARMs even when not reported on the product label.

Athletes and sports personnel must be educated about the emergence of SARMs and potential misuse/abuse in sport. Particular caution should be impressed upon athletes to avoid supplements found or marketed through untrustworthy websites. Product promotions that include “anabolic” benefits, being a “natural alternative to prohormones,” or tout “legal steroid” claims are significant red-flags when considering supplementation. Athletic department staff should remain cognizant of current trends in supplements and drug testing, as well as the content of locker/training room conversations in proactive efforts to deter use of PEDs and promote athlete health, safety, and eligibility.



Insights from the PCC Conference

Ryan Willis, Director of NFL PED Drug Testing

Drug Free Sport staff recently visited the Major League Baseball headquarters in New York City to attend the 2015 Partnership for Clean Competition (PCC) Conference: Innovation and Implementation in Anti-Doping. The PCC conference brings together leaders from organizations worldwide to discuss recent topics in policy and scientific advancements in the anti-doping movement.

The conference is also a unique opportunity to refresh, be inspired, and gain perspective on the attendees’ collective mission to ensure fair and safe sport for clean athletes across the globe. From timely research to newly validated laboratory techniques, the conference effectively blends the perspectives of all stakeholders involved in sport drug testing. This year’s topics included recent breakthroughs in detecting human growth hormone, a continued review of the dietary supplement industry and up-to-date research on the safety of products athletes are using, and new trends being implemented to ensure robust drug testing programs. Perhaps the most important and influential discussions from the conference were those that successfully captured the perspective of the clean athlete.

Olympic Sprinter and Bobsled star, Lauryn Williams, and former MLB player, Harold Reynolds closed each day of the conference with personal insights on their experiences competing as substance-free athletes. In one account, Williams described the mental and emotional cost of taking second place to a suspected doper—an experience that evidently lives with her each day. Drug Free Sport’s Chief Operating Officer, Chris Guinty noted, “Hearing about the importance of clean competition from professional athletes such as Lauryn Williams and Harold Reynolds reminded me why we work so hard to protect and promote clean competition; so true athletic ability can flourish. We want to give young athletes proper role models to look up to. The PCC is an important tool in our fight to stay one step ahead of the athletes who choose to cheat.”

Drug Free Sport staff embrace opportunities to directly interact with our clients and partners in continued efforts to advance the fight for fair and safe sport. We look forward to following the results from some of the research the PCC is funding in 2015.

PARTNERSHIP FOR
clean competition

The Partnership for Clean Competition (PCC), founded in 2008, is a partnership between several international sports organizations, including DFS clients Major League Baseball, the National Football League and the PGA Tour, which has donated over \$8 million to scientific research in an effort to protect the integrity of sport and public health through innovation by combining the resources of top sports organizations. For more information, please visit www.cleancompetition.org.

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