

**Title:** Policy Statement: Use of Performance-Enhancing Substances

**Organization:** American Academy of Pediatrics

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**Year:** 2005

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**Description:** Geared to pediatric health care professionals, this policy statement asserts that the American Academy of Pediatrics "strongly condemns the use of performance-enhancing substances and vigorously endorses efforts to eliminate their use among children and adolescents" based on the lack of data on their safety and efficacy of as well as their potential for posing significant harm. Provides a general definition of performance-enhancing substances and gives examples including some dietary supplements. Makes recommendations on how pediatric health care providers, parents, schools, and sports organizations can help prevent and stop use of these substances. A companion document "Sports Shorts" (available from American Academy of Pediatrics Web site at <http://www.aap.org/family/sportsshorts12.pdf>) has a table for pediatricians and another for parents, coaches and athletes which outline proposed effects, side-effects and legal issues for commonly used substances.

**Dietary Supplements:** Androstenedione; Creatine; DHEA (dehydroepiandrosterone)

**Notes:** Also discusses amino acids, not specified.

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**Guideline.gov Summary:** [Complete Summary](#)

**Language:** English