MEDICAL CHANNEL

Letter To The Editor

Student Section

THE DILEMMA OF PAKISTAN'S BODY BUILDER

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Androgenic Anabolic Steroids isderived from male testosterone. They can robust physiological effects on human body which might beadvantageous for athlete's performance but can cause harm as well.Anabolic steroids can boost muscle mass which presumable linked to hypertrophy in addition the development of novel muscle fibers, the process mediated by satellite cell number and ultrastructure, androgen receptors and myonuclei.[1]. Anabolic steroids may have limited medical uses but it's been widely abused by athlete's to alter lean body mass and muscle strength[2].

Anabolic steroids has some influence on erythropoiesis and blood hemoglobin concentration but it's come up with severe side effect of raising blood pressure and decrease in serum HDL. Some animal studies correspondinglyindicate its hazardous result on heart structure and function including arrhythmia as well its relation to atherosclerosis, thrombosis and vasospasm[1,2]which illustrate some evidence in previous month disastrous news from Punjab in which four body builders died unexpectedly in last seventeen days[3].

All of these death are linked to anabolic steroids which body builder used to boost their muscle mass [4]. Some of them are probably died of cardiac arrest caused by disproportionate use of steroid [4].All of these things raises questions about quality of supplements which our athlete's used[5]

The most unfortunate news is that with all of these bereavementno body came forward to penalize the individuals who are blamable for it. The concerned executives like everything in the nation looks like have taken a big silence over the issue.

In the end, it's all of us responsibility to urge body builders not to take such supplements and to try to work even harder to help our professional athlete's do get their deserved respect.

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