

## Medicine and sport

THE OLYMPIC GAMES should be the pinnacle of sporting achievement, a showcase of the highest athleticism that can be reached by men and women. However, at present, it is estimated that only about 50% of sportspeople take advantage of the performance-enhancing medications developed through the wonders of modern science. This pharmacological nihilism is disappointing. If our best unmedicated athletes can achieve similar performances to those whose performances are pharmacologically enhanced, then how much better might they do with the benefit of modern medical science?

What is needed is a level playing field. A fertilised one. We propose that, in future, no athlete should be allowed to compete in the Olympic Games without making maximum use of the miracles of modern medicaments and designer drugs. The Games could then be renamed the Pharmacological Olympic Games. The sponsorship possibilities are infinite.

### Rules of performance

All performing athletes will be required to have drug tests at the start and end of competition. Those refusing to provide samples of blood and urine will not be allowed to compete. Any athlete whose samples test negative for performance-enhancing drugs will be sent home in disgrace.

### Performance-enhancing drugs

The accepted reference work for the sporting pharmacopoeia is MIMS-Sportif.

#### Track and field

Homoeopathic principles have always dictated that one treats a fever with hot medicines, and a cold with cold ones. Obviously, one can only expect to improve speed with speed. Amphetamines are *de rigueur* for the ambitious track-and-field athlete. The walkers, however, may prefer to take Slow K.

A wide range of uppers is available for the high jump and the high hurdles, and long-acting uppers for the long jump.

Cyclists should avoid catching herpes at all costs, because acyclovir can seriously impair their performance.

Anti-inflammatories, such as the non-steroidal anti-inflammatory drugs, can help cure a slipped discus.

#### In the pool

Divers may benefit from downers, while antibiotics can help any divers suffering from diverticulitis.

A new range of stroke medication is available for swimmers.

Water polo players will benefit from the new water polio vaccine.

#### The regatta

The COX-2 inhibitors have proved popular among rowers, particularly the coxless pairs.

#### Soccer, tennis, handball, volleyball

Testosterone is the drug of choice to improve ball control.

### Demonstration sports

Demonstration sports are sports favoured by the host country that may become a regular fixture in future Olympics. A demonstration sport with exciting pharmacological possibilities is the dramatic Irish sport of hurling, which can be spectacularly enhanced by the judicious use of ipecacuanha.

### New developments on the horizon

Weight-lifters have found that the new SSRI antidepressants have given them a real lift.

Beach volleyball has received a boost from Sandoz, who are adding to Sandoglobulin and Sandomigran with a new drug, Sandobikini.

### Conclusion

The Pharmacological Olympic Games will showcase the best of what medicine and sport have to offer when the aggressive therapeutics of the heroic physician are harmoniously combined with the ruthless competitiveness of the world-class athlete. Let the Games begin!

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## Is anyone coming?

The sun filtered in as he cradled his chin  
in the palm of his long-serving hand,  
as he relived the days of his work in the haze  
way outback in our Great Southern Land.

It seems too much to ask, but he's stuck to his task  
for the span of five decades or so;  
but his heart it is yearning, his stomach is churning,  
and he feels it's now high time to go.

Ten years have passed by since he first wondered why  
there was no-one to answer his call —  
his practice for sale, but there lies a tale —  
he's just waited and waited, that's all.

Will anyone follow his work on the morrow?  
Have our med schools dried up like Lake Eyre?  
For each greying carthorse, let's renew the workforce  
and steer our old docs from despair!

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