



TAYLOR HOOTON  
FOUNDATION

# ALL ME<sup>®</sup> ASSEMBLY: PROGRAM SUMMARY

## APPEARANCE AND PERFORMANCE ENHANCING SUBSTANCES



**#ALLMEPEDFREE**



Taylor Hooton



@TheTHF



@TheTHF

**Text questions to:  
401-552-5563 (401-55-ALLME)**

# Taylor Hooton Foundation

Formed in 2004

Have spoken directly to over two million people

National leader on the subject of Appearance and Performance Enhancing Substances

501(c)3 – non profit

## Mission

Enlighten the world to the truths about Appearance and Performance Enhancing Substances

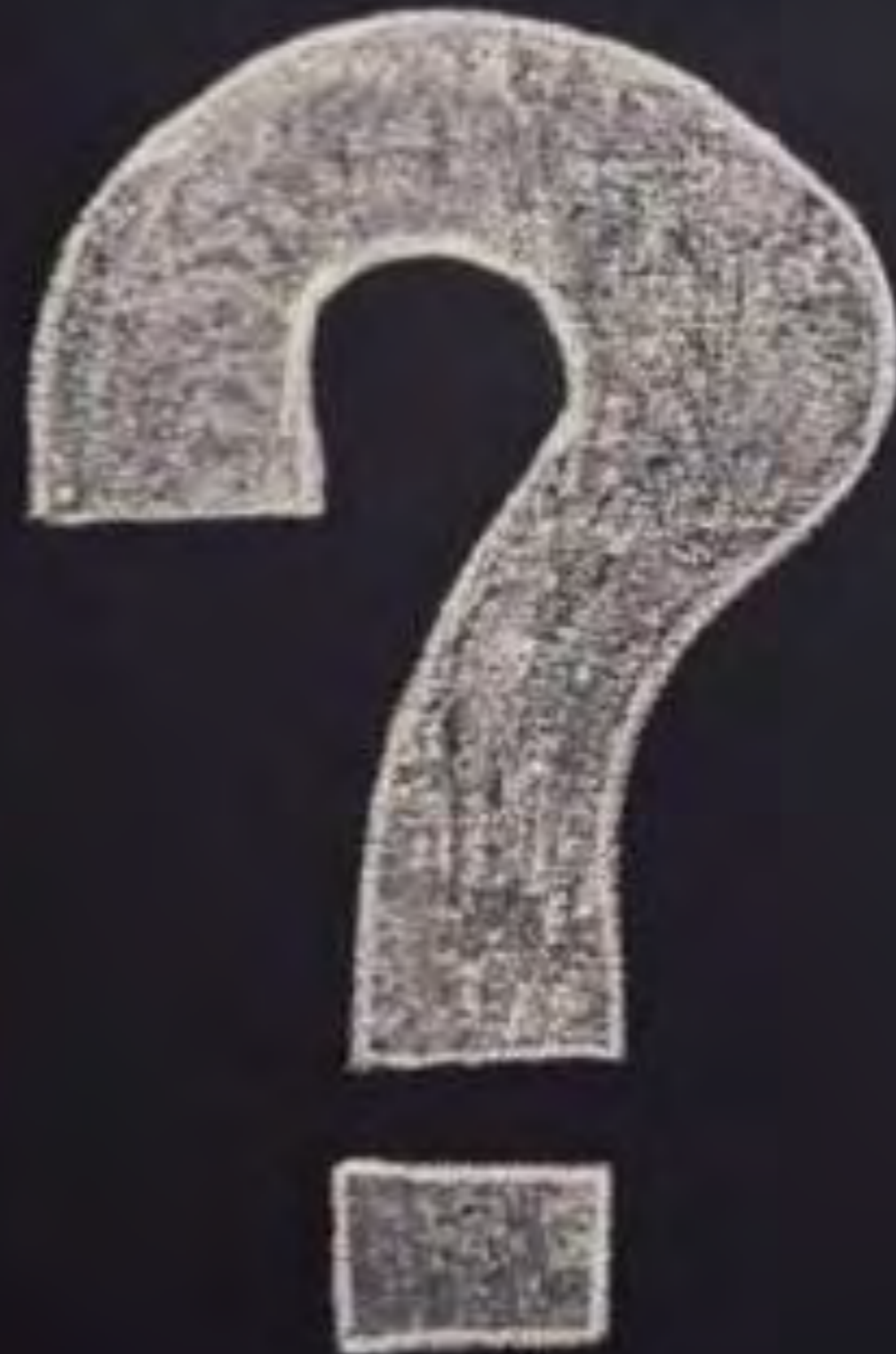
## Vision

Eliminate the use of Appearance and Performance Enhancing Substances in US, Canada, and Latin America high schools, middle schools and universities



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# 3 Questions to ask before you use a supplement



1

Clean?

2

Necessary?

3

Contain banned substances?



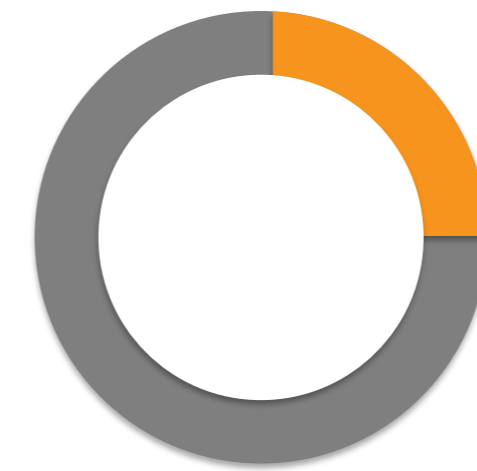
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# 18-25% of supplements **spiked with steroids**



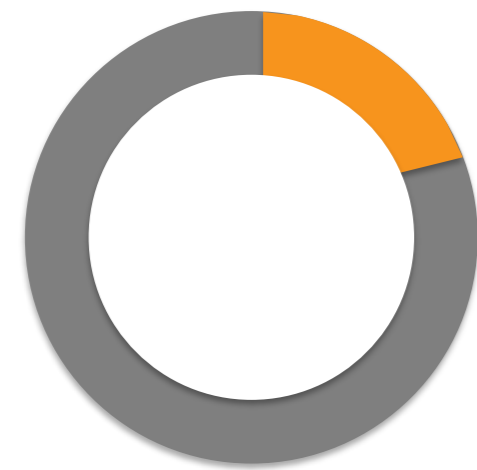
15 of 58 protein powders tested positive for steroids **(25%)**

*Informed-Choice.org, 2014*



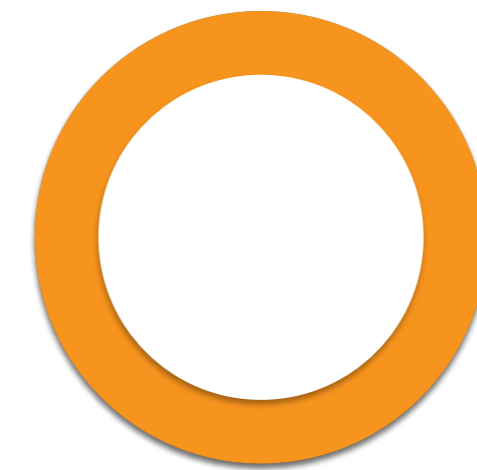
**“25%** of all vitamins and supplements on sale are spiked with anabolic steroids”

*Int'l. Assoc. of Athletic Federations, 2014*



45 of 240 OTC supplements tested **(18%)** contained anabolic steroids

*Int'l. Olympic Committee*



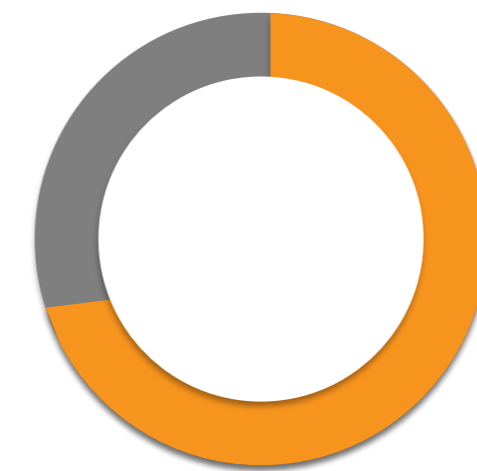
“According to health experts, most of the health supplements available in the market are laced with steroids.”

*UK Daily Mail, July 4, 2015*



Almost **50%** of all testosterone-boosting supplements contain illegal steroids.

*Military Times, 7/2013*



**“60%** of the creatine we test is laced with the steroid nandrolone.”

*Frank Shorter, Founder of US Anti-Doping Agency  
Nov. 2010*



# Potential Effects of Consuming Energy Drinks

## • Acute Effects

- Elevated Blood Pressure
- Increased Heart Rate
- Increased Corrected QT Interval
- Supraventricular Arrhythmia
- Ventricular Arrhythmia
- Coronary Artery Spasm
- Coronary Artery Thrombosis
- Takotsubo Cardiomyopathy
- Aortic Dissection
- Sudden Cardiac Death
- Endothelial Dysfunction

## • Potential Chronic Effects

- Hypertensive Heart Disease
- Coronary Artery Disease
- Atherosclerosis
- Cerebrovascular Disease
- Peripheral Arterial Disease



A man wearing a yellow tank top and an orange cap is looking at shelves of supplement containers in a store. The shelves are filled with various brands and types of supplements, including protein powders and creatine. The lighting is bright, highlighting the man's physique and the products on the shelves.

# Are you taking “dirty” supplements?

# How do I know if a supplement is clean?



## NSF Sport

The leader in Dietary Supplement and Ingredient Certification



## Resources:

- <http://taylorhooton.org/dietary-supplements/>
- NSF website: [www.nsfport.com](http://www.nsfport.com), with up to date product listings, supplement related news, and articles.
- *iPhone / Android Application*



# Anabolic **Steroids**



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# What is **Testosterone**?

✦ Testosterone – natural hormone in the human body

✦ Male Sex hormone

✦ Puberty

✦ Muscle Growth

✦ Bone Growth

✦ Body Hair



# Anabolic Androgenic Steroids

- ✦ Man-Made / Synthetically Produced chemicals similar to the natural occurring hormone Testosterone
  - ✦ Anabolic: Muscle Building
  - ✦ Androgenic: Increased male characteristics
- ✦ Steroids: refers to the class of drug



✓ **NOTE: not the same as corticosteroids which are used to treat asthma, arthritis, skin rash etc..**

# Why Are They Banned?

## + Cheating

- + Changes the fundamental value of competition

## + Illegal drugs

- + Possession Federal Offense
  - + Schedule III Drug (USA)
    - + Like Vicodin and Hydrocodone
- + Selling, distributing, manufacturing is a felony

## + Banned for your protection

- + Dangerous to the user



# Physical Dangers - Males

- + Premature balding
- + Testicular atrophy
- + Lower sperm count
- + Sterility, Impotence
- + Potential birth defects in offspring
- + Painful erections
- + Grow breasts\*

\*Breast surgery is now the #4 most frequent plastic surgeries . . . for men.  
Orange County Register, 6/23/2011



*Gynecomastia "Man Boobs"*



*Cysts / Infection*

# Physical Dangers - Females

- ✦ Male-type body hair
  - ✦ E.g., beard
- ✦ Male pattern baldness
- ✦ Deepened voice
- ✦ Breast shrinkage
- ✦ Abnormal menstrual cycles
- ✦ Potential birth defects
  - ✦ E.g., having a female fetus with male characteristics
- ✦ Enlarged clitoris



# Physical Dangers

## + Cardiovascular System

- + Weakens left ventricle (pumps blood)
- + Water & salt retention = High blood pressure
- + Elevated cholesterol and triglycerides
- + Blood clotting disorders



# Other Physical Dangers

- ✦ Gastrointestinal System
  - ✦ Liver cysts / Liver cancer
- ✦ Musculoskeletal System
  - ✦ Bones stop growing
- ✦ Kidneys
  - ✦ Damage may be as severe as the heart damage
- ✦ Hypertension
- ✦ Increased chance of injury to tendons, ligaments, and muscles
- ✦ Jaundice, trembling, aching joints
- ✦ Bad breath
- ✦ Users can become addicted



# ALL ME® Assembly Programs

- ✦ Multimedia assembly program
  - ✦ Schools (High Schools and Universities)
  - ✦ Conferences (ATC, Coaches, AD, etc)
  - ✦ Any large gathering of youth, parents, or adult influencers
- ✦ Two Program Choices
  - ✦ Appearance and Performance Enhancing Substances
  - ✦ Dietary Supplement Safety and Nutrition







Promoting a “PED-Free” lifestyle  
Join the All Me League by pledging  
to live and compete PED Free!

[www.allmeleague.com](http://www.allmeleague.com)

Victor Decolongon / Getty Images



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## Join the ALL ME League

1. Go to: [allmeleague.com](http://allmeleague.com)
2. Enter your Name & Email

*Share with your Friends!*

***Congrats!***

*You have now pledged and  
joined the **ALL ME League***



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# The ALL ME Podcast

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month!***

# Questions? More Information:



[www.taylorhooton.org](http://www.taylorhooton.org)  
214-449-1990  
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# RESOURCE SLIDES

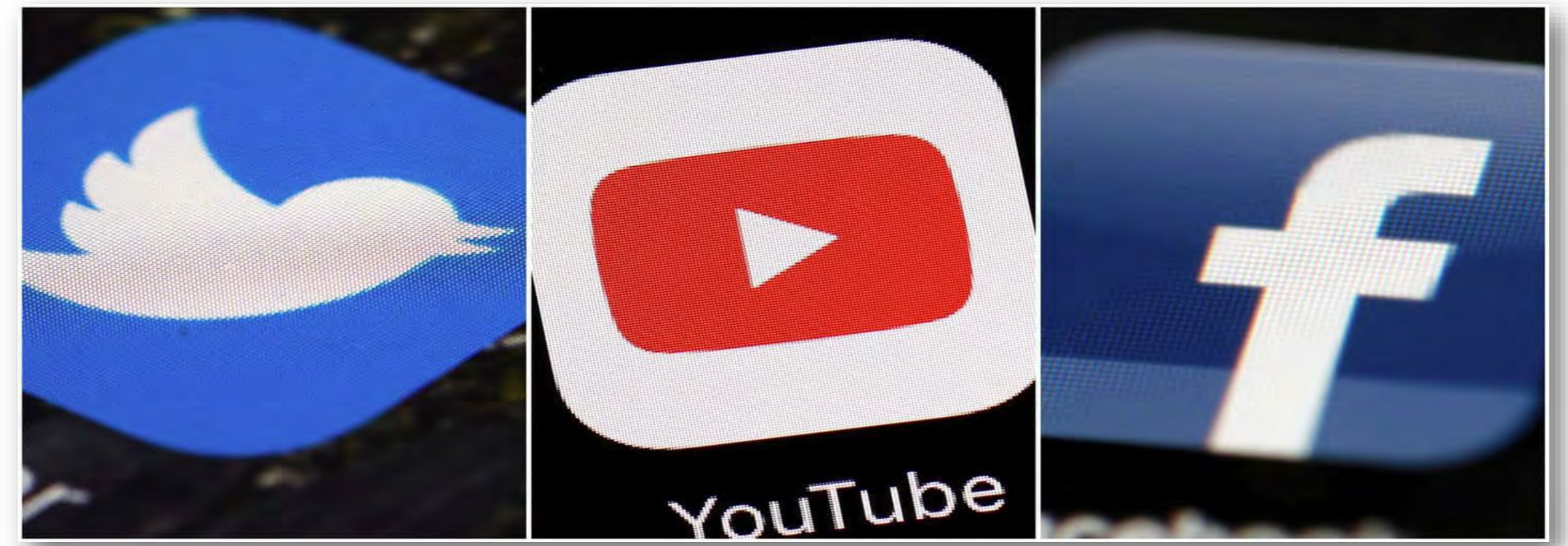


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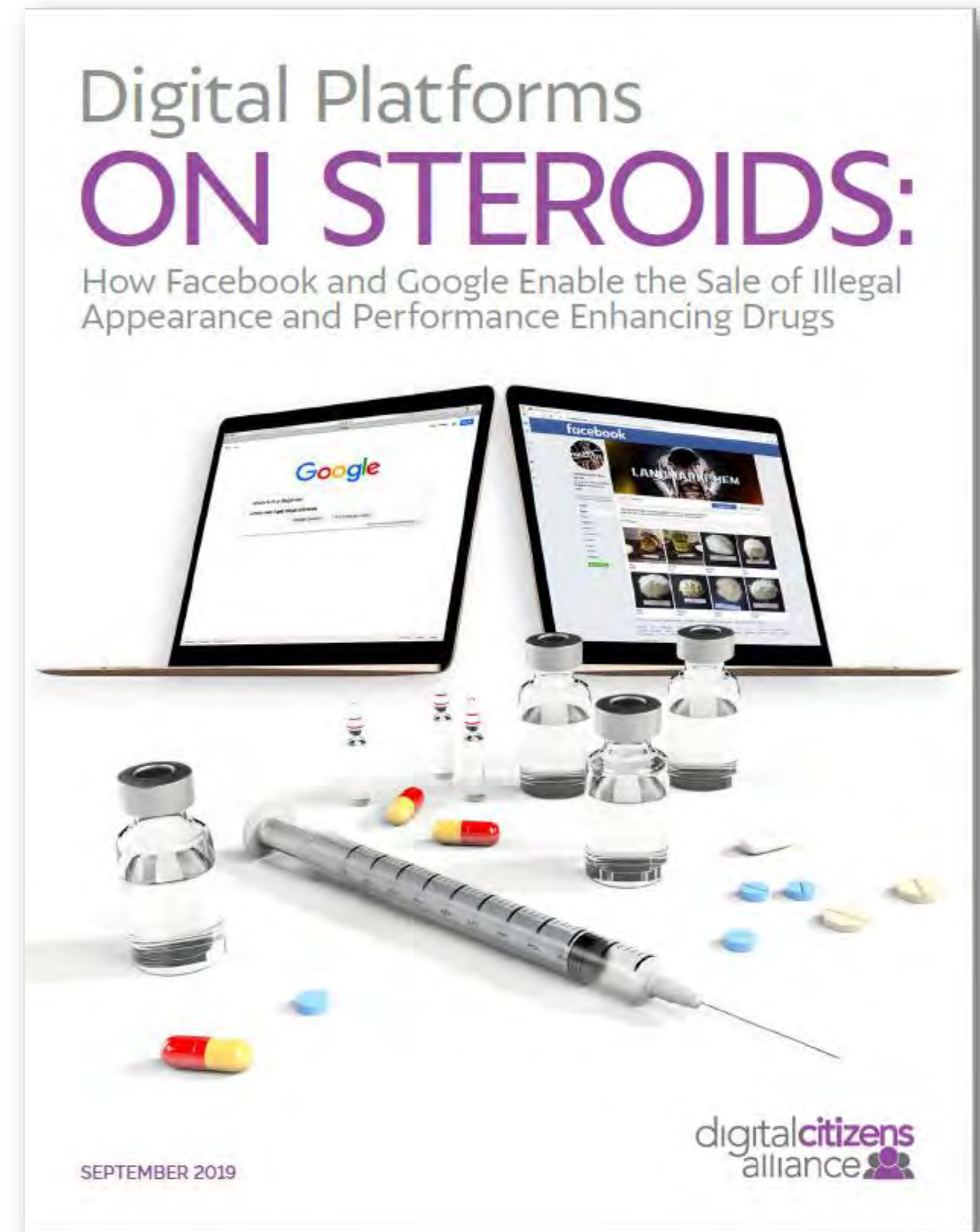
A new report shows drug dealers are peddling steroids on **Facebook and YouTube**

digitalcitizens  
alliance 



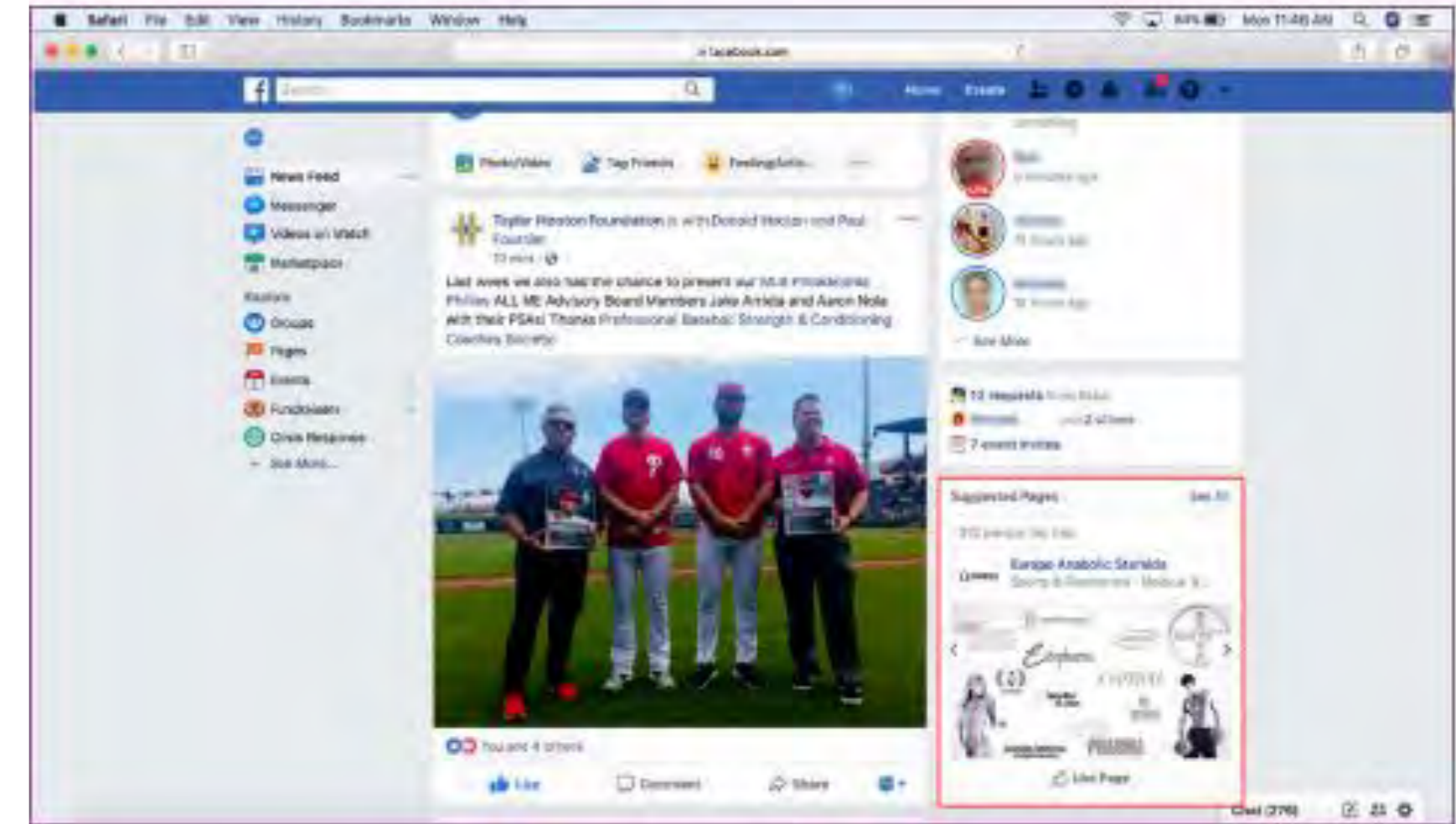
# What did we learn from the **report?**

- As part of the study, DCA surveyed 2,417 Americans and found that:
  - 10% of those surveyed admitted to taking anabolic steroids.
    - 13% of males
    - 8% of females
  - 10% were underage when they first used.
  - 1 in 3 purchased the drugs online
  - 52% of users cited “improve physical appearance” as the reason that they use these drugs
  - 63% of users admitted to experiencing side effects or health issues consistent with the use of these drugs.



# What did we learn from the **report**?

- Anabolic Steroids and Human Growth Hormone (HGH) were successfully purchased on Facebook
  - Both drugs were sent to a lab (Microtrace) to be tested:
    - Traces of Nadrolone (brand name Deca Durabolin “Deca”) in the same that was marked “Nandrolone
    - HGH was not deleted in the sample alleged to be HGH
- In 2013 Harvard professor Ben Edelman estimated that Google made \$1 Billion from illicit activities on it’s platform!
- Ad’s for drugs being run on Facebook next to THF posts





# Youth Usage Rates of Anabolic Steroids

- ✦ 7% of high school students admit use\*
- ✦ 21% of HS students know a friend that uses
- ✦ Equates to almost 1.5 million high school kids!
  - ✦ About 3-4 dozen per high school
  - ✦ About 1 per classroom
- ✦ 8.2% of males age 18-26 admit use\*\*



# Anabolic Steroids: A Survey of Users

**NEW**

## Age of Users

- 18-21: 12.91%
- 22-30: 42.85%
- 31-40: 24.49%
- 41-50: 14.13%
- 51-Plus: 5.62%

## Motivation for Use

- Improve Appearance: 82%
- Increasing Strength: 50%
- Body Image: 30%
- Improve Performance: <10%

## Common Weekly Doses

- <500 mg: 46%
- 501-1000 mg: 47%
- 1001-2000 mg: 5%
- >2001 mg: 1%

***-OVER 94% OF PARTICIPANTS REPORTED SIDE EFFECTS  
-46% TRIED TO QUIT, BUT OVER 60% RETURNED TO USING***

\*American Journal of Men's Health, 2020



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# Steroids and Cardiotoxicity of the Heart

- ✦ Study measuring long-term steroid use and Cardiac Function and Plaque Formation

- ✦ **Study Design**

  - ✦ Tested 140 experienced male weightlifters ages 34-54

  - ✦ Examined 86 subjects who used steroids for > 2 years versus Non-steroid users

- ✦ **Results**

  - ✦ Steroid users exhibited higher Left Ventricular Mass (heart size)

  - ✦ Steroid users exhibited thicker Left Ventricular Walls

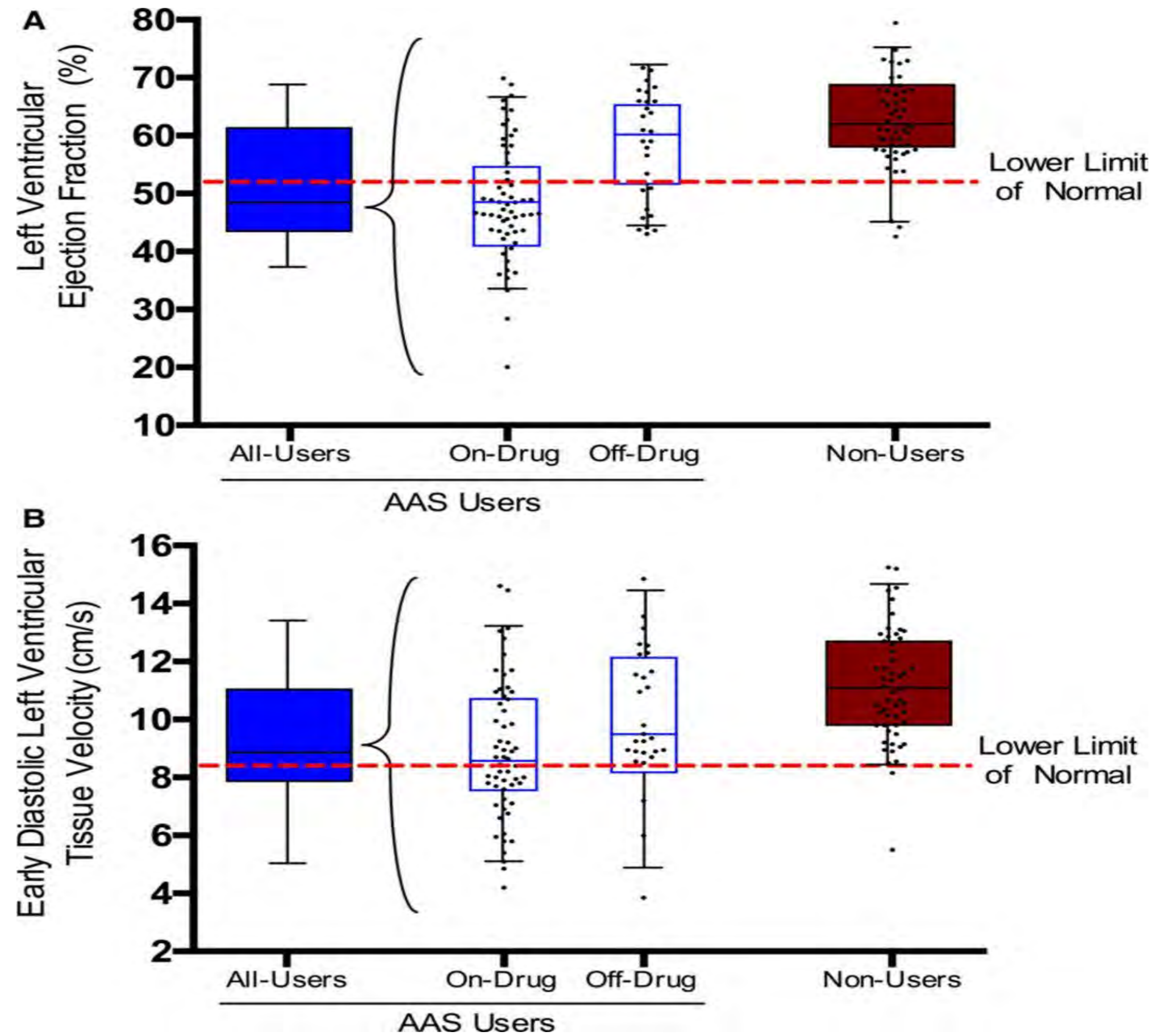
  - ✦ 71% of Steroid users has a below normal Ejection Fraction (heart pumping function)

  - ✦ Steroid users showed significantly higher plaque volume

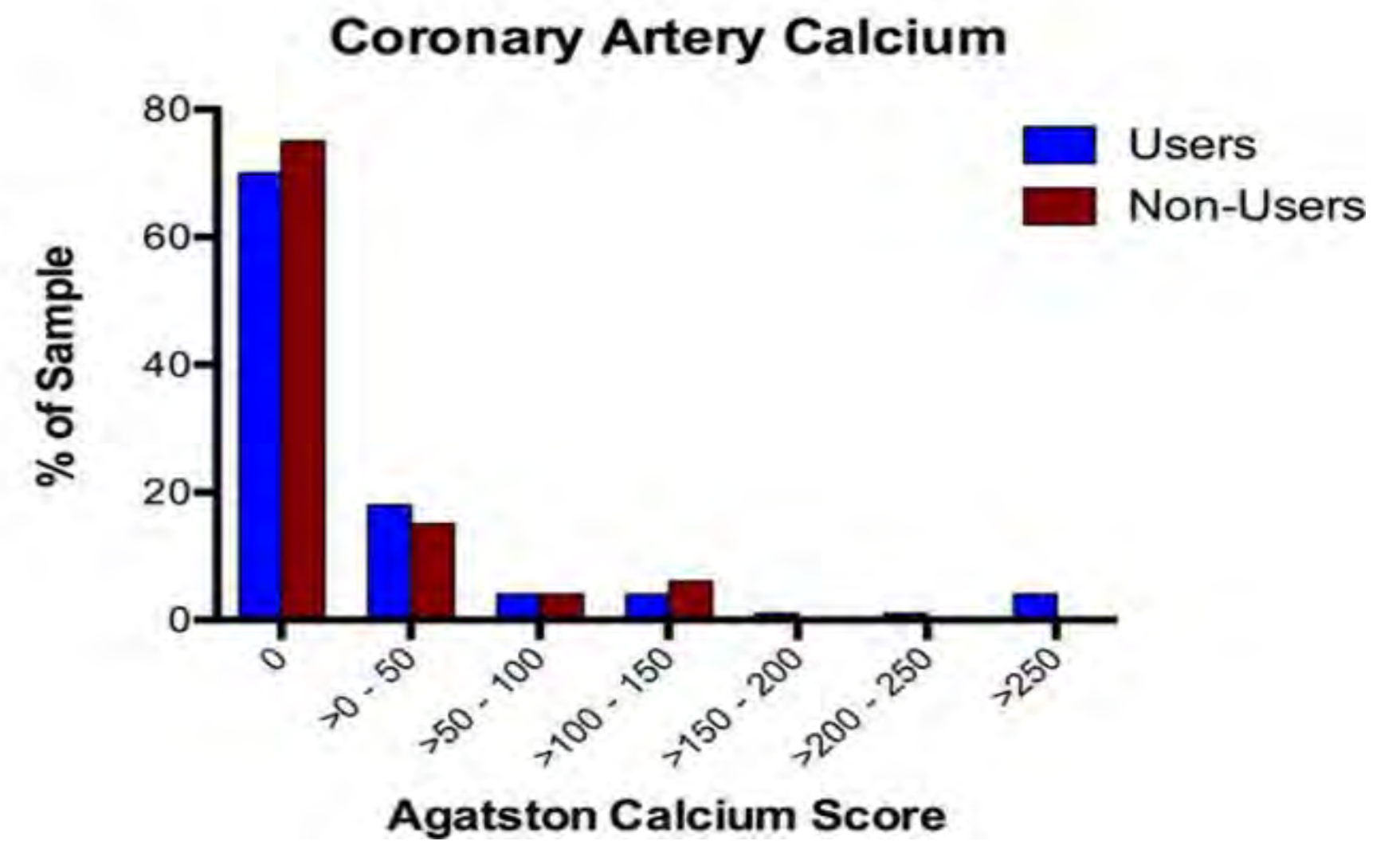
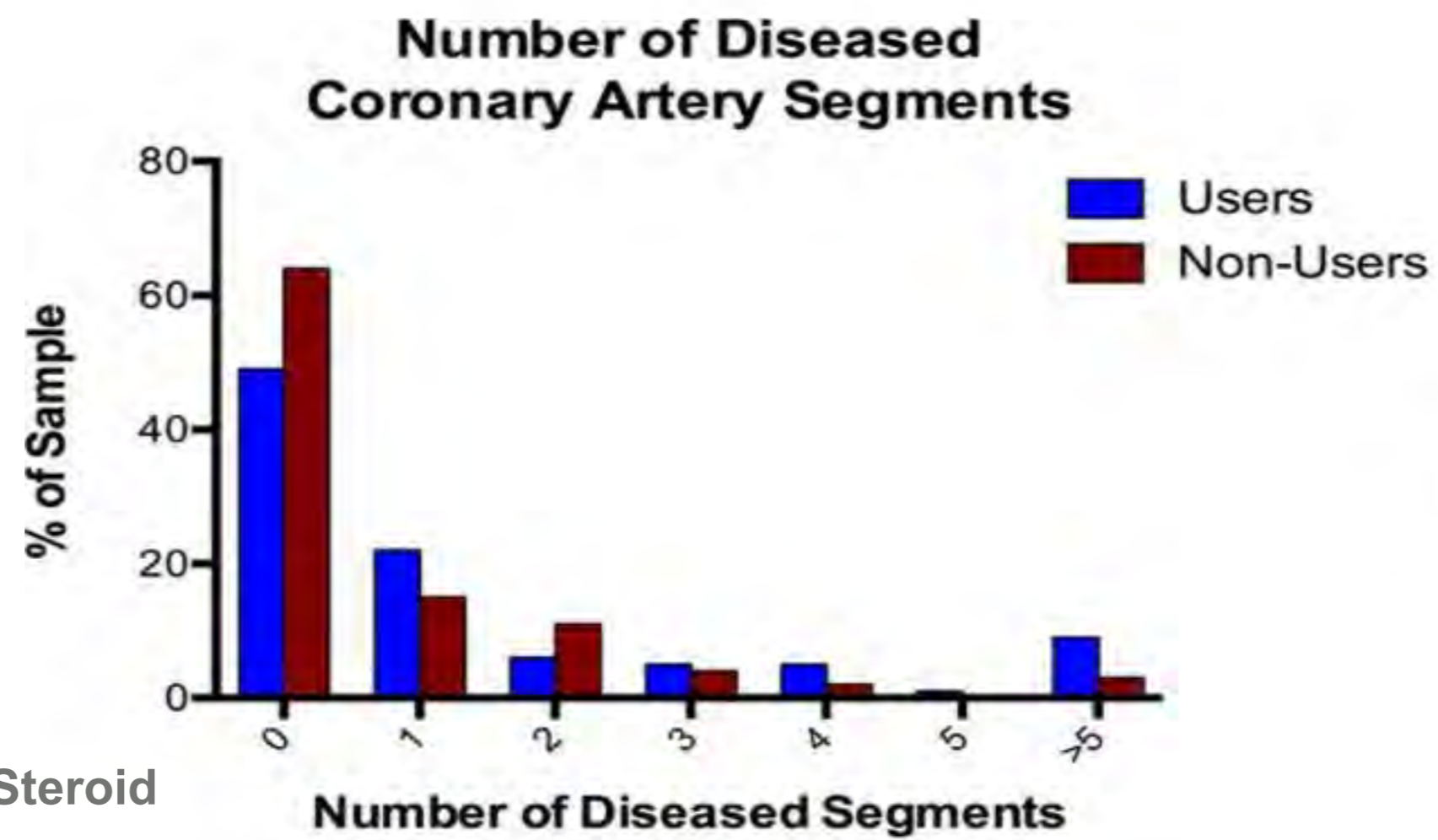
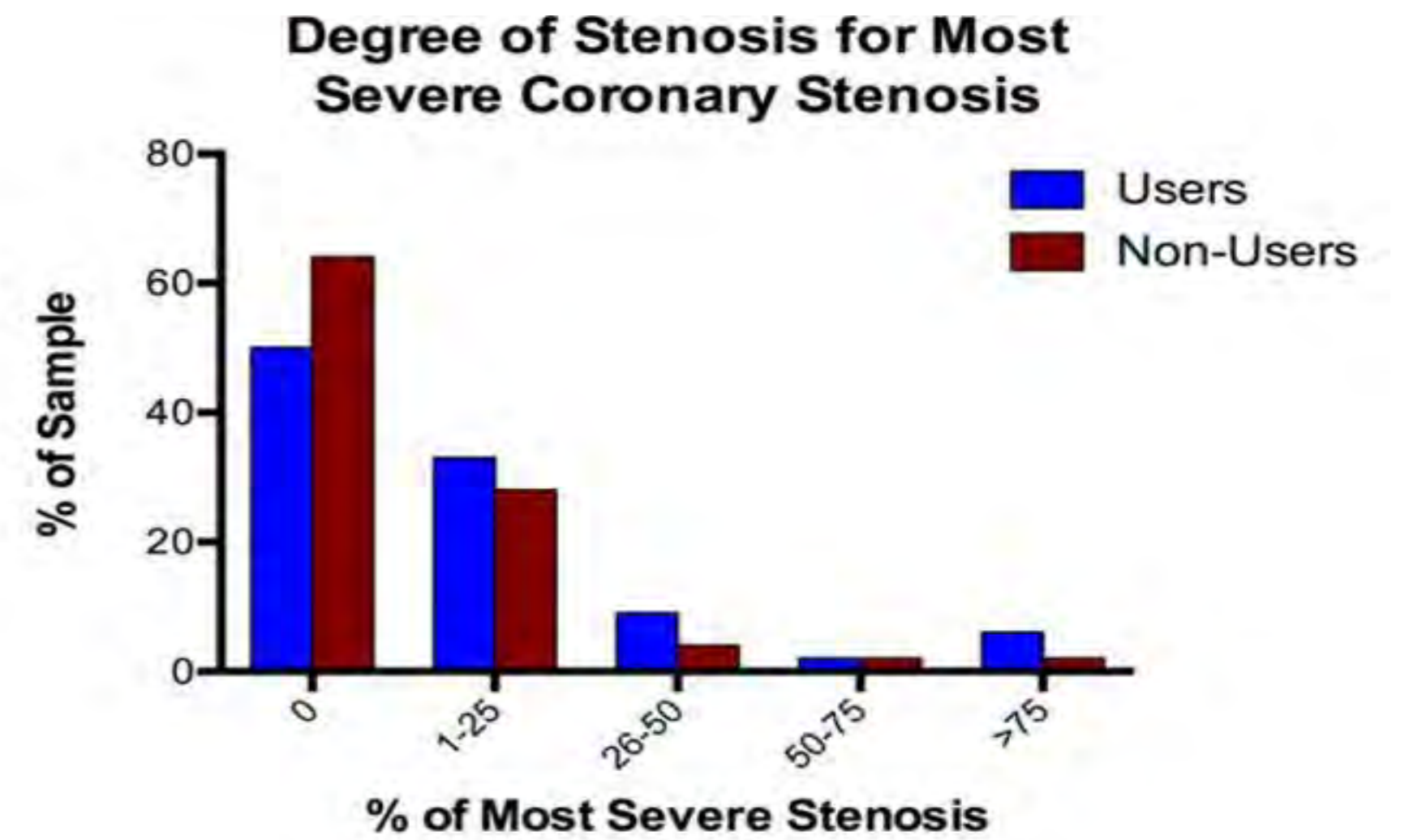
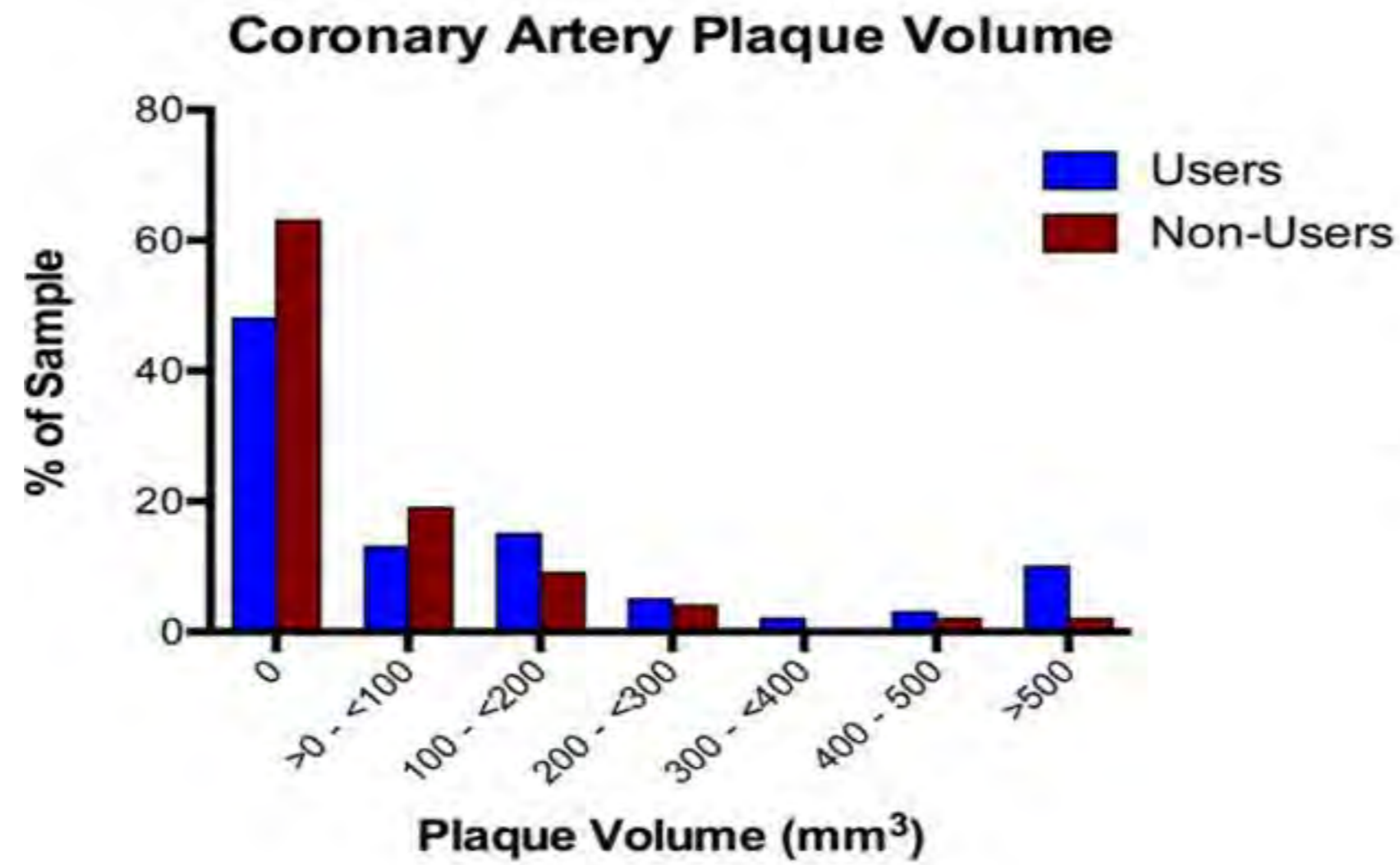
Cardiovascular Toxicity of Illicit Anabolic-Androgenic Steroid Use, Volume: 135, Issue: 21, Pages: 1991-2002, DOI: (10.1161/CIRCULATIONAHA.116.026945)

# Steroids and Ejection Fraction

Cardiovascular Toxicity of Illicit Anabolic-Androgenic Steroid Use Volume: 135, Issue: 21, Pages: 1991-2002, DOI: (10.1161/CIRCULATIONAHA.116.026945)

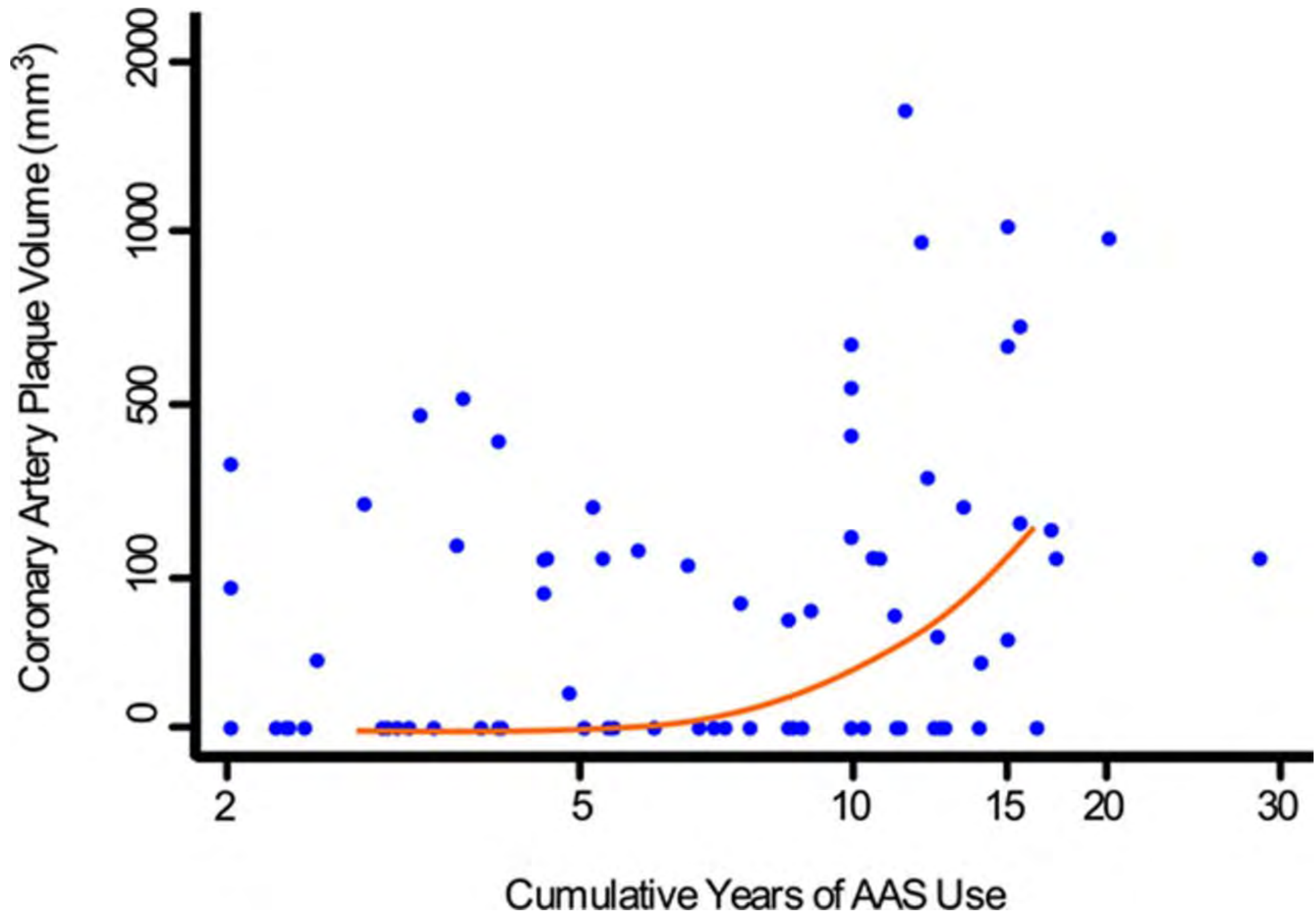


# Steroids and CAD



Cardiovascular Toxicity of Illicit Anabolic-Androgenic Steroid Use, Volume: 135, Issue: 21, Pages: 1991-2002, DOI: (10.1161/CIRCULATIONAHA.116.026945)

# Steroids and Artery Plaque Volume



Cardiovascular Toxicity of Illicit Anabolic-Androgenic Steroid Use, Volume: 135, Issue: 21, Pages: 1991-2002, DOI: (10.1161/CIRCULATIONAHA.116.026945)

# Steroids and Cognitive Decline

✦ In Vitro (test tube) test shows high doses of steroids causes brain cell death

## ✦ Study Design

- ✦ Studied 31 steroid users vs 13 non-steroid users ages 29-55
- ✦ Administered 5 Cognitive tests to evaluate Memory, Learning, Reaction Time, and Visual Processing

## ✦ Results

- ✦ Steroid users showed a significant reduction in visual perception
- ✦ Steroid users under-performed on a Pattern Recognition Test
- ✦ No difference on response speed, sustained attention, and verbal memory



Kanayama et al. Drug and Alcohol Dependence (2013). 208-214.

# ALL ME **Assembly Programs (Virtual)**

## + Multimedia assembly program

+ Schools, conferences, coaches meetings, any large gathering of youth, parents, or coaches

+ 45 – 60 minutes

+ Speaker, PowerPoint, Video

## + Proven results:

+ SAMHSA (Federal Government)

+ Rhode Island Interscholastic League

+ CEU Credits





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