

Book review

DRUGS IN SPORT

Editor: David R. Mottram

Bibliographic Data: ISBN: 0-415-37564-9, Routledge (Taylor & Francis Group), 2005, Fourth Edition, 420 pages, £24.99 (paperback).

Subjects: Drugs, use and abuse in sport, doping control, prevalence, drug treatment in sports injuries and WADA regulations.

DESCRIPTION: This new edition includes fresh information regarding drugs use and abuse in sport and the updated worldwide anti-doping laws, and changes to the prohibited and therapeutic use exemption lists. The objectives of the book are to review/discuss the latest information on drugs in sport by considering i) actions of drugs and hormones, ii) medication and nutritional supplements in sport, iii) the latest doping control regulations of the WADA, iv) the use of banned therapeutic drugs in sport, v) an assessment of the prevalence of drug taking in sport.

FEATURES: A common, uniform strategy and evidence-based approach to organizing and interpreting the literature is used in all chapters. This textbook is composed of twelve parts with subsections in all of them. The topics of the parts are: i) An introduction to drugs and their use in sport, ii) Drug use and abuse in sport, iii) Central nervous system stimulants, iv) WADA regulations in relation to drugs used in the treatment of respiratory tract disorders, v) Androgenic anabolic steroids, vi) Peptide and glycoprotein hormones and sport, vii) Blood boosting and sport, viii) Drug treatment of inflammation in sports injuries, ix) Alcohol, anti-anxiety drugs and sport, x) Creatine, xi) Doping control and sport, xii) Prevalence of drug misuse in sport.

Each specific chapter has been systematically developed from the data available in prospective, retrospective, case-control, and cross-sectional studies. The tables and figures are numerous, helpful and very useful.

AUDIENCE: The book provides a very useful resource for students on sports related courses,

coaches and trainers, researchers, nutritionists, exercise physiologists, pharmacologists, healthcare professionals in the fields of sports medicine and those involved in the management and administration side of sport.

The readers are going to discover that this is an excellent reference book. Extensively revised new edition of this book is also a first-rate resource for undergraduates and researchers in sports science.

ASSESSMENT: This book is almost a compulsory reading for anyone interested in drug in sport, performance in sport, drug treatment in sport injuries, actions of drugs, nutritional supplements in sport, doping control and rules, social/political viewpoint of drug usage, sports medicine and for those wishing to run comprehensive research in this and relevant areas. The fact that the contributors are leading international researchers in this field makes this book more welcome.

Reviewed by: *Hakan Gür, MD, PhD, Uludag University Medical School, Bursa, Turkey.*