

BETA-BLOCKERS[®]

What are they?

Beta-blockers are a group of medications used mainly for the treatment of high blood pressure, angina, migraine, and certain cardiac arrhythmias. They reduce blood pressure and heart problems by decreasing the blood output from the heart.

How would they be used to cheat in sport?

Beta-blockers can be used to control anxiety, to steady and slow the heart-rate, and/or to cause reduction in hand tremor. Sports that may benefit from using beta-blockers are archery, shooting, and motor sports.

Potential harmful side effects

Beta-blockers have an adverse effect on exercise performance, by increasing the perceived exertion and decrease the endurance time during progressive exercise. Furthermore they have adverse health effects like:

- Low blood pressure (hypotension)
- Slow heart rate (bradycardia)
- Cardiac failure
- Impaired circulation
- Loss of sleep (insomnia)
- Impotence

What else you should know

Beta-Blockers are prohibited in some sports in-competition only.

Athletes should contact their National Governing Body or the Irish Sports Council to confirm if they are prohibited in their sport.

This fact-sheet is deliberately concise

For further information **contact the Anti Doping Unit**, Irish Sports Council, Top Floor, Block A, Westend Office Park, Blanchardstown, Dublin 15.
Tel: +353 1 8608801 Fax: +353 1 8608860
antidoping@irishsportsCouncil.ie
www.irishsportsCouncil.ie

Version 2. June 2008

DON'T THROW IT ALL AWAY