

VOLUNTARY ANTI-DOPING ASSOCIATION

Margaret Goodman, MD
President

ABC 2019

MY BACKGROUND....

- *Former* Nevada State Athletic Commission (NSAC) Chief Ringside Physician
- *Former* NSAC Medical Advisory Board Chairman
- *Former* Medical Committee Chair, Association of Boxing Commissions
- Neurologist, Las Vegas, Nevada
- **President/Founder, Voluntary Anti-Doping Association**

IS COMBAT SPORTS DOING ENOUGH TO STOP PED USE??????????



*WHO IS **VADA** AND WHAT WE DO:*

- Promote clean sport by offering effective anti-doping programs for all compat sports athletes and athletic commissions

Contracted to test athletes leading up to their fight/year-round

501 C 3, non-profit established in 2011

- **No administrative fee/no officer or board member is paid**

VADA STATISTICS:

Performed over 2000 urine/blood PED tests since 2011

Currently performing 40-50 tests/month with capability to do 2X

Test both boxers and MMA athletes

Approximately 60% of our test are done **out-of-competition**

We have tested worldwide using only WADA-accredited laboratories and certified doping collection officers from Cleraidium.

Adverse/positive = 5 % (at least twice the world average)

SOME COMMISSIONS WE HAVE DIRECTLY WORKED WITH:

- Mike Mazzulli- Association of Boxing Commissions President
- California State Athletic Commission
- Nevada State Athletic Commission
- New York State Athletic Commission
- Oneida Indian Nation Athletic Commission
- Alabama Athletic Commission
- Quebec Boxing Commission
- Maryland State Athletic Commission
- Massachusetts State Athletic Commission
- Texas Combative Sports Program

WHAT IS TRUE SPORT IN BOXING AND MMA?

- One fighter doesn't have an unfair advantage over the other
- Fighters are evenly matched
- Both competitors enter competition healthy
- IN OTHER WORDS: EACH FIGHTER HAS AN EQUAL CHANCE OF SUCCESS
- This can't happen unless.....

FIGHTERS ARE REQUIRED TO COMPETE CLEAN!





***STOP HIDING OUR
HEADS IN THE
SAND***

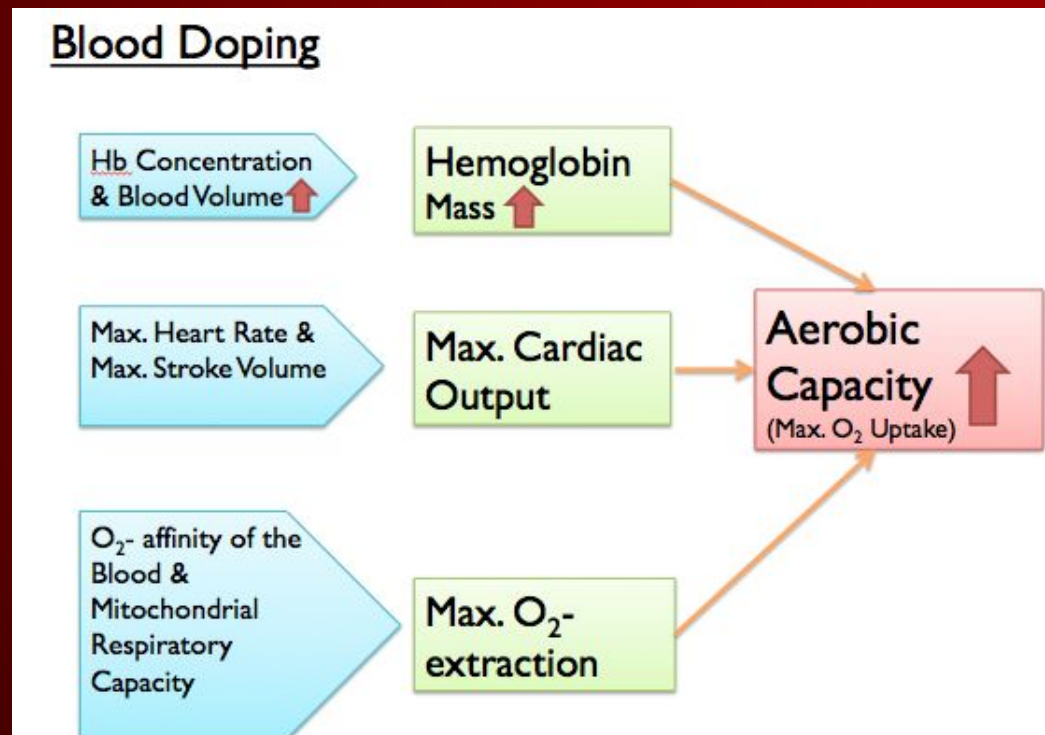
THE ROAD TO CLEAN SPORT IN COMBAT SPORTS

- UNIFORMITY! Uniformity! Uniformity
- All Fighters/All Commissions Participate
- WADA Accredited Laboratories
- Certified Doping Collection Officers
- Penalties/Suspensions
- Year-round unannounced testing
- **At least for CHAMPIONSHIP FIGHTS!**



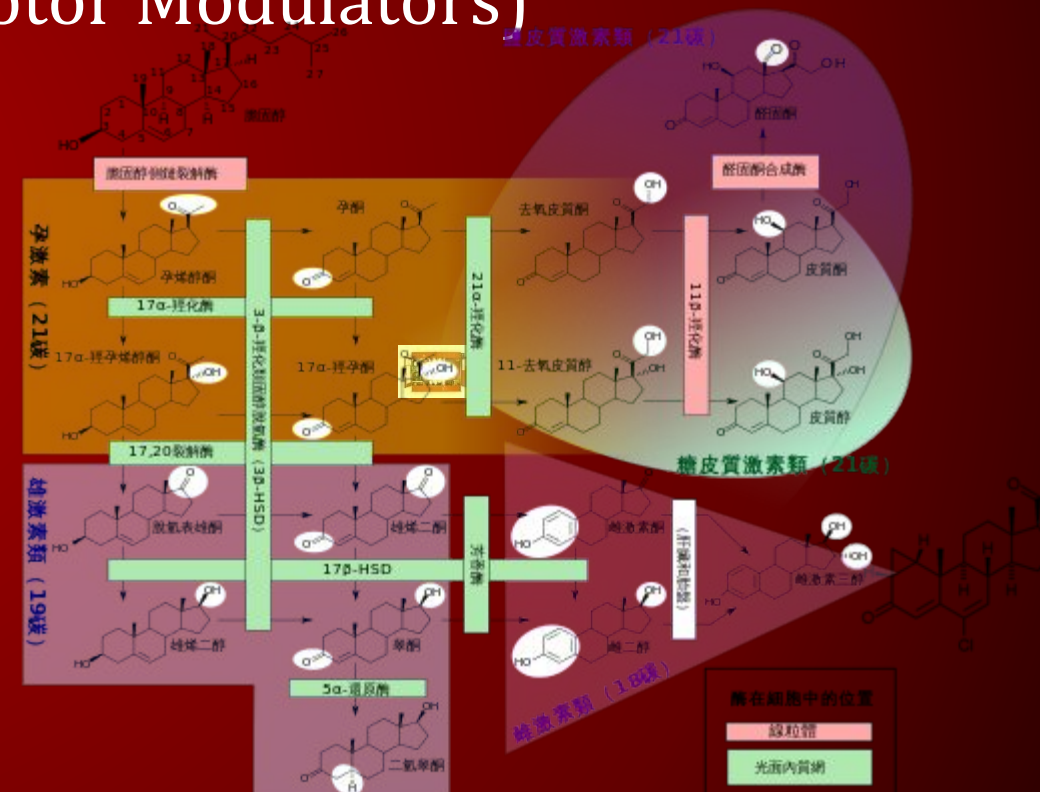
EXAMPLES OF ADVERSE FINDINGS:

EPO/Erythropoietin



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S.A.R.M.'s (Selective Androgen Receptor Modulators)





BENEFITS OF SARMS/OSTARINE

Developed to fight muscle wasting

Better strength

Increased lean mass gains

More indurance

Joint healing abilities

Anabolic (even at low doeses)

Avoids negative side effects of anabolic steroids & prohormones

Increase bone density

STROKE *by the Numbers*



Experience with Stroke¹

53%

(either personal, family or friend)

- 33% Extended family member has had a stroke
- 22% Immediate family member has had a stroke
- 4% Personal experience

Seek Stroke Information²

40%

- 39% Motivated by a family member having had a stroke
- 64% Researched primarily on medical websites

Stroke isn't on the Radar¹

- 2% consider stroke to be the **greatest health problem** facing Americans today
 - No. 1 concern is **obesity** (45%)

- 7% worry most about stroke as a personal issue
 - No. 1 worry is **cancer** (32%)

- 58% **don't know** if they are at risk for stroke

Life Post-Stroke¹

- 48% think someone who suffers a stroke **can recover** and live an independent life
 - 34% think they will be **severely disabled**

- 64% of those who worry most about stroke have a fear of being **disabled**

Motivating Message

Stroke is a leading cause of long-term disability.¹

Warning Signs and Action¹

- 63% can correctly recall at least one stroke warning sign
 - 37% cannot correctly recall any warning signs
 - After exposure to warning signs, short-term recall of one or more signs increases to 86%

- 40% recall speech problems as the most common warning sign

- 80% say they would call 9-1-1 first if they thought they were having a stroke
 - 84% would call 9-1-1 first if they thought someone else was having a stroke

- 41% wouldn't call 9-1-1 first to express uncertainty that it's really a stroke

- 65% think urgent help is needed within minutes



Sources:
(1) AHA/ASA Stroke Discovery Research, Ad Council, 2011
(2) AHA/ASA Branding and Positioning Study, Interix, 2011

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DOWNSIDE TO
BLOOD DOPING

INCREASE
Risk of:

STROKE

Heart attack

HOW EASY IS IT TO BLOOD DOPE?????

Pills

Injection

Auto-transfusion



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**You
USE**



You

LOSE



WBC
CLEAN BOXING
PROGRAM

VADA
Voluntary Anti-Doping Association®

Drugs lead to trouble, false reality, anxiety, anger and paranoia

A Champion is an example to the world, live clean!

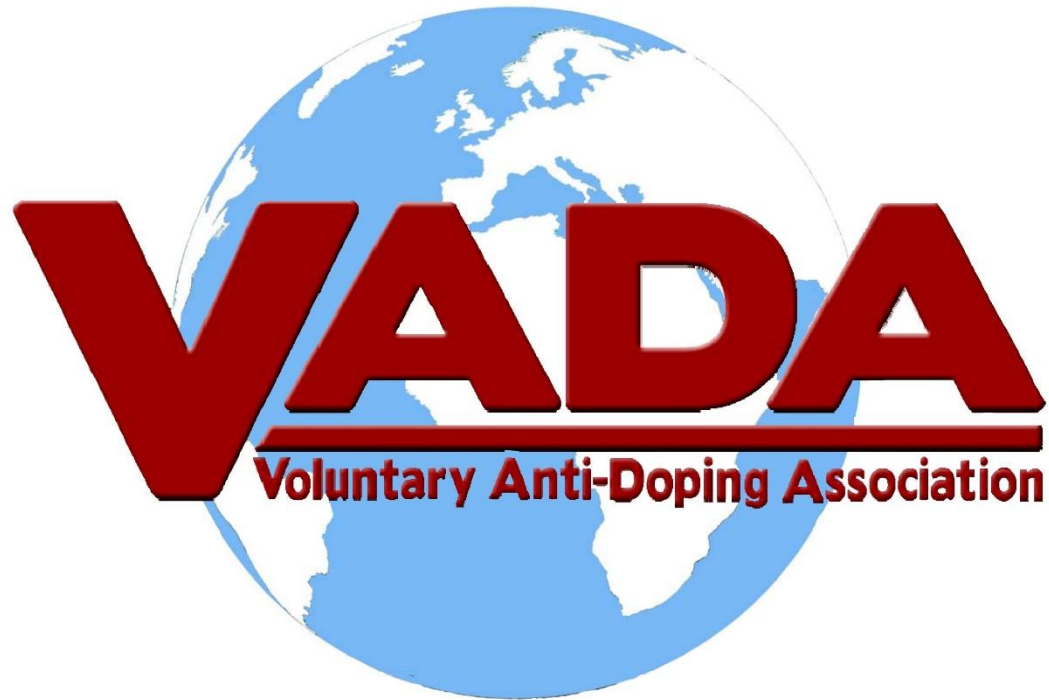
NEED HELP? contact us at vada-testing.org



WWW.WBCBOXING.COM/WBCVADA

WBC CLEAN BOXING PROGRAM (CBP)

- Top 15 rated fighters in each weight class subject to year-round unannounced testing of blood/urine
- Fighters required to watch webinar entitled ***Winning Fair With Clean Sport***
- Fighters to follow policies & procedures as set forth by the CBP
- VADA administering the program
- All results reported to the WBC/fighters/representatives/commissions/appropriate registering body (i.e. ABC)



WHEREABOUTS APP

Enables athletes to
constantly advise
re: personal info,
travel & changes
to their
whereabouts via
their cell

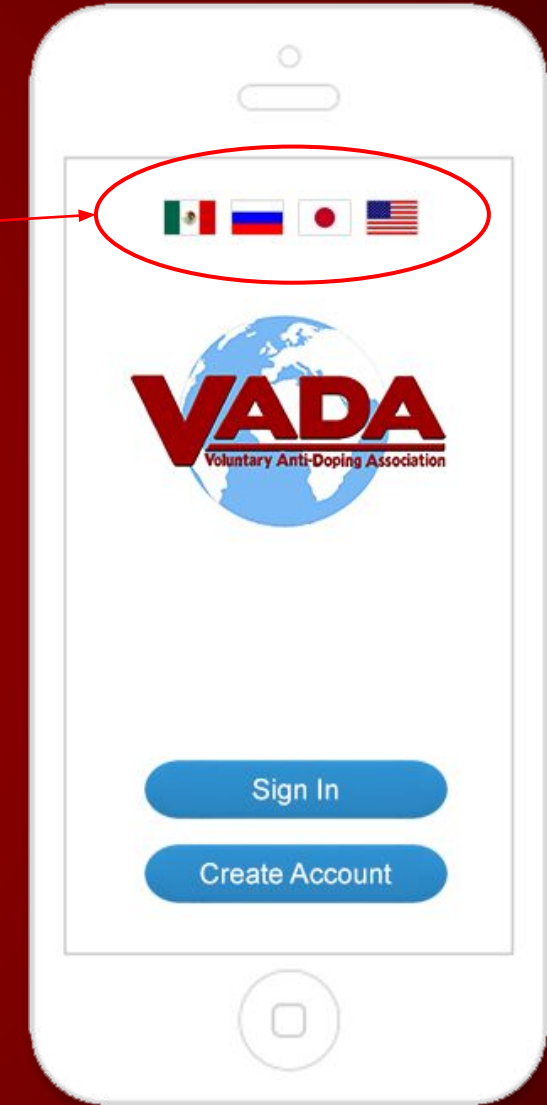
Easy Account Creation

New users will simply download the app and click the "Create Account" button.



Multilanguage Support

The app will initially support **English, Japanese, Russian** and **Spanish**. Support for additional languages will be available.



User Accounts

Three (3) levels of user accounts, each with their own set of functions.

- **Athletes** – Limited access to see and modify their information only.
- **Doping Control Officers (DCOs)** – Read only access to all athletes and their account information. DCOs will also be able to query the database and view maps.
- **Administrators** – Able to add, modify and delete any user record including athletes.



BASIC PED TESTING COSTS:

As of August 1, 2019 urine only:

- *1. Doping Collection Officers: \$550*
- *2. WADA-Accredited Lab Fee
(testing over 300 substances) will
be approximately \$200-250*

EXPANDED TESTING:

- Urine: exogenous testosterone (IRMS) approximately \$450
- erythropoietin (ESA): \$150
- Blood: hGH: \$200
 - athlete biological passport: \$120
 - Expediting results approximately \$50

WHY USE CERTIFIED DOPING COLLECTION OFFICERS?

- 1. 100's of hours of training
- 2. Insurance
- 3. Chain-of-custody adequately maintained
- 4. Paperwork maintained
- 4. EVERYONE THESE DAYS, INCLUDING FIGHTERS, HAVE AN ATTORNEY!
- ***Would you go to a doctor with no medical license???????***

VADA CONTACT INFO

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