



## **Opmars van anabole steroïden in Nederland**

**D.L. Smit – internist-endocrinoloog**

# Prevalentie van AAS-gebruik in Nederland

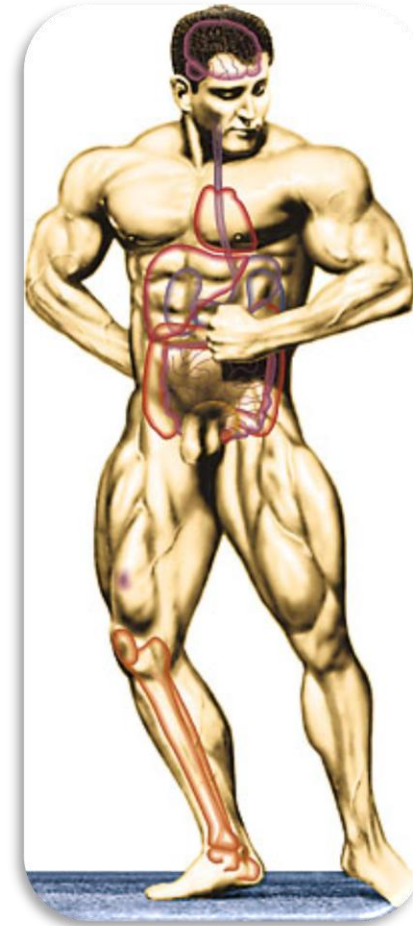
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480.000 mannen en vrouwen per jaar...

# Anabolenspreekuur

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# HAARLEM-studie

This thesis provides an academic insight into the health consequences of androgen abuse by amateur strength athletes in the Netherlands. From the growth in muscle size to shrinkage of testicles, and from heart failure to bleeding liver tumors. The scientific data come from the anabolic steroid clinic in Haarlem, and the HAARLEM study, which is the largest prospective research initiative conducted in this field to date.

**Diederik L. Smit**  
Internist-endocrinologist

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HEALTH EFFECTS OF ANABOLIC ANDROGENIC STEROID USE

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**HAARLEM** study

DOPING AUTORITEIT

Spaarne Gasthuis

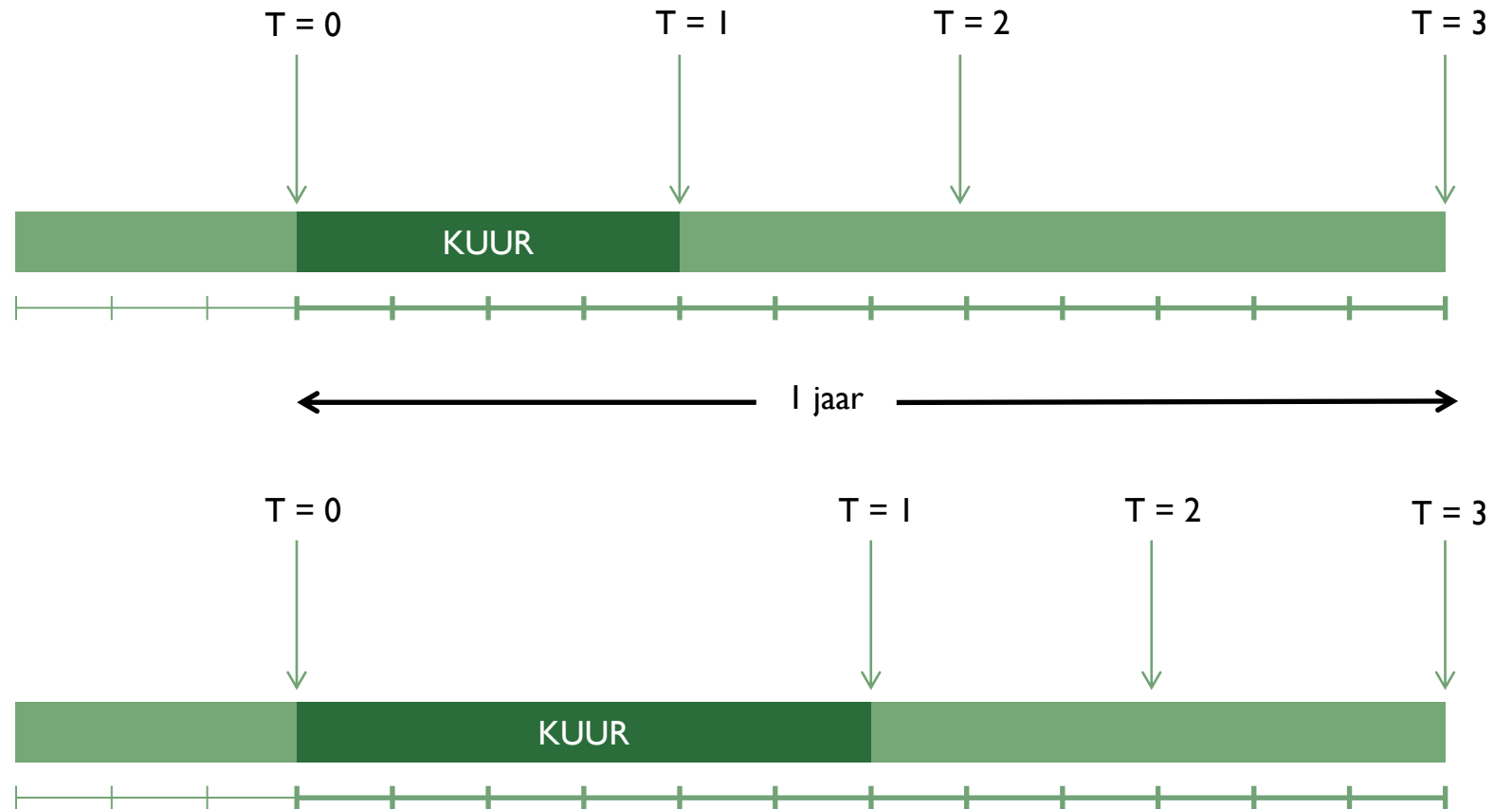
# Onderzoeksmethode

## ▶ Inclusiecriteria

- ▶ Man
- ▶ 18 jaar of ouder

## ▶ Exclusiecriteria

- ▶ Recente diagnose van chronische ziekte
- ▶ Recente ( $\psi$ ) ziekenhuisopname
- ▶ Nieuwe medicatie of dosiswijziging

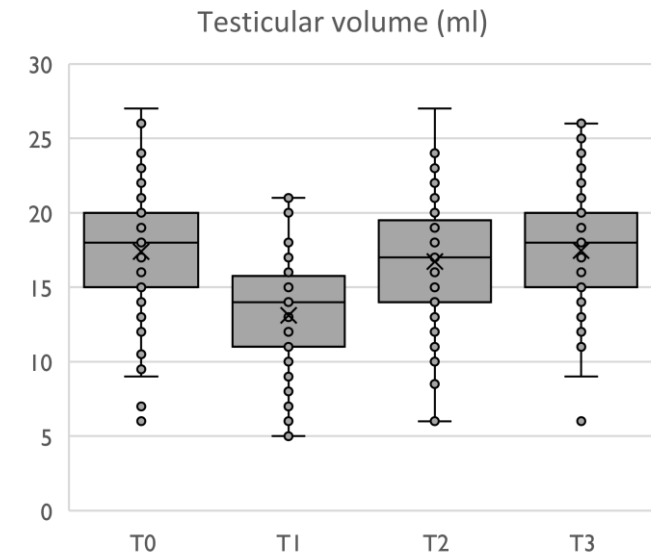
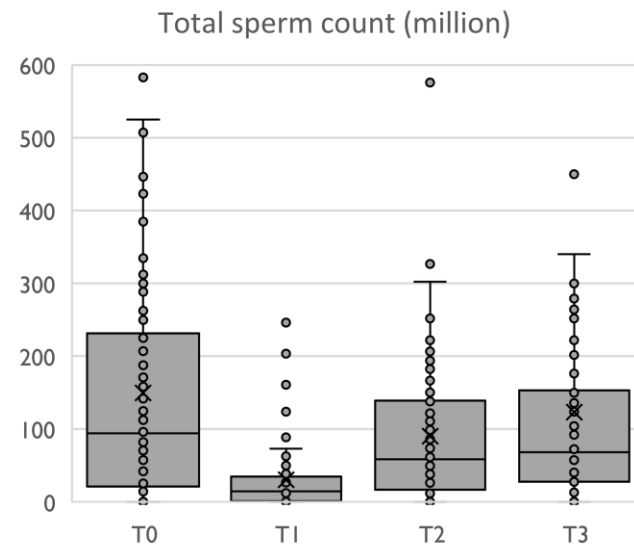
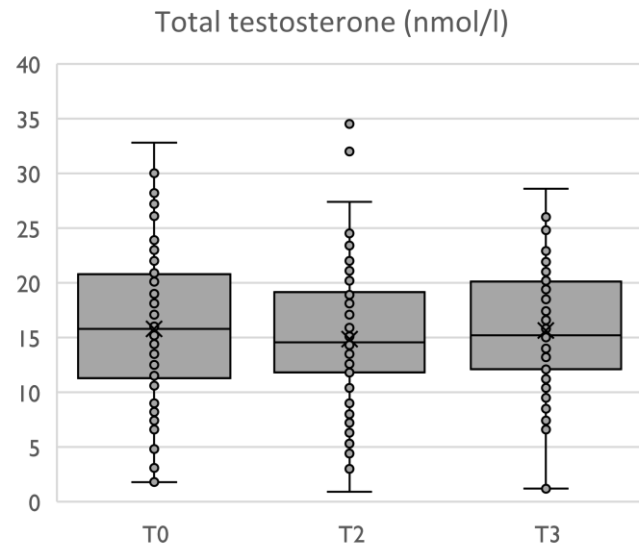


# Kuurkenmerken

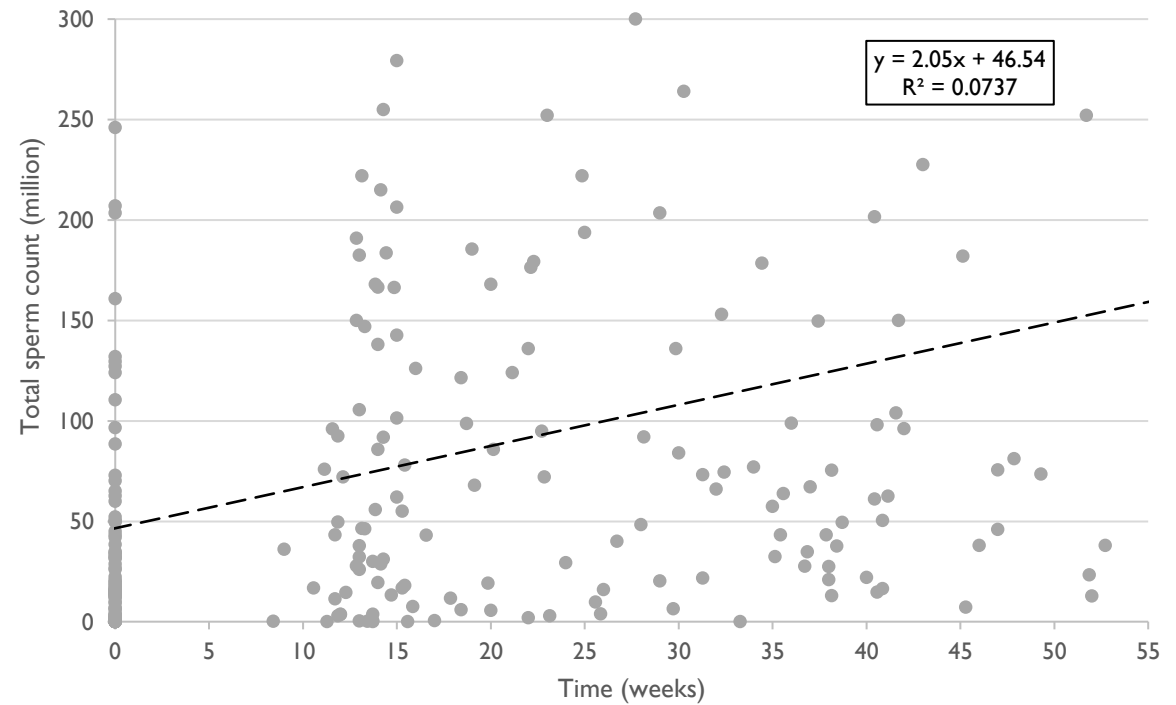
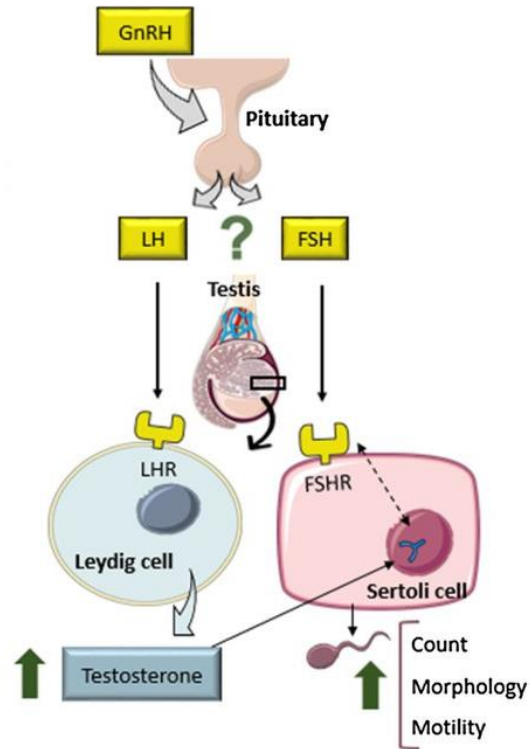
## ▶ Data from 100 men included for study follow-up

Kuurduur (weken)	13 (2-52)
Aantal AAS-typen	5 (1-11)
Cumulatieve dosis (mg)	13.200 (700-74.410)
Gemiddelde weekdosis (mg)	901 (250-3.382)
Kosten van de kuur (€)	400 (50-6.500)
Wekelijkse kosten (€)	30 (4-300)
<b>Route van verkregen middelen</b>	
Dealers/kennissen	81
Internet	19
Buitenlandse apotheek	2
Coach of personal trainer	1

# Endocriene uitkomsten



# Fertiliteit





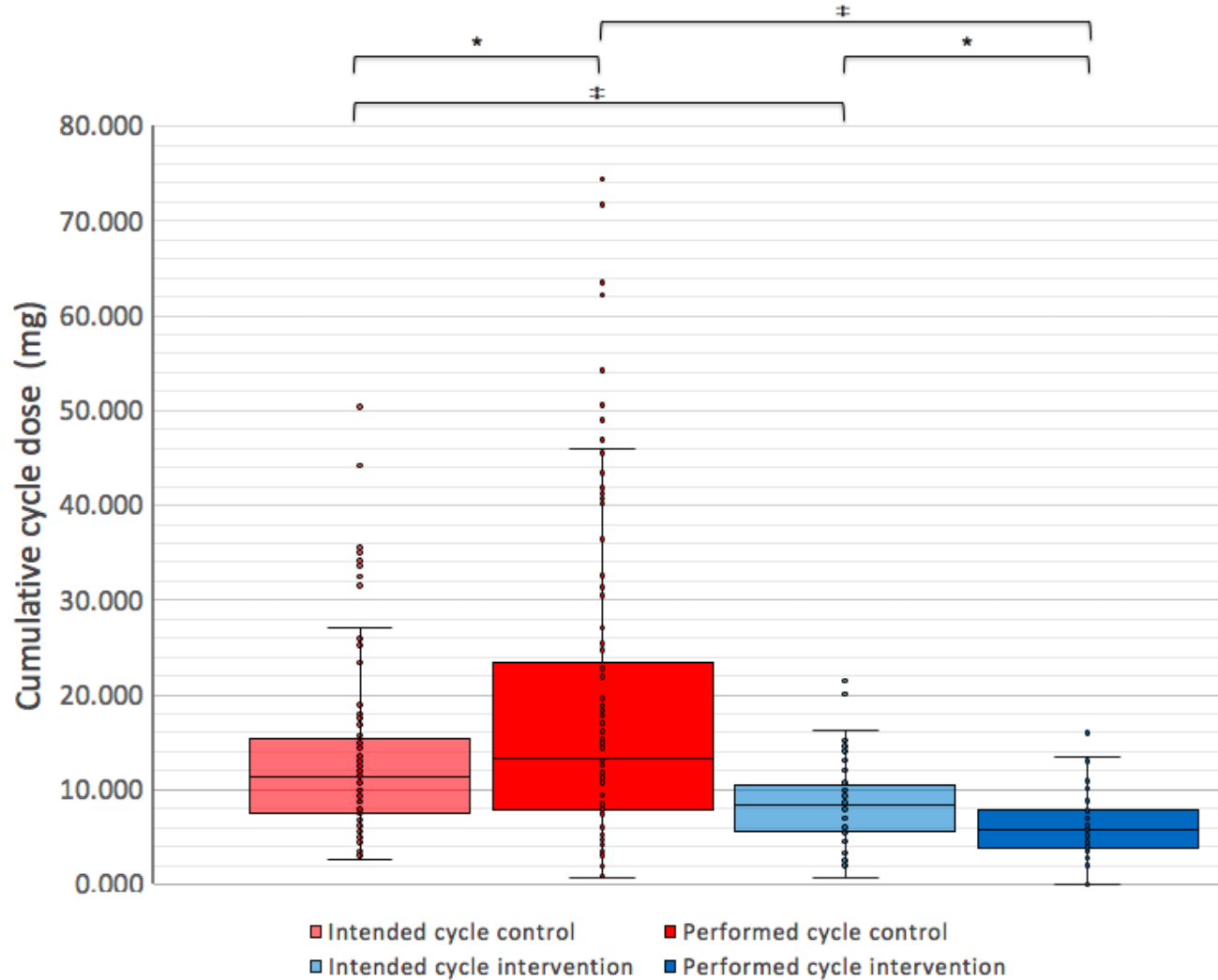
# HARNAS-trial

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(harm reduction in anabolic androgenic steroid use)

# Resultaten HARNAS-trial



# Praktische implementatie van HARNAS-strategie

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Ministerie van Volksgezondheid,  
Welzijn en Sport



# Behandelcentrum voor *harm reduction*

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