



<b>MEDICAL BOARD OF THE NORTHERN TERRITORY</b>	
<b>TITLE: Position Statement</b>	
<b>STEROID PRESCRIBING FOR BODY ENHANCEMENT</b>	
<b>EFFECTIVE DATE: May 2004</b>	<b>REVIEWED: May 2005, 2007, April 2009</b>

### **Introduction**

The Board's advice is based on professional ethics and is not a legal opinion.

The Board draws the attention of medical practitioners to an article by Michael C Kennedy and Judith R Kennedy in eMJA Sports Medicine, 1999 in relation to anabolic steroid and testosterone use in sports. For further details refer to: [http://www.mja.com.au/public/issues/171\\_4\\_160899/kennedy/kennedy.html](http://www.mja.com.au/public/issues/171_4_160899/kennedy/kennedy.html)

### **Position Statement**

There is no therapeutic reason for prescribing or administration of steroids and or testosterone for body building purposes. The deleterious effects of steroids and testosterone are well publicised. Therefore, not only does the Board not condone the practice of prescribing anabolic steroids and or testosterone for bodybuilding but also it strongly advises that the practice is not in the best interests of either the patient or the doctor.

In the instance of a patient electing to undertake self-administration of anabolic steroids and or testosterone, the Board does not disagree that monitoring a patient's health for signs of harm is the role of a medical practitioner.

The Board also advises medical practitioners to discuss this issue with their insurer to identify if the practice would impact on your indemnity insurance arrangements.