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Use of Performance Enhancing Agents (Peas) (Including Anabolic Androgenic Steroids-Aass) among Body Building Community In Western Province-Sri Lanka: A Preliminary Study

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Background: Anecdotal information suggests widespread use of performance enhancing agents by the body-building community in Sri Lanka. Despite extensive research elsewhere in the world, little research is available in Sri Lanka to achieve a better picture on this potentially harmful situation.

Method: A descriptive cross-sectional study using a self-administered questionnaire was conducted among 610 consenting adult males regularly involved in power-training in 21 gymnasias in the Western province of Sri Lanka.

Results: Age ranged from 16 to 52 years. 65% belonged to 20-30 year age-group. 94% had ever used Performance-Enhancing-Agents. 62% were regular users. 53% used multiple preparations simultaneously. Whey proteins, protein-steroid combinations, beef proteins, weight reducing substances, pure anabolic androgenic steroids (AASs) and multi vitamins were used by 92%, 63%, 32%, 21%, 09% and 05% of the study population respectively. Of the 09% who used AASs, 65% administered them exclusively parenterally. 92% of AAS users have so-far not performed/competed on stage. 63% did not have a clear idea of the substance/s they took-their desired and adverse effects. 08% of the regular users were compelled by gym-trainers to use them. Only 2% had ever tried cyclical use (stacking or pyramiding) of AASs with drug-free intervals. Gynaecomastia, testicular atrophy, acne, sleep disturbances, aggressiveness/irritability, hair-loss, altered sexual functions and reduction of semen volume (one or more of the above) were experienced by 93% of regular users.

Conclusion: Inadvertent and non-therapeutic use of PEA and AASs is common among body-building community in Sri Lanka. More extensive medical and sociological research is needed in this aspect.

Key words: body building community, performance enhancing agents, anabolic androgenic steroids

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Child Sexual Abuse In Puttalam, Sri Lanka: A Medico-Legal Analysis

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Introduction: All cases of child sexual abuse are now expected to be examined by specialists in Forensic Medicine in Sri Lanka. Further, management should not be confined to medico-legal aspects but ensure the psycho-social management of child and family. Therefore, this study was conducted to identify and describe patterns of abuse and strategies of management.

Methods: Retrospective descriptive study was conducted on all the victims of child sexual abuse reported to Base Hospital, Puttalam, Sri Lanka over 20 months from Nov-2014 to June-2016.

Results: There were 183 victims and of them, 168 (92%) were females. Out of incidents occurred at home, 52% were committed by relatives ($p=0.000<0.01$). All abusers were male and none were strangers. Known non-relatives abused 64% of female and almost all male victims ($p=0.02<0.05$). In more than 10 years old females, 80% had hymenal tears ($p=0.000<0.01$). One third of both males and females had anal penetration. Only 5 had associated physical abuse. Therefore, 80% were referred to STI and 84% to psychiatrist. Institutional case conference was held in 20%. It was held in 8% of anal and 20% of genital penetrations ($p=0.800>0.05$).

Conclusions: Physical abuse was rarely associated with child sexual abuse. Majority of incidents that occurred at home were committed by male relatives. Known non-relatives are the most potential abusers. Girls more than 10 years are most vulnerable for penetration. None were given STI prophylactic treatment. Mere presence of injuries were not indications for case conference. However, the follow-up reports of psycho-social managements were not available.

Key words: Child sexual abuse, Crime patterns, Management strategies