



AustralAsian Academy of Anti-Ageing Medicine

Senate Committee Submission To

The Australian Sports Anti-Doping Authority Amendment Bill 2013

Introduction

The AustralAsian Academy of Anti-Ageing Medicine is the peak education body representing health professionals who have chosen to specialise in the preventative, integrative & Anti-Ageing Medicine.

The A5M wishes to welcome the amendments to the Australian Sports Anti-Doping Authority Amendment Bill 2013.

As health professionals, our members have an important role in attempting to deter any patient from using drugs for non-medical purposes. It is therefore incumbent upon our members to be aware of issues relating to drugs in sport.

A5M has already taken the opportunity to remind members of their legal and professional responsibilities under their relevant specialty.

In addition, the A5M will hold a special legal workshop that will provide revision education highlighting the changes outlined in the Bill. A5M would welcome input from relevant agencies once the Bill is adopted.

The A5M would welcome any moves to restrict the promotion of “anti-ageing services” to only health professionals with relevant post-graduate training.

A5M Clinical Guidelines

The AustralAsian Academy of Anti-Ageing Medicine (A5M) advocates for the safe and ethical prescription of **ALL MEDICATIONS ONLY WHERE CLINICALLY INDICATED.**

The A5M stresses to members that patients must be treated within the relevant laws and according to clinical guidelines. Practitioners must always check with their relevant professional guidelines in relation to specific medications. (see also A5M’s Position Statement on Prescribing Medications).

A5M strongly advocates that medications should be only be prescribed where medically necessary, and only by doctors trained in the diagnosis and treatment of any disorders.

In relation to sports, any substance prescribed should be approved for **use** and should not adversely affect or benefit the athlete's performance. Doctors have been made aware of the ASADA guidelines on substances.

Pending Legal Changes

The A5M welcomes moves by the Therapeutic Advisory Committee on Medicines and Scheduling to classify Selective Androgen Receptor Modulators (SARMs) as a Schedule 4 medicine and included in Appendix D in the Standard for the Uniform Scheduling of Medicines and Poisons (SUSMP) (The Poisons Standard).

Our members have been made aware that it will be illegal to possess SARMs without legal authority (through prescription). This change in scheduling will take effect on **1 May 2013**

Advertising & Promotion

The A5M *discourages* any promotion of performance enhancing drugs and reported “anti-ageing benefits”.

We have recently reminded practitioners that there are strict and prescriptive guidelines for the advertising of medications. Almost all State and Territory drugs and poisons laws prohibit the advertising to the public of substances in Schedule 4 (prescription only medicines), Schedule 8 (controlled drugs) and Schedule 9 (prohibited substances) of the current Poisons Standard (the Standard for Uniform Scheduling of Drugs and Poisons).

The same restriction applies to the advertising of substances in Schedule 3 (pharmacist only medicines), with the exception of those substances listed in Appendix H of the current Poisons Standard. (**see table below**)

We would also welcome moves to tighten restrictions on the term “anti-ageing”. We would move that only health practitioners who have relevant post-graduate education and qualifications be permitted to use this term.

Penalties

Our members have recently been reminded that:

- Medical practitioners can be found guilty of anti-doping violations if they traffic banned drugs, prescribe these to athletes or otherwise assist athletes in taking banned substances.
- Medical practitioners are also now required to complete paperwork (therapeutic use exemption forms) to enable athletes to take banned substances which are required on medical grounds for specific illnesses.

Doping Laws

Our members have been reminded that they must be aware of doping laws exist for athletes.

Doctors unfamiliar with drugs on the most recent banned list must check with the Australian Sports Drug Agency (ASDA, via their hotline [1800 020 506] or their website - www.asda.org.au)

Anti-Ageing Specialists & The Law

Prescription medications are only prescribed where a medical deficiency or disorder is detected and requires such treatment.

Any prescriptions are treated strictly within the law and according to clinical guidelines including those set by the Australian Medical Board, Therapeutic Goods Administration and other governing bodies.

The A5M includes the legal implications in its educational programs and requires its members to adhere to all relevant laws.

Special law modules are also held periodically to update our members on emerging trends and implications for their practices.

Specialist Recognition

The A5M is concerned at the use of the term “anti-ageing doctors” within the Australian Crime Commission report and associated media reports.

Many of these doctors have no post-graduate qualifications or training and use the term to attract business to product-based websites.

A5M seeks to have this legitimate specialty recognised as a beneficial mode of medicine which embraces a preventative approach to healthcare. Ultimately, A5M believes that preventative medicine will have substantial financial benefits for the Australian economy.

A5M would embrace any move by the Australian Government to tighten laws in regards to promoting medical and/or beauty businesses as “anti-ageing” without the supporting qualifications.

Post-Graduate Specialist Education

A5M offers world standard Anti-Ageing Medicine Education for health practitioners including Fellowship, Certification & Board Examinations. Certification denotes peer-recognition in Anti-Ageing Medicine and is aimed at raising the standard of professional care and recognition offered by practitioners who specialise in the field.

A similar certification process also exists for Complementary Health Practitioners including Chiropractors, Dentists, Naturopaths, Podiatrists, Registered Pharmacists, Scientists (PhD and similar), Registered Nurses, Nurse Practitioners, and Physician Assistants.

Anti-Ageing Medicine is a legitimate and growing medical specialty centred on evidence-based preventative medicine using the latest evidence-based science within governing therapeutic and clinical laws. The key principles are:

- Early Detection
- Introducing Healthy Preventative Lifestyle & Diet
- Treating Existing Illness with Sound Integrative Medicine

Anti-Ageing Medicine – Benefits to Australia

Anti-Ageing Medicine is evidence-based preventative medicine using the latest science within governing therapeutic and clinical laws.

The key principles are:

- Early Detection
- Introducing Healthy Preventative Lifestyle & Diet
- Treating Existing Illness with Sound Integrative Medicine

This prevention-based specialty has the potential to create substantial savings to the Australian economy.

With a rapidly ageing population, preventative health action has never been more imperative.

Chronic diseases are a major challenge for Australia's health and hospital system, and the wider economy. It is currently estimated that chronic diseases such as cardiovascular disease, diabetes and cancers are responsible for around 80 per cent of the burden of disease and injury and around 70 per cent of Australia's total health care expenditure.

Some of Australia's best known experts have recommended integrating traditional and complementary medicine

They suggest that the integrative principles of (diet, exercise and supplementation) may have beneficial effects for patients with many chronic diseases including diabetes, cardiovascular disease and cancer.

Traditional medicine has a strong place in our health system but complementary therapies can often be integrated into a patient's treatment for increased benefit.

In the long term, this proactive and preventative approach will improve wellness for patients and reduce the burden on the health system.

References:

National Health & Medical Research Council Guidelines:

<http://www.clinicalguidelines.gov.au/browse.php?treePath=&pageType=2&fldglrID=1861&>

Medical Board of Australia Codes, Guidelines and Policies on Advertising:

<http://www.medicalboard.gov.au/documents/default.aspx?record=WD10%2f2669&dbid=AP&chksum=3W%2fN5vWpGoe0K892YW9sFw%3d%3d>

WADA Information on Peptides:

<http://www.wada-ama.org/en/Science-Medicine/Scientific-Events/Developments-and-Challenges-in-the-Detection-of-Doping-with-Peptide-Hormones-Symposium---Rome-2011/>

Australian Sports Drug Medical Advisory Committee (ASDMAC) Guidelines for Medical Professionals:

<http://www.asdmac.gov.au/medical/index.html>

Organised Crime & Drugs in Sport

<http://www.crimecommission.gov.au/publications/other/organised-crime-drugs-sport>

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