



Sport and Exercise Pharmacology

Stan Reents

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While drug and supplement use has increased substantially in recent years, there is a lack of firm understanding about how these substances can affect health and exercise. With *Sport and Exercise Pharmacology*, physicians and sports medicine specialists will learn how various commonly used drugs and supplements can affect exercise performance in their patients and athletes. Practical guidelines are offered so that professionals can closely monitor and circumvent adverse reactions to drug therapies.

But what are the effects of exercise on the drug itself? This issue is also explored in this valuable reference that covers a wide range of substances including supplements and over-the-counter, prescription, and social drugs, and highlights both sports medicine and clinical medicine issues. The role of exercise in actually preventing the need for drugs is a key message of the reference and a central reason that author Stan Reents, PharmD, has created the book.

With this essential resource, you will learn how drugs affect physical activities and how exercise can change the effects of drugs. Among the issues explored in *Sport and Exercise Pharmacology* are the following:

- How can drug therapy treat and prevent exercise-induced bronchospasm?
- What is the impact of athletes' use of analgesics?
- Lovastatin is known to be associated with muscle injury—does this necessarily mean that a person taking this lipid-lowering drug should not lift weights?
- Physicians often prescribe aerobic exercise to help lower blood pressure, but they also may prescribe diuretics—should a person taking a diuretic always avoid playing tennis on a hot day?
- Under what circumstances may creatine, androstenedione, and DHEA supplementation actually help performance, and when is it a waste of money?
- For what kinds of exercise does caffeine appear to boost performance? Are there any sporting events for which alcohol appears not to have a deleterious effect?
- How can exercise reduce the need for drug therapy for many chronic medical conditions?

The book covers cardiopulmonary agents, hormonal agents (including growth hormone, anabolic steroids, and erythropoietin), metabolic agents (including creatine, NSAIDS, and nutritional supplements), and socially used drugs. The text concludes with an examination of how exercise can be used as a preventive measure in reducing a patient's need for drug therapy.

Case studies at the beginning of each chapter provide real-world examples of the interactions between drugs and exercise. A closing bibliography summarizes dozens of resources on drugs and exercise.

This practical reference is your best resource to better understanding the varied and dynamic interactions between exercise and pharmacology, including the pivotal role that regular exercise plays in reducing the need for some drug therapies. This book will prove invaluable to any health professional whose clients exercise or engage in sports, and to any trainer, therapist, or fitness expert whose clients use supplements, banned substances, or prescription or over-the-counter drugs.

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