



Open Lecture Series on Next Frontiers in IPEDs Research

Organized by the Mindful Muscles Early Career Researchers' Community of Practice



Do you want to know more about the latest research on the use of image and performance enhancing drugs (IPEDs)? Then join us online to attend the Open Lecture Series on Next Frontiers in IPEDs Research organized by the Mindful Muscles Early Career Researchers' Community of Practice. Every month an expert presents a different topic from the IPEDs research field. Presentation last 60 – 90 minutes and can be joined by **using the following link**: <https://shu.zoom.us/j/2921032270>

October 2022 Tuesday 18 th , 15.00 CET	Astrid Bjørnebekk	<i>Anabolic steroids use, brain health and dependence – insights from our research group in Norway</i>
November 2022 Tuesday 15 th , 11.00 CET	Peter Bond	<i>Androgens: the somatic side effects</i>
December 2022 Tuesday 6 th , 11.00 CET	Mair Underwood	<i>From 'bro, do you even lift?' to 'bro, do you even science?': The 'age of enlightenment' in bodybuilding and its implications for image and performance enhancing drug harm reduction</i>
January 2023 Tuesday 10 th , 11.00 CET	Jim McVeigh	<i>Is the use of anabolic androgenic steroids a public health issue?</i>



October 2022

Tuesday 18th, 15.00 CET

Astrid Bjørnebekk

*Anabolic steroids use, brain health and
dependence – insights from our research group
in Norway*

Biography and abstract:

Dr Astrid Bjørnebekk is a senior researcher at the section for clinical addiction research, and head of the anabolic androgenic research group, at Oslo University Hospital, Norway. In her research she investigates mechanisms to why people become addicted to drugs, and how long-term exposure to substances of abuse affect brain morphology and function. In recent years she has focused on the youngest of the world's major substance use disorders, anabolic androgenic steroid (AAS) dependence. The anabolic androgenic research group has conducted large-scale novel research focusing on effects of long term AAS use on brain, cognition, behaviours, cardiovascular and mental health. It benefits from a strong interdisciplinary network of collaborations providing novel understanding of how endocrine, cardiovascular and neuro-immunological factors are linked to brain health including mental health and dependence. In the presentation you will hear about some findings from the anabolic androgenic research group.





November 2022

Peter Bond

Androgens: the somatic side effects

Tuesday 15th, 11.00 CET

Biography:

With no relevant formal background, Peter Bond is self-taught in the field of androgens. As an academic “outsider”, his focus mainly lies on distilling the abundance of scientific information into articles and books for a wider audience. He published his first book on anabolic steroids, named *Bonds Androgene Anabole Steroïden* (Dutch), in 2014, and his second, *Book on Steroids* (English), in 2020. Some of Peter Bond’s recent online articles (in English) can be found on Meso-Rx: <https://thinksteroids.com/author/peter-bond>.



Abstract:

Side effects are a virtually inevitable consequence of androgen abuse: erythrocytosis, hypertension, hypogonadism, infertility, dyslipidaemia, etc. It doesn’t take much effort to sum up a list of them, but how harmful are these side effects? How often do they occur, to what degree do they occur and are they reversible? Should these side effects be treated, and if so, how? In this talk I will go over what I consider to be the most important side effects or worries related to androgen abuse and attempt to answer these questions to provide guidance for clinicians who deal with androgen users.



December 2022

Tuesday 6th, 11.00 CET

Mair Underwood

From 'bro, do you even lift?' to 'bro, do you even science?': The 'age of enlightenment' in bodybuilding and its implications for image and performance enhancing drug harm reduction

Biography:

Dr Mair Underwood is an anthropologist and lecturer at the University of Queensland. She specializes in human bodies and particularly their modification. Her current interest is in bodybuilding and the use of image and performance enhancing drugs (IPEDs). She has been working in online bodybuilding communities for the last 5 years, and is proud to be a spokesperson for these communities. Her aim is to redress the neglect of the bodybuilder perspective in academic debates about their lives, and to act as a bridge between bodybuilders and the professionals seek to study and support them. Her research has explored the experience of IPEDs, their place in bodybuilding communities, and the harm reduction practices used in enhanced bodybuilding communities. Her IPED research has led to interests in related areas such as masculinity, the display of the body, and muscle dysmorphia.



Abstract:

There has been a long-standing, and oft noted, divide between people who use image and performance enhancing drugs (IPEDs) and the professionals who study them, and support them to maintain their health. This divide has been assumed to extend to their respective knowledge systems, and people who use IPEDs have been cast as ignorant, unscientific, and in denial of the harms they face, whilst academics and health professionals have been accused of being judgmental and having little to contribute to the real-world issues encountered by consumers of these drugs. As a result, the relationship between science and the experiential knowledge of people who use IPEDs (also known as 'broscience') has never



been explored in any depth. However, this relationship is a key factor in the risk environments of enhancement drug use and thus warrants consideration. In recent years bodybuilding has entered an 'age of enlightenment' in which scientific knowledge has become privileged. This has had a profound impact on how bodybuilders practice enhancement drugs, and on their feelings of safety in doing so.

The presentation documents these changes and the opportunities they present for building evidence-based enhancement drug harm reduction. In particular it examines how the relationship between science and broscience informs the risk environment of IPED use, and how this relationship can be transformed through the collaborative efforts of scientists and health professionals, on the one hand, and 'broscientists', on the other, in order to create a more enabling environment for enhancement drug use.



January 2023

Jim McVeigh

*Is the use of anabolic androgenic steroids a
public health issue?*

Tuesday 10th, 11.00 CET

Biography:

Professor of Substance Use and Associated Behaviours Jim McVeigh is the Co-Director of the Substance Use and Associated Behaviours Research Centre at Manchester Metropolitan University, prior to this he was Director of the Public Health Institute at Liverpool John Moores University. He has worked within the field of substance use for over 30 years initially as a Registered Nurse working with people who inject drugs, before moving into academia and building a reputation as a researcher in the field of anabolic androgenic steroids and associated drugs. In 2020, he founded the Anabolic Steroid United Kingdom Network <https://www.anabolicsteroids.org.uk/>.



Abstract:

It has long been asserted that anabolic androgenic steroids and associated image and performance enhancing drugs (IPEDs) constitute a public health issue. But what do we mean by this? What criteria should we use to make this judgement? What is the evidence to support this claim? This presentation will draw on research from the United Kingdom and the wider international literature on IPED epidemiology, harms and interventions in an attempt to answer these fundamental questions.