

## **What are the reported adverse effects (AE) of PIEDs (Performance and Image Enhancing Drugs) use? - Data from the PUSH! Study**

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### **Introduction**

There is very little information published about reported AE from PIEDS use in the community. This presentation focusses on the reported AE in people who use non-prescribed PIED when compared to those who were prescribed testosterone. This is new and unique information about a group that there is little known about.

### **Method**

The PUSH! Study was conducted from 2019 -2021. Data was collected from 9 GP clinics about patients who were using non-prescribed PIEDs (n=172) as well as those who were on prescribed testosterone(n=229). In this analysis, we compare reported AE in both these groups

### **Results**

Most of the reported AE in people using non-prescribed PIEDs were significantly higher than in people who were prescribed testosterone. This included liver function abnormalities, hypertension, balding, acne, gynaecomastia, testicular shrinkage, depression and the presence of any adverse effects. Whilst some of these differences may be explained by the age difference between the 2 groups, most of these differences were likely due to the non-prescribed PIEDs use. It was worth noting that the prevalence of polycythemia was similar in both groups.

### **Conclusions**

There are significantly higher rates of many reported AEs in people who use non-prescribed PIEDs when compared to people who are prescribed testosterone. This is important for education and monitoring purposes, so that consumers have a better understanding of the consequences of using non-Rx PIEDs and for health practitioners to better monitor these aspects of health in this population

**Implications for Practice or Policy :** This study provides evidence about reported AE that can be used to educate and monitor the health of people using non-prescribed PIED presenting to health services

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