

Book review

Martindale's Drugs Restricted in Sport Pocket Companion 2009

Editor: Sean C. Sweetman

Bibliographic Data: ISBN-10: 0853698708, ISBN-13: 978-0853698708; Pharmaceutical Press; Lego S.p.A, Italy, 2009; £19.95, 528 pages, paperback.

Subjects: banned and limited drugs in sports

DESCRIPTION: Over 500 drugs restricted in sport presented in alphabetical order.

PURPOSE: To inform and alert the athlete about the potential problem of drug taking for any kind of reasons on and off during training and competition.

FEATURES: A comprehensive index of drug names, synonyms, medical usage, single and multi-ingredient

preparations and trade (on occasion street) names of drugs from 40 countries worldwide (Martindale data). The classification of World Anti-Doping Agency (WADA) is added to the explanation of drugs limitation in sport in and out of competition. A glossary of common medical terms is also included.

ASSESSMENT: This pocket publication is a must-have list of restricted drugs for athletes, trainers, sports medicine professionals, in short for anyone in exercise physiology and human performance fields.

Reviewed by: *Fadil Ozyener MD, PhD, Uludag University Medical School, Bursa, Turkey.*