

THE ANABOLIC DOC RAW AND UNCENSORED

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ANABOLIC DOC'S TALES FROM THE UNDERGROUND... AND PONTIFICATIONS...

Hello to the fans of the Anabolic Doc!! Let me tell you what I've been up to. Got sick of the "clinic" and I thought it was time to see some of my real patients in their own environments. So we planned a road trip. Took Adam, the "600-pound benching kid," at 5:30 a.m. in my "Mac-Daddy" Suburban as we hit the road hard! We drove north for about four hours. Shit, we drove forever! Drank about 27 cups of coffee, multiple grams of creatine products, NO vasodilators, more BCAAs than my muscles could absorb and Adam had us breathing Nose-Tork at every toll!

We were out to train with one of the most hardcore-hellbent powerlifters on the planet— Bill Crawford, a patient of mine who is a world-class bench presser. You see, I love this life of lifting so much and the great, sometimes "wild" lifters who treat us to 800+ bench presses, that I feel obligated to do whatever it takes to know them and protect them!! I want it to last forever!! And I get to take care of these people and train personally with them! WOW!

Back to the story. So we pull up to this old-school gym. It's always "old-school," but *God* it gives me butterflies in my stomach every time I walk into these places!! Ever since I was a kid, walking up those stairs, smelling the Ben-Gay and hearing those plates banging, my limbic brain tunes up, and I'm ready to rock...

We walk in... "What's up!?! Hey Doc, you're late, get changed and let's go!!" So after we visit the "little boys" room (remember the drive episode) we enter the weight room. Couple of guys meet us— damn, I've seen these guys in *Powerlifting USA*— cool, and we focus on two large custom bench presses, an unloaded bar and a lot of 100-pound plates.

I don't know about Adam, but I'm nervous. You don't really know where to stand or where to put your gear, then some big man tells us to stand back as he shuffles through CDs overhead, like some muscle-bound Grand Master Flash, as he creates the music selection for the training day. BOOOOM— for the



next two hours, we trained with music so loud that I was glad I invested in that lip-reading course at Syracuse University back in the day. WOW!! I loved it! Totally old-school! The WHO, Black Sabbath, Led Zeppelin, Nirvana, Hendrix,

Slip knot, Static-X and even some of that funky Metal/Rap stuff!!

Bottom line, my motor-end plates were fired up big time and forget that I benched up to 405 x reps off the boards (I was the weakest guy in the gym— thank God, I have a big ego!!) Adam turned a few heads with his raw 475 pounds to the chest!! Awesome! And we watched firsthand, the big men benching up to 850 to the chest!!! SICK!! What an experience, very religious!! We did our thing and completed the training day with some real cool "West Side" regimens and then someone turned the music down and said hello to us!!!!

So, there it is! For those who don't understand us and why we do what we do, I imagine the hardcore opera singer or fan who belts out their song with as much effort as a big bencher! Yeah! That's right, what's the difference? Oh yeah, maybe some big-time anabolic drugs!! OK, and with that, allow me to cool down and put on the lab coat and let's get into some real "hardcore" medicine that may save your life!

You guys now know that Fern As-sard, Figure competitor and fitness model is now my assistant, as we reach out to the "Lifting World" together, spreading the word of health! She had a very cool idea: that it would be important to discuss some of the common medical topics that we see on the "lifter" forums all over the web and try to tease out what is fact from fiction. So, here we go, Fern!

It appears that all guys want to ask about is PCT! You know, I've been doing

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this "Anabolic Doc" thing for about 10 years and I have asked at least 10 Ivy league endocrinologists about their take on PCT. And do you know what they said? "PCT, what's that, some secondary disease related to AIDS?" I'm not kidding!!

So folks, we have a real issue here. Seems like the docs I hang out with know everything about heart disease, renal failure, diabetes, hypertension and more esoteric disease states than you can shake-a-stick-at, but PCT— SAY *WHAT!?!?* This is like finding a new creature 20 miles under the sea on the Discovery Channel.

PCT is very complex and real medicine, yet there is no consensus among doctors or evidence-based guidelines on it!! Thank God, we have guys like Bill Llewellyn! Bill is an absolutely brilliant man, with foresight and a very good scientific understanding of human endocrine physiology. Bill refers to this paucity in clinical medicine in his recent book, *Anabolics, 9th edition*, where he states, "It's amazing how little attention has been paid to hormone normalization in clinical medicine."

He probably knows a lot more than I do about the "academic" nature of all these drugs used by bodybuilders. I wish he had an M.D. and could see patients with me, but then *he* would be the Anabolic Doc! I'm a clinical physician, which means I see patients in the office, with real medical issues related to AS use!! The problem is that we do not have any "clinical" medical guidelines on how to deal with the tens of thousands of people on anabolic steroids (AS)!! This may be one of the greatest medical epidemics to hit the USA since HIV/AIDS!

WHERE THE HELL ARE THE M.D.s? It's like the docs are too scared to deal with all of this! Are they really that wimpy? Or is this some kind conspiracy against people who lift weights? Are there not enough people on AS? Well, when I was at the Arnold in February, I could have set up shop with about 20 docs and we would still be seeing patients!!

That's why I'm here! My calling in life is to bring to light the reality that so many people use AS and to try to gener-

ate some guidelines on which we can educate people to the real risks and benefits associated with AS. It's that simple!! I get it! I love to be strong and do you think I bench over 500 pounds at 45 years old because I use AS!! Give me a break!! It's because I have good health and I train with the strongest men on earth! Thanks, Bill! That's why I have shifted my entire medical practice to the care of men (and a few cool chicks) who lift weights!

So about PCT, well I take each patient on a case-by-case basis and I focus on fertility! If I have a man who is young and would like to maintain his ability to be a dad, I take this very seriously and take the clinical steps necessary to protect his sperm. This may include talking him off AS completely, in addition to storing sperm for the future. I have learned this from some of the docs I consult with in Europe! And I have a bunch of happy dads, not too mention moms out there right now!! One couple named their kid after me!! How cool is that!?!

Another cool piece of "clinical" medicine I have engaged in recently is the use of HCG co-administered during HRT with testosterone for men that are on fixed doses of testosterone for life. Very interesting and very novel! Relations to long-term suppression of the HPTA axis, testicular atrophy and cholesterol synthesis.

I have developed some of my own regimen/doses and clinical effects that really help men on HRT for long periods of time. Apart from fertility, I take young men on AS into my clinic and spend hours with them, counseling them on the real risks of AS use! Yeah, I actually do this! And it is very rewarding for both myself and the patient. And in the end, I present the patient with an "informed consent" about AS and tell him what he is doing to his body.

And for the record, I never give men "steroids." Do you think I would still be in business? What I do is to care for their medical needs and provide support to these special patients who the medical system has neglected. Hopefully, one day we will have a new medical sub-specialty related to the care of the "lifter." And then you can call *me* Daddy!!!

Stay Strong and Healthy. ■