

# THE ANABOLIC DOC

## RAW AND UNCENSORED

BY THOMAS O'CONNOR, M.D., M.S.



# THE GOOD, THE BAD AND THE RIDICULOUS

**H**ere we are, fans of the Anabolic Doc, deep in the summer swelter. I will dedicate this precious issue to the real lifters I train with and to all of you who train in "hard-core" sweatshops all over the world!!! In the USA anyway, it seems like all the real "gut-busting" and "old-school" training only happens in small, relatively private gyms. Back in the day, things were different and a Gold's/World or a Powerhouse Gym could have been really hardcore. Now there is "no chalk," "no heavy lifting" and "no noise!!!!" I mean, what the hell has happened? I get it. It's all about the money! And as a doc who went to medical school broke, in my 30s, I really get it!! LOL. I guess the "mainstream" commercial gym person really does not want to deal with guys/gals who train really hard. Oh well. So, hats off to the people who run these "under-culture" training facilities. God knows, they are not getting rich!

And on that note, I would like to tell you where I train now (here comes the "good" of our monthly tale). A place where I can be myself. You all know that I have been "asked to leave" about a dozen gyms over the past 15 years. Not sure I'm proud of that, but it is what it is. Seems like when I used to squat and deadlift heavily, I "barked" a bit and after the set, had tangential Tourette fits. At least I did some of my best work that way and set a PR with 405 x 20 reps in a raw Sumo deadlift!! Lots of blood— that was a problem, too!!! 110-pound dumbbells for 16 reps on seated alternate d-bell curls. For real!! Jeff King taught me that!! Some people referred to me as a "freak with antics." So, off to another gym I went.

My current training Mecca is named the Refuge!! How appropriate!! And of course it sits inside an old run-down factory in Middletown, Connecticut. Getting there always sets the mood as you wind through the seediest part of town, over the RR tracks and finally over a crappy dirt road/parking lot that takes miles off your car every time you train!! Still trying to find the right path around those potholes...!LOL.

Don't you love this stuff!! Once inside, it's the usual bright lights, high-ceiling feel, with basic gym equipment. How humbling is that? These are the places that turn out the top lifters on earth!!!!!! Goes to show you, that after all these years of "super-tech" and modern advancement, the top people in our sport still come from basic roots!! WOW!! Think about that. Because it's the people you train with that counts!! Not the new fancy piece of equipment just off the assembly line. Although a Mono-Lift is cool and boy, squatting with one will bring up your PR.

Let's talk about the guy who runs this beautiful place. His name is Nick Puorro, and he is a local police officer who is real strong!! Nick squats over 700 pounds and benches near 600 pounds!! All at about 220 pounds!! And not too mention, he is barely out of the crib at 24 years old. As you can see in the picture on the next page with the Anabolic Doc, he is one handsome lady-killer. I especially love the muttonchops!!!! I have profound respect for Nick, and all of the brothers/sisters of police/fire, for his sustained ability to train hard, get stronger and keep smiling. Despite deadly fights with scumbags that threaten his life on the job!! I can say it! I can call it what it is. I am no politico-phony!!! We are so filled to the eyeballs with politically correct bullshit, that guys like Nick wrestle in peril with pieces of trash during his workday, at the prospect that we don't have to. Only to get the "PR shake-down" on what "really happened." So, he comes to the gym, with the same old S%\$#-eating grin on and trains hard!! No complaints, just eager to put on that size 2 toddler, double-ple, super-duper Phnom and BENCH BIG!! Stick that in your pipe and smoke it, Mr. Congressman!!! (The "bad" part is over!!! LOL!) Thanks Nick and Adam for keeping me strong!! We will get to Adam, the "600-pound benching kid" in a future issue— he is another piece of work!!

Now that I have all that anger off my chest, we can get into some medicine. Boy, times are tough! Thank God we all

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PHOTO COURTESY OF DR. THOMAS O'CONNOR



### 1/3 VERTICAL NON-BLEED

train hard and love to be part of this great “under-culture.” And being the “under-culture” that it is, I have to share some medical mishaps with you, so that you may be protected. After all, I am the Doc who is seeing more and more people who use AS and as I said before, “It is what it is.” Only problem is that many people are getting hurt. I will not run my usual, “Check your BP and cholesterol” hype, but GOD, IT WILL SAVE YOUR HEART!! No, this month I will discuss some basic things I have seen from the medical side of AS use. This is the “ridiculous” part of the column. I call these medical issues “ridiculous” because if people who used AS only had even basic medical support, 90 percent of the medical mishaps I see would not happen!! REALLY!!

First medical mishap I can share involves intramuscular injections. So here is a “newbie” taking his first testosterone injection. First, he tries his butt—that was too tough to reach. Next, the thigh—“way to much pain,” so he goes to the deltoid. Now this guy did something that I hope people are not doing! He injected directly into the anterior deltoid, and hit some big blood vessels! I’m talking an artery!

As it turned out, he had bleeding at the injection site and after, severe pain that lasted for weeks, as he caused a deep bleed into the muscle with neuromuscular damage. The bleed was worsened by the fact that he took Motrin 2,000 mg daily. This drug can cause/worsen bleeding. He did not go to me till after all this, so he did not have a doctor to consult. This could have been avoided! Do not inject in the anterior delt! Go in the lateral and/or posterior delt and aspirate first!! He is on the mend, but we were

very worried about permanent damage, as he could not lift for about one month!! And if you think you have a muscle tear or deep bleed, do not take NSAIDs!!

Next horror story is less acute, but equally sad. I see more and more men coming to me after years of AS or T use, and they have not done anything about it. They come to me, sometimes after years of suffering with signs and symptoms of a failed HPTA and feeling like crap!! This is 100 percent unnecessary and if you have used AS for any appreciable time, most likely you will never produce natural testosterone to an adequate level ever again— and you will need medically supervised HRT/PCT. That I can guarantee. You should see a physician ASAP and get your life in order. Believe me, if your doctor gives you a hard time about “what you have done,” come and see me or one of my doctors.

TREATING A MAN WHO IS SUFFERING SECONDARY TO YEARS OF AS USE IS NOT A CRIME!!! I can tell you this!! So don’t be ashamed!! My “Anabolic Recovery Medicine” — ARM division — will BOOM over the next decade, as men from the ‘80s and ‘90s find themselves self-medicating on AS, with no medical support!!! I’M HERETO HELP!!!! DON’T BE SHY. I DON’T BITE!!

In wrapping up this month’s “beauty,” I would like to take a moment to reflect on life in the “medical strong lane.” Every day, I am blessed with being your doctor. I will tell you that my office is getting more and more calls from all over the USA and Canada. I love this life!! I never dreamed I would fill such a needed void in the medical world. Some days I can’t believe I’m even a doctor!! Being a “medicine man” is very humbling and I try, every day, not to forget that. Please continue to enjoy my website at [metabolic.com](http://metabolic.com), as we add new features and services.

And as for my training, I’m taking my own advice now, as I have cut down to under 200 pounds in pursuit of a strong heart, in addition to my bench!! Last night, I benched 475 at 195 pounds and I strive for the golden 500 bills at 198. Might not get any world records, but GOD, does it feel good!! Stay strong, healthy and happy... Signing off for now. The Anabolic Doc. ■