

THE ANABOLIC DOC RAW AND UNCENSORED

BY THOMAS O'CONNOR, M.D.



OLD VEGAS AND ANABOLIC LIPIDS

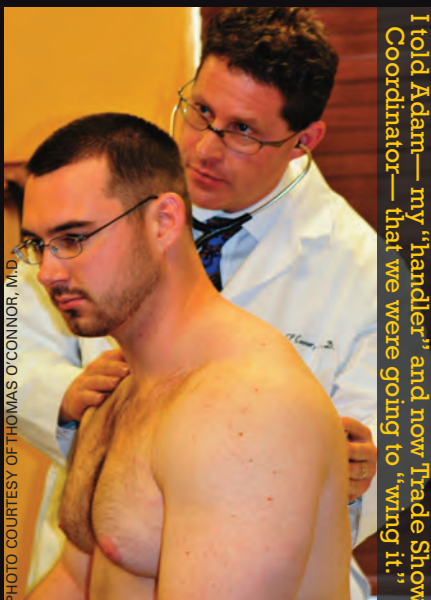


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student loans from med school) I told Adam— my “handler” and now Trade Show Coordinator— that we were going to “wing it” and we did, as we stayed at the Golden Nugget, in old Vegas. I will never do this again! The place is like the Red Lobster of Vegas— just short of par from the ‘80s, kind of reminded me of when I used to go on cheap vacations with my dad. The room smelled like fungus and was dark as hell, even when the sun was blasting!! Know what I mean? Have you ever see a hotel room where the toilet, sink and shower were all clogged at the same time?? Well, this was our Tash Mahal for the weekend!!

After being up all night living it up big, sleeping for three hours, I woke to Adam talking in his sleep with Ronald Reagan, and snoring like a banshee. God, that sucked! So I got up, chicken-kicked the shit out of the noisy air conditioner, found my way in the dark to the bathroom and brushed my teeth— standing in Adam’s dirty bath water up to my knees!! No worries, we put on our

time, looking huge and healthy, and suddenly I thought of all of my patients (so many I saw there... wow, I’m getting big!!) and wondered what more can I do to protect them from harm? And was there anything I was missing in being their “Doc?” I ran a checklist in my head— the medical things I do for all of my patients when they come and see me. And I thought for a moment, “Let’s see, the reality is, most of these people are either on anabolic steroids (AS) or at least HRT, and what have I seen in terms of health dangers and what have I done to really block these adverse conditions?” As the Anabolic Doc, I can do my best to prevent heart attacks and strokes!! I thought, yeah, I do this every day with my patients and so for this month’s article, I will teach you what you can do to safeguard yourself against having a heart attack or stroke— on or off gear!! This is no bullshit, folks— I now have at least 30 men under 50 years old who have suffered a real heart attack or stroke!! Holy shit, can you believe that??

Just back from the Mr. O, 2010. Congrats to Jay, Derek and Iris! And many thanks to all of my fans!! It was my first time at this event, and Adam and I had a ball. We were able to visit with so many of my fans and as usual, the reception was as wild and warm as ever!! Thank you from the bottom of my heart for all of your input and personal support— I feel like I am the real superstar at these events— the hell with Jay and Ronnie. I get more love!! LOL!!

As for the trip, we came “old school” as we do, and after the long flight from Connecticut, where we drank merlot and ran amuck on the plane— getting into a fight with the “rent-a-cops” outside the airport was just like old times!! Who said I had to ever grow up? Ha, ha. Sorry, mom!!

Because this was my first trip to the Mr. O and I am so cheap (still have those

HAVE YOU EVER SEE A HOTEL ROOM WHERE THE TOILET, SINK AND SHOWER WERE ALL CLOGGED AT THE SAME TIME?? WELL, THIS WAS OUR TASH MAHAL FOR THE WEEKEND!!

Metabolic Doc shirts and headed for our fans and the Mr. O. We are here to save lives!!

When I was at the Mr. O, on the expo floor for about two hours and working the crowd hard, is when the topic for this month came to me!! It’s always like this, and I never know where or how the “anabolic epiphany” will strike me!! It just happens.

I saw all these young muscleheads at the Mr. O walking around having a great

And yes, AS were the cause, 100 percent!! It appears that certain people will have a predilection for these events and once on AS, and too much for too long... KAPOW!! MI/CVA city!! No fun.

Anabolic steroid abuse has been associated with cardiovascular diseases (CVD), including heart attacks and strokes, even in athletes younger than 30!! Steroids contribute to the development of CVD, partly by changing the levels of lipoproteins that carry cholesterol

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in the blood. Steroids, particularly oral steroids and large doses of IM steroids, increase the level of low-density lipoprotein (LDL) and decrease the level of high-density lipoprotein (HDL). A nightmare!! High LDL and low HDL levels increase the risk of atherosclerosis, a condition in which fatty substances, called plaques, are deposited inside arteries and disrupt blood flow. If blood is prevented from reaching the heart, the result can be a heart attack. If blood is prevented from reaching the brain, the result can be a stroke. I now have taken in over 300 lifters, and over 90 percent of these men and woman have shown this dangerous ratio of lipids!! Any of you who are a "real fan and student" of the Anabolic Doc will know that I hammer on three metabolic things all the time— hypertension, diabetes and abnormal lipids!! So let's discuss the treatment of adverse "lipids on

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steroids!!" or "ANABOLIC LIPIDS:"

What can you do to maximize your lipid panel? First of all, please see your doc or use my web service, **know your labs.com** to check your lipid panel. This is step one. Step two— if your total cholesterol is over 200 mg/dl, LDL is over 100 mg/dl, HDL is under 40 mg/dl for a man, and under 50 for a woman— ideal is as close to 60 mg/dl as possible— and triglycerides are over 150 mg/dl, you should do something!! FAST!! Number one is always see you doctor; if he/she is not cool with you, see another. The fact is, there is only one **Anabolic Doc** on this tiny planet, but there are many good physicians that can treat poor lipids!! So find one, **STAT!!** Step three— treatment.

OK, now we know that AS cause poor lipids— so if you are going to use AS or even HRT, you have to keep a tight eye on the lipid panel and maintain the above guidelines. Basic and bottom line— keep the AS to a down low!! This is most important!! I guess if you really have to be "jacked to the gills," that's cool— just know that I'll bet one of Adam's **Reagan posters** that your lipids look like shit and you are at big risk for

MI/CVA!! Want to gamble?? Adam loves Reagan, and I am not about to piss him off!! I swear I saw Ronald sitting on Adam's bed that morning!!

Next, lose any fat on your belly, do cardio and at least four times per week (25 minutes per session)— it's known to get up HDL, eat fruits and vegetables, drink a little wine— one or two glasses a day, have extra-virgin olive oil daily, take fish oil/omegas, COQ10, vitamin D and as far as the real drugs are concerned, I use Crestor, Simvastatin, Lipitor, Niaspan, Tricor and Zetia. THESE MEDS ARE VERY POTENT, AND SHOULD NOT BE USED WITHOUT THE SUPERVISION OF A DOCTOR, AND ONLY RARELY USED TOGETHER. I use these meds on my guys, but I know how to manage them and I watch the labs and clinical symptoms very, very closely!! So do not just go online and buy these meds and treat yourself!! Could be a disaster!

In about 98 percent of cases, I can get a patient's HDL up and LDL down to goal— and the only time I have a problem with this is when my guys fall off the **Anabolic Wagon** and start to "gear up" ... I still love them, but as any of them will tell you, I get pissed and say, "Would you stop fucking with my fine work." It is not unusual that I have worked hard on a patient's lipid panel over months to years!! Finally I get them to goal, only to re-check the labs and find that the patient is back "on" and now the HDL is down to 22 mg/dl!! That does piss me off, but what am I to do? Re-start the meds and give some more love. And that, my friend, is just a snapshot of my day as the Anabolic Doc.

As I mentioned in the December edition, I have been working hard on a very unique cardiovascular protective supplement called **Cardio-Protect** and everyone— great/small, on or off gear— will benefit from this formulation!! Wait till you see it!! Keep it safe and until next month...

Stay strong and healthy,
Dr. O ■