

# THE ANABOLIC DOC RAW AND UNCENSORED

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



# HAPPY BIRTHDAY, ANABOLIC DOC!



**It's been one year in MD for the raging antics of The Anabolic Doc!** I can't believe it! I thank **Steve Blechman and Robbie Durand** for making me a star! Look at me now, guys. I'm still in diapers, but I am getting stronger and more experienced. Who needed that freshman English 101 class? Not me! HAHA!

For now, I reflect on and renew my vows: "I promise to provide you, my special "lifter-patients/readers," with a steady stream of medically related, anabolic steroid-based and useful clinical vignettes and a "no bullshit" dialogue that reeks of MD! And yeah, tons of "**anabolic antics.**" **You know you love it!** No other physician (or muscle magazine!) on the face of the planet has the balls or the foresight to hang out a shingle that says, "**come all lifters and let me heal you.**"

As you know, I was so fed up with the **namby-pamby bullshit** on the streets of clinical medicine regarding people who enjoy "lifting big" and yeah, sometimes use anabolic steroids. A kind of *wake the \$#@%# up-ism!* I mean, was anyone out there in "**medical America**"

going to address this issue?? **There are an estimated 10 million+ people in the USA who have used anabolic steroids.** Forget the "elephant in the room," he looks like shit!! I'm talking about the 255-pound "**jacked to the gills**" man standing in front of you at DMV. WTF! Is there a doctor in the house for this man? Do you think he may need the assistance of a physician? Does he deserve any medical attention? Most likely, he works HARD, has a family and even has great insurance! WOW, not on Mr. Obama's "in medical need" list. And unfortunately, this is a man who really does not even want to see a doctor. Men don't use medical services like our mothers, daughters and sisters do. So, leave him alone, right?

I could not believe that no other medical professional has ever directly catered to this very large (and rapidly growing) group of men and even women. And for the record, not all my patients use AS! Damn it, but a lot do and they need medical care. I know some docs out there are involved with "lifters" and God bless them, but you tell me who has developed a new sub-specialty of internal medicine, namely, "**HARDCORE MEDICINE FOR THE POWER SPORTSMAN**"? This unique type of medicine is a division of internal medicine, with intimate and cerebral relations to metabolic pathophysiologic paradigms, e.g., hypertension, abnormalities in glucose regulation and lipid disease states. Not to mention direct effects on kidney and liver physiology, blood vessels, prostate and psychiatric overtones, and **body dysmorphic disorder.** Do you think this is a light medical study? Well, I don't— and that is why I am schooled not only from the wards of classic medicine, but also in the **sickest, most hardcore lifting environments known to man!**

The making of The Anabolic Doc started about 30+ years ago when I was a small, lost, pale and meek freshman (in 1978) in a middle-of-the-road New York suburb school (Carmel, NY) smoking cigarettes, cutting class to hang out in the "universal room" (real old school!) and getting my first "pump," only to parade outside in the "smoking area" (wow, we have come along way) where my "antics" first started. **That's it! I quit smoking by 1979, joined the wrestling team and kicked the shit out of a couple of big cats!** Overnight, I felt great and became "someone." Now I'm 45 and not much has changed! Oh, I'm a hell of a lot stronger and smarter! So I get it, people. Lifting weights is a way of life, plain and simple. And for those who don't understand us, go jump in the lake! We must preserve our bodies as we grow as big and strong as possible— for this will be our life!

Now, after one full year in MD and taking in over 150 new lifter-patients I stand vindicated, satisfied and very tired! Enough of my rough-and-tumble antics— let's talk about what has happened over the past year, a recap of what I have learned regarding real medical issues that

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### 1/3 VERTICAL NON-BLEED

matter to lifters, and what will happen over the next year.

When I first started writing *The Anabolic Doc* in November 2009, I realized that I had hit on something that was going to be big. The phone started to ring and the “lifters” started to show up on my doorstep. All the way from Virginia, Texas and all over the north-east! I could not believe it. I said, “Hey these guys really do care for their health” and I was amazed on how bright and sincere the average patient was regarding the basic biology of “**anabolic medicine**” and his health. We spent hours together, like a brotherhood; we always spent the first part on “lifting speak.” Shit, would someone pinch me! I’m a doctor, and now I’m spending my whole day with patients just like me— lifters! And I’m not in the GYM! And nothing has changed!

As for the public response, it’s been unreal. I thought I would have some nasty critics and would have to defend myself, but **NOT ONE BAD E-MAIL OR CALL!** I have to thank my readers/fans for supporting me and for all the great e-mails and input on my blogs— both on [musculardevelopment.com](http://musculardevelopment.com) and my own website. I try hard to respond to all questions in a timely manner and forgive me if I get a bit snippy when it comes to a young “newbie’s” question on PCT or the usual, “Hey doc, I’m 21 and want to start AS... can you recommend which ones?” I mean, WTF! Holy shit, I can’t take it anymore!! It’s not that I don’t deal with PCT, I do— I’m just tired of the same old questions! If you have not noticed, I love real and complex, novel, medical questions related to AS. So keep them coming!

As for what I have learned in my clinic over the past year— OMG! It’s been unreal! Seeing patients in the clinic is the best way to learn and boy, what I have learned! No wonder the average physician is out to lunch when it comes to “anabolic medicine.” It’s so complex! The history and details from the locker room are equally important as the vital signs. Knowing what AS regimens are currently being used in the gyms of the USA and their real clinical/medical effects are so important

and now, nothing will shock me. Hey, I know what’s going on out there.

As for the salient medical points, I would have to say that cardio-metabolic disease states are the most important. And controlling a lifter’s BP and cholesterol will provide years of quality life. And many more big PRs! I have seen my share of MIs and strokes. And some patients were under 40 years old!

Other more arcane, yet equally important medical issues I have seen on a regular basis involve polycythemia (too many red blood cells; see last month’s article), prostate disease states (boy, this one is a real deal!), injection nightmares, **the incredible Adonis Complex** (see August 2010 *Anabolic Doc*), fertility issues (the PCT thing!) balancing the byproducts of HRT, namely, estrogen and DHT—I have learned a great deal about this over the past year, and I am forging ground that not many docs in this country even understand. I was amazed to learn that most endocrinologists in the USA don’t even consider estrogen and DHT when prescribing HRT! I do, and it’s very important for prostate health, breast disease, hypertension and many other metabolic parameters. The devil is in the details of medicine!

As for the future, I really don’t know how many more lifter-patients I can take. **Team Metabolic Doc** has just started to show up at trade shows (what fun the Europa in Hartford, CT was!). The “**throw another log on the fire**” mentality I have adopted over the past few years will get me in trouble, for sure! **I have created a fire that will not ever burn out!!** Love it.

The question is, **where the hell am I going to find a board-certified internist who can bench press over 500 pounds, knows the deepest-darkest secrets of the “underground lifting world’ and is as sweet as me (WINK, WINK)** to take the now-steady stream of lifter-patients coming to my clinic from the USA, Canada and abroad?

Thank you all for a great year. Here’s to another one— and staying stronger and healthier.

Stay strong and healthy,  
The Anabolic Doc ■