



HYPERTENSION TUE FACT SHEET

The Australian Sports Drug Medical Advisory Committee (ASDMAC) processes Therapeutic Use Exemptions (TUE) that allow athletes who for medical (therapeutic) reasons need to take medications that are prohibited in sport.

DO I NEED A TUE IF I SUFFER FROM HYPERTENSION?

Under the World Anti-Doping Agency (WADA) 2010 Prohibited List, some medications used to treat hypertension may be prohibited in sport.

- Diuretics are prohibited in sport at all times (WADA's 2010 Prohibited List, section 5).
- Beta-blockers are prohibited in some sports only during competition, and prohibited in other sports at all times (WADA's 2010 Prohibited List, section 2).

If you do not have a TUE and test positive for a prohibited substance, you may be sanctioned or banned from participation in sport for a period of time. This could have a serious impact on your sporting career.

You must get a TUE before being tested (for example before you compete) if you are classed as an 'athlete' by the Australian Sports Anti-Doping Authority (ASADA). Refer to the **TUE Fact Sheet** to determine if you meet this definition.

If you compete in shooting or archery, you are unlikely to have a TUE approved for beta blockers. This is because this medication can give you an unfair advantage over others.

HOW DO I APPLY FOR A TUE FROM ASDMAC?

You and your doctor (e.g. General Practitioner) must complete the TUE application form. This is available at www.asdmac.gov.au. Include your supporting evidence, and send the application to the ASDMAC office. You need to do this **30 days before starting your medication**. However, if you are currently taking medication for hypertension, continue to take it as prescribed while applying for your TUE.

WHAT MEDICAL EVIDENCE NEEDS TO BE PROVIDED?

As well as completing the TUE form for any prohibited medications associated with the condition hypertension, you are required to submit a **separate letter from your doctor** detailing:

- your history of the condition (including blood pressure history)
- the current treatment you are on and any that have been previously tried.

If you have visited a specialist for hypertension you can also include any reports or letters from them to support your application.

You must supply **appropriate and separate medical evidence** with your application.

Applications are returned when appropriate medical evidence is not provided.

A decision will be made within 30 days of receipt of your application. You will be advised via post of the outcome.