

August 4, 2008

Dear Maryland Physician,

St. Joseph Medical Center's groundbreaking awareness program, *Powered by ME!TM*, is reaching out to the Maryland Medical Community. St. Joseph and the program's community partners are asking for your help during the high school pre-participation sports physical season by passing along vital information regarding the use and abuse of anabolic steroids and performance enhancing substances. The name of this new initiative is Physicians' Awareness of Steroids & Supplements (PASS).

Enclosed in this package is a special "PASS" card that contains information on the signs and symptoms of possible Anabolic Steroid and Performance Enhancing Drug use as well as possible side effects and risks associated with the use of these dangerous substances. We ask that you "PASS" along this information to your young patients and their parents.

In addition, we have included information on the *Powered by ME!TM* program and copies of our "PLAYING SAFE, FAIR & SOBER" PLEDGE. Please encourage your patients to read this information and sign the pledge.

We want to thank you for being part of this initiative. By working together, we can encourage our young people to be the best they can be, through hard work, discipline and practice – not by using illegal and dangerous substances.

If you have any questions or need more materials, please feel free to contact the *Powered by ME!TM* office at 410-337-1477 or at www.poweredbymemd.com.

Sincerely yours,



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