

St. Joseph supports awareness campaign

In a press conference at Towson High School Feb. 26, St. Joseph Medical Center, Towson, The Maryland State Department of Education and Congressman Elijah Cummings announced an anabolic steroids and supplements awareness campaign.

This new campaign will address the issue of anabolic steroid abuse and educate Maryland middle and high school students, parents, coaches and teachers. A new Web site, www.poweredbymemd.com, has been developed to inform individuals of the danger of steroids and supplements while offering safe alternatives. A speaker's bureau and special events have been created to reach out to the medical community, youths, parents and educators.

"We want to be a clearing house of information," said John Tolmie, president of St. Joseph, who said a blue-ribbon panel of experts has been put together to help them in their efforts. "We have found that there is a lot that isn't known about steroids and supplements."

According to Mr. Tolmie, people aren't informed about the contents of the supplements they are taking. They may think the supplements they are taking are good for them, but in the long run, they could be doing more damage than good.

"The message is to stop and learn more about the many substances available to our youth and children," said Mr. Tolmie, who spoke at the press conference.