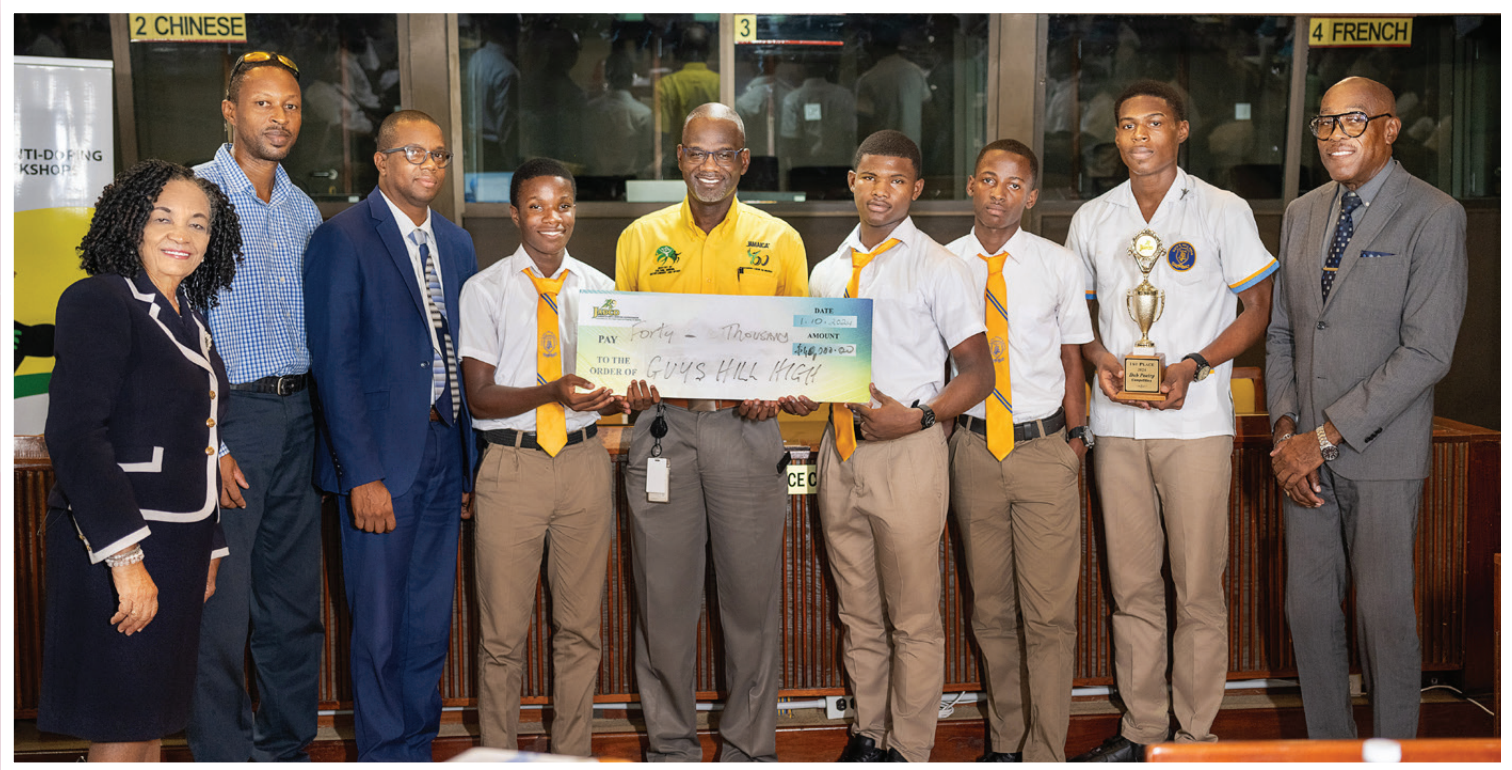


BREAST CANCER AWARENESS MONTH

OCT  BER

JADCO EMPOWERS YOUNG ATHLETES THROUGH CLEAN SPORT



Denzil Thorpe, permanent secretary, Ministry of Culture, Gender, Entertainment and Sport presents Guy's Hill High School with \$40,000 for winning the JADCO Dub Poetry Competition for Region One at the 2024 Junior Athletes Anti-Doping Education Workshop at the Jamaica Conference Centre on Tuesday, October 1. Sharing in the moment are the Honourable Mr. Ian Forbes CD (right), custos rotulorum - St. Andrew and June Spence Jarrett (left), executive director, JADCO, Cecil Donald (3rd left), principal and Andre-Hugh Murphy, head of department, physical education, along with students.

UPCOMING EVENTS

16
NOV

SENIOR ATHLETES
EDUCATION WORKSHOP
11:00 AM
TERRA NOVA ALL-SUITE HOTEL

2025 JADCO
SYMPOSIUM
9:00 AM

30
JAN

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Editorial

At the Jamaica Anti-Doping Commission (JADCO), our dedication to fostering a culture of clean sport and prioritising athlete well-being remains steadfast. This month, we focus on two crucial initiatives: raising awareness about breast cancer and enhancing anti-doping education for our junior athletes.

In our JADCO Nutrition Corner, we emphasise the vital role of proper nutrition in athletic performance. A balanced diet is essential for optimising recovery, boosting energy levels, and supporting overall health - key factors in an athlete's success.

Additionally, we urge all athletes and their support teams to stay informed about the World Anti-Doping Agency's (WADA) recently released 2025 Prohibited List, which details the substances and methods banned in sports and will take effect on January 1.

Our commitment to athlete welfare is further exemplified by the Jamaica Athletes' Insurance Plan (JAIP), which provides essential coverage, ensuring that our athletes have access to quality healthcare and financial support in the event of injury or illness.

As we raise awareness about breast cancer this month, we encourage everyone to participate. Early detection and prevention are vital in the fight against this disease. Let us stand together to support those affected, particularly our athletes, while promoting a healthy, active lifestyle.



By collaborating, we can create a clean and equitable sporting environment that benefits athletes of all ages. For questions or feedback on this publication, please email us at truespirit@jadco.gov.jm.

JADCO Empowers Young Athletes THROUGH CLEAN SPORT

1st Place
REGION 2



June Spence Jarrett (right), executive director, presents Cross Keys High School with \$40,000 for winning the JADCO Dub Poetry Competition for Region Two at the 2024 Junior Athletes Anti-Doping Education Workshop at the Tropics View Hotel in Mandeville on Wednesday, October 9. Sharing in the moment is Gillan Haughton, director, communication and education.

On Tuesday, October 1, the Jamaica Conference Centre buzzed with excitement as over 230 student athletes and their support personnel gathered for the launch of the 11th annual Junior Athletes Anti-Doping Education Workshops. This year's theme, "Empowering Our Athletes," resonated throughout the day, as participants engaged in a dynamic programme aimed at promoting clean sportsmanship.

June Spence Jarrett, executive director of the Jamaica Anti-

Doping Commission (JADCO), expressed her delight at the impressive turnout. "It is such a pleasure seeing you and so many new faces and some schools that we have not seen over the years," she said.

Jarrett underscored the importance of maintaining integrity in sport, stating, "While Jamaica is not known to have a doping culture, Jamaica cannot drop the ball in spreading the anti-doping message and ensuring our athletes are tested." She added, "It is imperative that we maintain a level playing field. Paul Bryant once posited, "it's not the will to win that matters; everyone has that. It's the will to prepare to win that matters." Preparation is key in playing fair."

The workshops serve as a vital platform for educating young athletes about the consequences of doping and the significance of fair play.

In delivering his remarks, the Honourable Ian Forbes CD, *custos rotulorum* for St. Andrew said, "As first vice president of the Jamaica Athletics Administrative Association (JAAA), I can proudly say that we're very happy with the role JADCO is playing, because through its operations, it has empowered our association, our sport and by extension our country." He added, "Athletes, I implore you to empower yourselves by ensuring that you're fully informed and armed with the necessary information provided by JADCO."

Meanwhile, Cecil Donald, principal of Guy's Hill High School, echoed this sentiment. "JADCO has been a steadfast partner in promoting fairness, integrity, and clean competition - values we cherish at Guy's Hill and I dare say all schools gathered here today," he said, emphasising that these workshops equip students with the knowledge to make informed decisions.

A highlight of the event was the dub poetry competition, where students showcased their artistic talents while raising awareness about doping. The winning entries proudly addressed the dangers of doping and the transformative power of sport.

WINNERS OF THE *Dub Poetry Competition:*

• REGION ONE:

- ❑ First Place: Guy's Hill High
- ❑ Second Place: Kingston High
- ❑ Third Place: Denham Town High

• REGION TWO:

- ❑ First Place: Cross Keys High
- ❑ Second Place: Roger Clarke High
- ❑ Third Place: DeCarteret College

The creative performances not only entertained but also sparked important conversations about clean sportsmanship.

Nicole Wright, a physical education teacher at St. Jago High School, remarked, "The songs were catchy and we learned a lot more about doping. These workshops should happen more often to engage everyone."

Owayne McCaulsky, a music teacher at Kingston High School, reflected on the day's impact: "Today's workshop was fantastic. I didn't know much about doping before, but now I feel more informed."

In addition to the poetry competition, the workshops included an empowerment session focused on setting goals, resilience, and self-belief.

The Junior Athletes Anti-Doping Education Workshops continue to be a cornerstone of JADCO's commitment to fostering a culture of clean sport in Jamaica. By equipping student athletes with essential knowledge and tools, the Commission is not just shaping a better present but also paving the way for a brighter future in sports locally.

2nd Place REGION 1



Denzil Thorpe, permanent secretary in the Ministry of Culture, Gender, Entertainment and Sport presents Owayne McCaulsky, teacher of Kingston High School with a cheque valued at \$30,000 for second place in the JADCO Dub Poetry Competition for Region One at the 2024 Junior Athletes Anti-Doping Education Workshop at the Jamaica Conference Centre on Tuesday, October 1. Sharing in the moment are the Honourable Mr. Ian Forbes, CD (right), custos rotulorum - St. Andrew and June Spence Jarrett (right), executive director, JADCO and Andrea Williams the student who performed.

3rd Place REGION 1



Denzil Thorpe, permanent secretary in the Ministry of Culture, Gender, Entertainment and Sport presents Denham Town High with a cheque valued for \$25,000 for third place in the JADCO Dub Poetry Competition for Region One at the 2024 Junior Athletes Anti-Doping Education Workshop at the Jamaica Conference Centre on Tuesday, October 1. Sharing in the moment are the Honourable Mr. Ian Forbes, CD (2nd right), custos rotulorum - St. Andrew and June Spence Jarrett (right), executive director, JADCO.

2nd Place REGION 2



June Spence Jarrett (right), executive director, presents Roger Clarke High School with a cheque valued for \$30,000 for second place in the JADCO Dub Poetry Competition for Region Two at the 2024 Junior Athletes Anti-Doping Education Workshop at the Tropics View Hotel in Mandeville on Wednesday, October 9. Sharing in the moment is Gillan Haughton (left), director, communication and education.

3rd Place REGION 2



June Spence Jarrett (right), executive director, presents DeCarteret College with a cheque valued for \$25,000 for third place in the JADCO Dub Poetry Competition for Region Two at the 2024 Junior Athletes Anti-Doping Education Workshop at the Tropics View Hotel in Mandeville on Wednesday, October 9. Sharing in the moment is Gillan Haughton (left), director, communication and education.

Highlights from REGION 1







Highlights from Region 2





JADCO

JAMAICA ANTI-DOPING COMMISSION

2024 JUNIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOPS



**Theme:
'Empowering Our Athletes'**

Region 1 - Kingston

October 1

Venue: Jamaica Conference Centre

Region 2 - Manchester

October 9

Venue: Tropics View Hotel

Region 3 - St. James

October 16

Venue: SeaGardens Beach Resort

Region 4 - St. Ann

October 30

Venue: Cardiff Hotel & Spa



8:30 AM - 2 PM

LUNCH WILL BE PROVIDED

LEARN MORE >>

EMAIL:
COMMED@JADCO.GOV.JM

JADCO.GOV.JM

JAMAICA ATHLETES' INSURANCE PLAN



Suzzette Irwin-Ison,

Principal Director for Sports in the
Ministry of Culture, Gender,
Entertainment and Sport

1. Can you provide a general overview of the Jamaica Athletes' Insurance Plan, including its purpose and target audience?

The Jamaica Athletes Insurance Plan (JAIP) was approved by the Government of Jamaica as mandated by the National Sport Policy (2013). The plan was officially launched on January 28, 2016, and is a flagship programme of the Ministry of Culture, Gender, Entertainment and Sport. The purpose of the insurance plan is to provide Group Health, Group Life and Personal Accident coverage for national level athletes, that is, those who represent the country at the regional and international levels. 2,100 athletes across 37 of approximately 48 sporting associations/federations are currently registered on the plan. It is funded 100% by the government of Jamaica.

2. What are the primary benefits offered by the plan, and how do they address the specific needs of athletes?

The primary benefits offered by the plan are prescription drugs (80/20%), diagnostic procedures such as laboratory and x-ray services, doctor's visits including consultation, maternity, hospitalisation to include room and board, etc. Autism and development disorders, miscellaneous services such as physiotherapy, artificial limbs and other prosthetics, hearing aid, orthotics, massage therapy and psychological disorders are also covered. Other diagnostic procedures available to the athletes include ECG, EKG, ECHO, ultrasound, CT scan and MRI.

3. Who is eligible to enrol in the plan? Are there any specific requirements or restrictions?

To be eligible for enrolment:

- i. Athletes should be a member of a national association/federation
- ii. Should be in good standing with their sporting association/federation
- iii. Should be representing the country at the regional and international levels
- iv. Willingness to undergo a pre-participation examination (if required)
- v. Participation in at least two Jamaica Anti-Doping Commission (JADCO) anti-doping education training sessions per year

4. What are the coverage limits for different types of injuries or medical expenses? Are there any exclusions or limitations?

Coverage is generally on an 80%/20% basis of the usual customary rates. Athletes can use the health card immediately upon receiving it. However, there is a six month wait time after enrolment for major procedures such as surgeries.

5. What documents are required to file a claim?

The card generally covers 80% of the cost of most services. However, if the service provider does not accept the card, the athletes can submit an original claim form completed, signed and stamped by the service provider indicating the type of service received and the diagnosis, along with an original receipt evidencing payment. If the card is accepted, the athlete simply pays the required 20% of the cost while the card pays the 80%.

6. Are there any optional coverage options available, such as dental or vision insurance?

Dental and optical benefits are combined (80%) of cost per policy year to include root canal and permanent crown as a result of root canal.

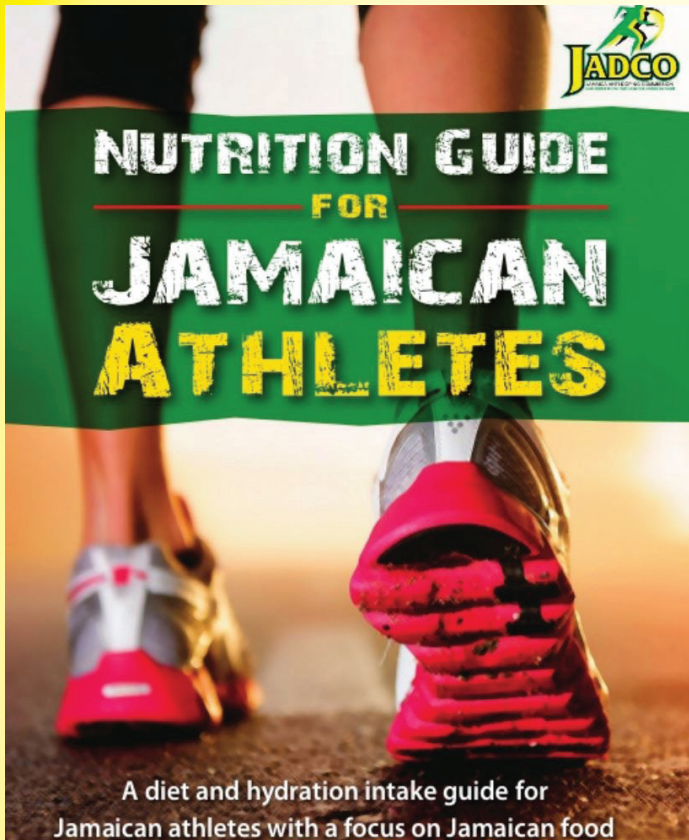
7. Does the plan include any wellness programmes or preventive care services?

Preventive care such as immunisation (for minors up to age 13). HPV Vaccine (ages 12-26 years). Other wellness services are available to the athletes such as PAP smears, mammograms, PSA and routine medical among other things.



JADCO'S NUTRITION CORNER

Can Nutrition Really Enhance Performance?



Athletes are always on the lookout for that extra edge. Whether it's fine-tuning your training regimen or optimising your recovery, every detail matters. One often overlooked aspect is nutrition. But can what you eat really enhance your performance? The answer is a resounding yes! Let's dive into how nutrition impacts athletic performance and explore some practical tips for fuelling your body effectively.

The Science Behind Nutrition and Performance

Nutrition plays a crucial role in an athlete's overall performance. The food you consume directly affects your energy levels, recovery time, and even mental focus.

Here's a closer look at how nutrition influences these key areas:

1. Energy Supply

Carbohydrates are the primary fuel source for athletes, particularly in high-intensity sports. They're stored in

the muscles and liver as glycogen, which provides quick energy during exercise. Consuming the right amount of carbs before and after workouts can help maintain optimal glycogen levels, ensuring you're fuelled for both training and competition.

2. Muscle Repair and Growth

Protein is essential for muscle recovery and growth. After intense workouts, your muscles need amino acids to repair micro-tears caused by exertion. Consuming adequate protein ideally within 30 minutes after exercising can help expedite recovery and build lean muscle mass. Aim for a combination of complete proteins (like lean meats, eggs, and dairy) along with plant-based options (e.g. beans and lentils) for a balanced approach.

3. Hydration Matters

Dehydration can severely impact performance, leading to fatigue, decreased coordination, and even heat illness. Staying hydrated before, during, and after exercise is crucial. Water is usually sufficient for shorter workouts, but for longer or more intense sessions, consider electrolyte-rich beverages to replenish lost minerals.

4. Mental Focus and Mood

Nutrition also affects cognitive function. The brain requires glucose for energy, and the right nutrients can enhance focus, reaction time, and decision-making skills. Omega-3 fatty acids, found in fish and flaxseeds, are linked to improved cognitive performance, making them a valuable addition to an athlete's diet.

Tailoring Your Nutrition Plan

Every athlete is different, so a one-size-fits-all approach doesn't work. Here are some tips for developing a personalised nutrition plan:

1. Assess Your Needs

Consider your sport, training intensity, and individual goals. A marathon runner's nutritional needs will differ from those of a weightlifter. Keeping a food diary can help you understand your current intake and identify areas for improvement.

2. Focus on Whole Foods

Aim to fill your plate with whole, unprocessed foods. Fruits, vegetables, whole grains, lean proteins, and healthy fats provide essential vitamins and minerals that processed foods often lack.

3. Plan Pre- and Post-Workout Meals

Pre-Workout: Aim for a meal rich in carbs and moderate in protein about 2-3 hours before your workout. This might include oatmeal with fruit or a turkey sandwich on whole-grain bread.

Post-Workout: Focus on replenishing glycogen stores and aiding muscle recovery. A protein shake with a banana or a chicken stir-fry with brown rice can work well.

4. Experiment and Adjust

Nutrition isn't static. Experiment with different foods and meal timings to see what makes you feel best. Keep track of your energy levels and performance to identify what works for you.

Nutrition is a powerful tool that can significantly enhance athletic performance. By fuelling your body with the right foods and staying hydrated, you'll not only improve your performance but also boost your recovery and mental focus. Remember, the best athletes are those who see food not just as sustenance but as a vital part of their training regimen. So, gear up, eat smart, and unleash your full potential!

For more information check out our nutritional guide, click the link:

<https://www.slideshare.net/slideshow/jadco-nutrition-guide-81525157/81525157>



WADA PUBLISHES

2025 PROHIBITED LIST

WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD
PROHIBITED LIST
2025

This List shall come into effect on 1 January 2025.

On September 25, the World Anti-Doping Agency (WADA) published the 2025 List of Prohibited Substances and Methods (List), which was approved by WADA's Executive Committee (ExCo) during its meeting on September 12, 2024. The List enters into force on January 1, 2025.

WADA also published:

- The 2025 Summary of Major Modifications and Explanatory Notes as compared to the 2024 List
- The 2025 Monitoring Programme, which includes substances that are not on the List, but that WADA wishes to monitor in order to detect potential patterns of misuse in sport.

The List is one of the eight International Standards that are mandatory for all Signatories of the World Anti-Doping Code (Code). It designates substances and methods which are prohibited both in- and out-of-competition and which substances are banned in particular sports.

WADA Director General Olivier Niggli said: "We encourage athletes, their entourage and all stakeholders to acquaint themselves with the Summary of Major Modifications to avoid inadvertent use of substances and methods that are prohibited in sport for 2025. In particular, we kindly ask all Anti-

Doping Organisations around the world to share the List and its related documents with athletes, their entourage, and other relevant stakeholders under their jurisdiction."

Major modifications for 2025

As outlined in the 2025 Summary of Major Modifications and Explanatory Notes, the major modifications for 2025 include the following:

- Further examples were added to the following substance classes to help athletes and their entourage better identify prohibited substances:
 - S0. Non-approved substances
 - S4. Hormone and metabolic modulators
 - S5. Diuretics and masking agents
 - S6. Stimulants
- The dosing intervals of formoterol have been changed, though the maximum daily delivered dose remains the same
- Donation of blood and blood components including by apheresis are no longer prohibited if performed in an accredited collection centre
- Hydrafnil is now classified as a non-specified stimulant
- It is clarified that guanfacine is not a prohibited substance
- Beta-blockers are no longer prohibited in any skiing and snowboarding disciplines

Annual List Review Process

WADA leads an annual revision process concerning the List, beginning with an initial meeting in January



A student athlete from Roger Clarke High School shows the 2024 Prohibited List during the Junior Athletes Anti-Doping Workshop on Wednesday, October 9 at Tropics View Hotel in Mandeville.

and concluding with the publication of the List by October 1. This is an extensive consultation process that includes WADA's List Expert Advisory Group gathering information including the latest scientific and medical research, trends, and intelligence gathered from law enforcement and pharmaceutical companies; circulating a draft List among stakeholders, and taking their submissions into consideration to revise the draft, followed by review by the Agency's Health, Medical and Research (HMR) Committee.

The HMR Committee then makes its recommendations to WADA's ExCo, which approves the List during its September meeting.

For a substance or method to be added to the List, it must be determined that it meets at least two of the following three criteria:

1. It has the potential to enhance or enhances sport performance
2. It represents an actual or potential health risk to the athletes
3. It violates the spirit of sport

The List is released three months ahead of it

taking effect so athletes, their support, and other stakeholders can acquaint themselves with any modifications. Ultimately, athletes are responsible for prohibited substances found in their body and prohibited methods found to have been used. Members of an athlete's entourage are also liable for Anti-Doping Rule Violations if determined to be complicit. Consequently, if there is any doubt as to the status of a substance or method, it is important that they contact the Jamaica Anti-Doping Commission (JADCO) for advice.

The Therapeutic Use Exemption Programme

It should be noted that athletes who have a legitimate



medical reason for using a prohibited substance or method that is on the List may apply for a Therapeutic Use Exemption (TUE) to determine if they meet the criteria outlined in the International

Standard for Therapeutic Use Exemptions (ISTUE). The TUE Programme is a rigorous and necessary part of elite sport and has overwhelming acceptance from athletes, physicians, and anti-doping stakeholders.

The 2025 Prohibited List, the 2025 Summary of Modifications and Explanatory Notes, and the 2025 Monitoring Programme are available for download on WADA's website.

Filing Whereabouts Information

Whereabouts information is provided from athletes in both the Registered Testing Pool (RTP) and Lower Testing Pool (LTP). Whereabouts information is also provided by the association for athletes in the Team Testing Pool (TTP). This information indicates the location of athletes at specific times. Athletes are required to file their whereabouts information quarterly. This information provides accurate and complete information about the athlete's whereabouts during the quarter. This includes identifying where he or she will be living, training and competing during that quarter, so he or she can be located for testing at any time during that quarter.

An athlete will be notified by the Anti-Doping Administration and Management System (ADAMS)



of the information he or she provided. ADAMS is an online database management system on which the whereabouts information is entered each quarter.

- Athletes in JADCO's Registered Testing Pool are required to identify a 60-minute time slot between 5:00 a.m. and 11:00 p.m. when he or she will be available at a specific location for testing. They are also required to submit the following information when filing their whereabouts information:
 - Full address of where he or she will be staying overnight (e.g. home, hotel, temporary lodgings)
 - The dates and venues where he or she is scheduled to compete during the upcoming quarter
 - Current email address, telephone numbers at home and work and cellular numbers

Athletes included in the JADCO's RTP are also required to submit whereabouts information by the following deadlines:

- **For Quarter 1 - January 1 to March 31, the deadline is December 15.**

- **For Quarter 2 - April 1 to June 30, the deadline is March 15**
- **For Quarter 3 - July 1 to September 30, the deadline June 15.**
- **For Quarter 4 - October 1 to December 31, the deadline is September 15.**

Athletes have the option of filing their whereabouts information on their own or assigning a representative to assist them. An athlete may choose to delegate the task of filing their whereabouts information to a third party, such as a coach, manager, or a national federation. If the third party agrees to this, the athlete will need to notify JADCO in writing of this arrangement. However, it is important to note that even if an athlete delegates the responsibility of filing of their whereabouts information to a third party, the onus is on them to ensure accurate and timely filing of the information submitted. Filing whereabouts information is very important for athletes and there are consequences for consistently failing to submit or update your information before the deadline or failing to be at the location specified in the information provided.

These consequences, include a filing failure, which is failure to file by the deadline or providing incomplete or misleading information and missed test which is not being at the location specified in your 60-minute slot when a Doping Control Officer comes to test you. Please be reminded that three filing failures and/or missed tests in a 12-month period may result in an Anti-Doping Rule Violation, punishable by a maximum period of two years ineligibility from sport.

Get more information about this from the JADCO website which may be accessed in the publications section of the website at jadco.gov.jm

HOW CAN ATHLETE SUPPORT PERSONNEL

HELP ATHLETES WITH ANTI-DOPING RESPONSIBILITIES?

Athletes are rarely alone in their athletic journeys. For most athletes, there's a wide range of Athlete Support Personnel (ASP) who work alongside them to ensure they are making informed decisions regarding their health and performance, both on and off the field. These dedicated professionals are instrumental in helping athletes maintain their reputation and navigate their sport responsibilities, which include anti-doping.



Under the World Anti-Doping Agency Code (the Code), ASP are also subject to rules, which is why it remains important that they know how best they can protect themselves and support athletes. Continue reading to learn about the roles and responsibilities that ASP have when it comes to clean sport.

1. Who is an ASP?

According to the Code, Athlete Support Personnel, or ASP, refers to any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent, or any other person working with, treating, or assisting an athlete participating in or preparing for sports competition.

2. What role do ASP play in anti-doping?

Since ASP are bound by the Code in the same way as athletes, they are also subject to receiving Anti-Doping

Rule Violations, such as trafficking and tampering violations. As role models and trusted mentors, ASP must also be knowledgeable of and compliant with all anti-doping policies and rules, as well as work to foster the values of clean sport and encourage athletes to uphold their anti-doping responsibilities. For example, ASP may be asked to provide guidance on supplements and should be able to help athletes understand and minimize the potential risks associated with supplements.

3. What is the role of ASP during the sample collection process?

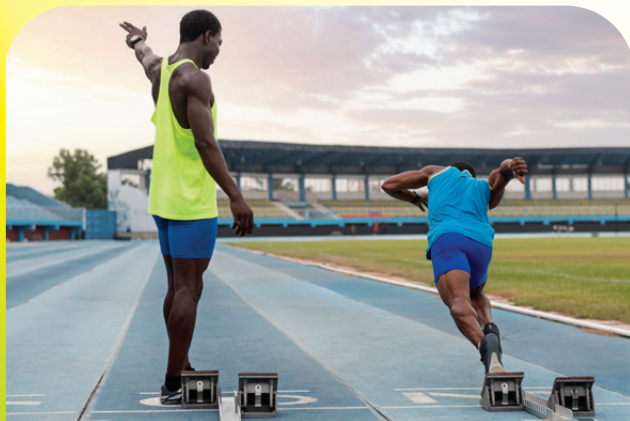
Athletes have the right to a representative during the sample collection process. For example, an ASP may act as an athlete representative during urine collection in the doping control station. While they will not witness the passing of the sample, they will observe the Doping Control Officer, or DCO, as they oversee the sample collection.

In addition, a representative encourages an athlete to ask questions and advocate for themselves when necessary. Having a representative present during sample collection can help an athlete feel safer and more comfortable during the process.

4. Can an ASP assist in providing modifications during the sample collection process?

Yes! Athletes with impairments, injuries, or disabilities may always be accompanied by an athlete representative. The representative may read the doping control form and if requested by the athlete, handle the sample collection equipment and sign the doping control form on their behalf. ASP and athletes should discuss the level of desired involvement during the doping control process, in the event an athlete is selected for testing.

Overall, the role of ASP in anti-doping is to empower athletes with knowledge, advocate for their rights, and encourage them to make decisions that uphold clean sport.



Breast Cancer Awareness Month



Cancer of the breast is the most common cancer among Jamaican women. There were 1,208 new cases of breast cancer in Jamaica in 2020. A breast lump is the usual sign noticed when an individual goes for investigation. But regular screening for breast cancer is recommended starting at age 40. In general, women can do self-breast exams at home. On their visits to health facilities, regular clinical breast examinations can be done, and if an abnormality is noted, further investigations can be done and referral for treatment as necessary. In general, mammograms are offered for screening from age 40 and up. Mammograms are also used for diagnosis in this group. However, younger women have other options for investigation of breast lumps.

Breast Self-Examination (BSE)

Breast self-examination is an important tool for our women (and men). A breast self-examination should be done every month.

Steps to the breast self-examination

1. Stand in front of the mirror and look at the skin of the breast. Look for dimpling, scaling, redness or any discolouration of the skin
2. Examine the shape of your breasts, first with both hands pressing behind the head, and then placed firmly on the hips
3. Raise your left arm and place the left hand

behind your head. Use three or four fingers of the right hand to explore the left breast in a circular pattern, starting from the outer sections of the breast and moving towards the nipple (Remember to also explore the underarm, where some breast tissue, in the tail of the breast is located). Check for any lumps or masses.

4. Squeeze the nipple lightly to check for any discharge.
5. Repeat steps 3 and 4, this time with the right arm raised and the right hand placed behind the head, using the fingers of the left hand to explore the right breast.
6. If any lumps, discharge or skin abnormalities are noted on breast self-examination, please go to your health care practitioner for a clinical breast exam and referral as needed for further investigations.

The Jamaica Cancer Society is a non-profit, non-governmental organisation that provides select cancer diagnostic and treatment services, raises public awareness around cancer, and provides counselling and support services for cancer patients and their families.

They can be contacted at:

Address: 16 Lady Musgrave Road, Kingston 5,

Phone: 876-927-4265 or 876-927-8152

Email: jamaica.cancersociety@gmail.com

Website: www.jcs.live

JADCO AND YOU TELEVISION AND RADIO PROGRAMMES



JADCO and You, is a series of television and radio features which disseminates important information on anti-doping to the public. The feature is aired quarterly on Television Jamaica (TVJ) and monthly on 13 radio stations.

The JADCO and You television programme will be aired on TVJ on Wednesday, October 30, 2024 at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on Thursday, October 31, 2024:

KLAS ESPN: 5:30 a.m.

NCU FM: 5:50 a.m.

Hot 102 FM: 5:55 a.m.

Mello FM: 7:15 a.m.

Free I Radio: 11:30 a.m.

Suncity Radio: 12:35 p.m.

Irie FM: 1:40 p.m.

Roots FM: 1:55 p.m.

Music 99 FM: 2:48 p.m.

Talk Jamaica Radio: 3:05 p.m.

Newstalk 93 FM: 4:55 p.m.

Love 101 FM: 9:35 p.m.

TBC Radio: 10:00 p.m.

UPCOMING EVENTS

16
NOV

SENIOR ATHLETES
EDUCATION WORKSHOP

11:00 AM

TERRA NOVA ALL-SUITE HOTEL

2025 JADCO
SYMPOSIUM

9:00 AM

30
JAN

www.jadco.gov.jm



DOPE FREE CREATIVE CORNER

SWEET, SWEET JAMAICA...

Sweet, sweet Jamaica
Waah gwaan Jamaica?
Land of Wood an' Wata

Jamaica Land of Beauty
Jamaica Land of Pride

Let's eat up di yam an' banana
Breadfruit an' cassava wi mus' protect our brand of Jamaica..
Sweet, sweet Jamaica

Yuh memba Bolt an' Asafa?
Our great champion runnas
Weh mash up ova yandah bruk record an' mek bwoy bawl!

Sweet, sweet Jamaica
Nuh drug to wi thing - cah wi nuh need pill
Jamaica cause wi naturally skill!

Sweet, sweet Jamaica...
Wi likkle but wi tallawah - cah wi nah bi nuh fallarah
Play fair a wi game caah wi nuh really care
To di world - yes a Jamaica wi name!

By: Kaysia Baxter, Student, St. Mary High School

**Are you a creative writer?
Do you want to be featured in the**

***DOPE FREE
CREATIVE CORNER?***

If so, write a poem, song or creative piece on anti-doping and submit via email to commed@jadco.gov.jm. Be sure to include your name and contact information in order to obtain credit for your submission.



**Poem
Jingle**



JADCO OUT AND ABOUT

The JADCO team continues to be devoted to raising awareness about anti-doping across the island. Here are some activities that took place this quarter:

ST. GEORGE'S COLLEGE ANTI-DOPING EDUCATION WORKSHOP

On July 18, JADCO held an anti-doping education workshop at St. George's College. The event was their annual summer school programme.



2024 RACERS TRACK CLUB SUMMER CAMP

On July 23, JADCO teamed up with the Racers Track Club for an energising workshop at the University of the West Indies, Mona. The event was their annual summer camp.



CARIBBEAN CUP DARTS CHAMPIONSHIP

Jamaica become the epicentre of darts in Latin America and the Caribbean from July 19 to 29 when the Montego Bay Convention Centre in St. James hosted the Professional Darts Corporation qualifier, which was staged alongside the 2024 Caribbean Cup Darts Championship.



Portmore United Football Club Anti-Doping Education Workshop



A member of the Portmore United Football Club participates in a doping control demonstration on August 2, during a workshop at Ferdie Neita Sports Complex.

Jamaica Triathlon Association Anti-Doping Education Workshop



Acting Director of Technical Services, Yanique Dunn, engages an athlete of the Jamaica Triathlon Association in a sample collection demonstration during a workshop at JADCO's office on August 10.



Executive Director of JADCO, June Spence Jarrett and members of the Jamaica Triathlon Association pose for our lens. The occasion was an anti-doping education workshop at JADCO's office on August 10.



**Prepared by the Communication and Education Department of JADCO.
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