

Title: Rise in the Use of Performance Enhancing Drugs in Sports

Essay Type: Cause–Effect + Solution

Main Concept: The essay should explain the negative effects (consequences) of doping on athletes and suggest practical solutions to reduce or prevent it. The tone should be formal and balanced — focusing on logic and examples.

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1. Introduction - Paraphrase the question: Mention the increasing use of performance-enhancing drugs in sports. - Give a general statement: It has become a major ethical and health concern. - Thesis line: Discuss both the consequences for athletes and measures to tackle the issue.

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2. Body Paragraph 1 – Consequences for Athletes Main Idea 1: Physical & Mental Health Risks - Examples: Heart problems, hormonal imbalance, depression, addiction. - Explain how short-term gain leads to long-term damage.

Main Idea 2: Ethical and Career Consequences - Athletes lose reputation, medals, sponsorships, and career opportunities. - Example: Famous cases (like Lance Armstrong) show how doping destroys credibility.

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3. Body Paragraph 2 – Measures to Combat Doping Solution 1: Stricter Testing & Bans - More frequent, surprise drug tests. - Lifetime bans for repeat offenders.

Solution 2: Education & Awareness - Teach young athletes about dangers and ethics of fair play. - Promote role models who succeed naturally.

Solution 3: Support Systems - Provide psychological and medical guidance to athletes under pressure.

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4. Conclusion - Summarize: Doping damages athletes' health and image. - Restate opinion: With strong regulation, education, and moral awareness, this issue can be reduced.