

Dr. Perko speaks with Betsy Walters, Director of the Center for Health Promotion and Preventive Medicine, a joint wellness effort between the US Army base in Vicenza, Italy

Joe Tolliver (commentator):

Stating supplement use was seen as a well documented practice among athletes. The demands on the modern soldier are much like a professional athlete according to the NCAA expert on supplement use, Dr. Mike Perko. He understands the potential for short and long term health risks associated with its use.

Dr. Perko:

It was seen as positive training tool . It was by no means, no means, illegal or even hidden.

Joe Tolliver (commentator):

Dr Perko along with other health professionals spoke during a series on health and wellness

Betsy Walters (speaking to group):

We can do counseling with you and put together a tailored fitness plan and dietary plan for you and for what your performance improvement goals are in regard to being an athlete.

Dr. Perko:

I think soldiers need to know the risks about taking anything in their body if it s not food. Even though they are part of the military and need to perform at a high level we have to consider their health.

Joe Tolliver (commentator):

The danger is not only to themselves but to their battle buddies as well.

Dr. Perko:

If they are taking something that may compromise their health, they may put others at risk so it is very important to know what is in the products they are taking.

Joe Tolliver (commentator):

Some of these potentially dangerous products are available over the counter. Now that these soldiers are aware of the potential dangers they will keep in mind the risks as they keep working towards their ultimate fitness goal.