

## **The Wareham Family Part 1: Tony Wareham**

Young teenager wants to do sports, needs reassurance and advice for bulking up

Tony Wareham is a 13-year old boy in grade 8 at St. James Junior High School. He came to see you (his doctor) with his mother because he is worried about his size relative to other boys in his class. He plays sports (basketball, hockey and cross country running), but feels that his size disadvantages him in most sports. He has been lifting weights in his friend's shed. He gets teased a lot and his nickname is "Tiny".

He has asked his mom if he can get weights to work out in the basement so he can get stronger and bulk up. He also asked her to get some "protein powder" from the drug store so he can make protein shakes and build muscle. He is very frustrated with access to facilities for working out in the community, and access to health food at school.

Tony's mother, Dulcie, is Deaf and Tony will interpret during the discussion with the physician.

His mother is concerned about his taking the supplements because she is not sure what is in them. Tony's grandmother also overheard the boys discussing growth hormones and testosterone which they have been reading about on the web. As he is now old enough to play pee wee hockey, his mother is concerned about him playing hockey where "hitting" is part of the game. She feels he is too small. His father, Bernie, wants him to play hockey because it will make him tough. He too was small and feels that hockey gave him confidence.

Tony's buddies are physically bigger than he is; the voices of several have changed and one is now shaving. Tony hasn't experienced any of these changes yet.

Tony's parents are separated but live close to each other in St. James so that Tony and his younger sister Amy who is 8 years old can live back and forth with them. They appear to have reasonable relationship but disagree on the issue of hockey and weight training. In addition, Tony has had some academic difficulties at school for the past year or so, with his grades dropping when he went to junior high.

Tony's mother is asked to leave the room so the doctor can talk to Tony alone (sex/ drugs/ rock & roll).