

anabolic **STERIODS**

Anabolic steroids are synthetic substances that were first developed in the 1930s. While they were originally developed to treat medical conditions, researchers soon found that they also helped to promote skeletal muscle growth.

How are they **ABUSED**?

Steroids can be:

- Taken orally
- Injected into muscles
- Applied as a gel or cream
- Via skin patches

Abusers may take up to **100 times** more than what is prescribed therapeutically.

They're **ALSO KNOWN AS:**

**WEIGHT TRAINERS
ROIDERS • JUICE • PUMPER
ARNOLDS • GYM CANDY**

Steroids are abused to:

- Improve athletic performance
- Increase muscle size
- Recover quickly from exercise
- Reduce body fat

men may develop:

- Impotence
- Baldness
- Breasts

women may develop:

- A deeper voice
- Increased body hair
- Irregular menstruation

HEALTH Effects

- High blood pressure
- Severe acne and cysts
- Elevated cholesterol levels
- Ruptured tendons
- Liver tumors and cancer
- Heart attacks

PSYCHOLOGICAL Effects

- Mania
- Paranoia
- Delusions
- Depression
- Forgetfulness
- Hallucinations
- Uncontrollable aggression

Don't ATHLETES Use Steroids?

The use of performance enhancing drugs has been banned by all major sporting organizations.

Top athletes recognize that using steroids will ultimately hurt their bodies. They choose to get strong the **natural way** – through good nutrition, lots of hard work, and plenty of rest.

Who **ABUSES** Steroids?

- People of all ages and backgrounds – from **bodybuilders** to fitness “buffs.”
- More **men** than **women** use steroids.
- **1.5%** of high school seniors report using steroids in the **last year**.
- **6%** of **middle** and **high school boys** admit they have used steroids.

Are Steroids **ADDICTIVE**?

Abusers may become addicted to steroids and demonstrate behavior similar to other drug addicts, like:

- Continuing to use the drugs despite their negative consequences.
- Spending large amounts of money or time obtaining the drugs.
- Experiencing withdrawal once use stops.

Steroid **WITHDRAWAL** Symptoms

- Mood swings
- Depression
- Fatigue
- Insomnia
- Steroid cravings
- Loss of appetite

Some steroid users may turn to other drugs, like opioids, to counteract these withdrawal symptoms.

Keep **STERIODS out of your **GAME PLAN** !**