

### Rocked or Ripped Off?

It's only natural that an athlete wants to run faster, jump higher, throw farther, and look more "rocked" than the other athletes out there. The nature of sports is to be competitive. We can do all of the hard work it takes to get to the top of our sports, but fail to get there. Why? Genetics. Bad luck. That's the way it goes, right?

That's the way it's been for all of human history until the 1950s. That's when some athletes began taking recently discovered anabolic-androgenic steroids to improve their performance. The fact that it was cheating did not seem to bother them. It also took some time before people recognized the many negative side effects of these drugs.

Fifty years later, the "downside" of using steroids is clear. Anabolic-androgenic steroids damage the body and mind. Anabolic-androgenic steroids are illegal and they are addictive. Plus, when users quit using steroids, they lose the muscles, the speed, and the endurance they gained. All they have to show for it is bad health. On top of it all, using steroids is *still* cheating!

You can get that athletic glory and that "ripped" appearance through hard work and good nutrition. Using steroids is cheating yourself. Face the facts: Nothing comes for nothing.

**History of Performance Enhancers**  
[www.intheknowzone.com/steroids/history/](http://www.intheknowzone.com/steroids/history/)



### For More Information

Go to [www.intheknowzone.com](http://www.intheknowzone.com) for an extension of this pamphlet. Increase your knowledge using the information, statistics, images, and links.

Test your understanding with a quick quiz.



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# Anabolic-Androgenic Steroids

*nothing comes  
for nothing*



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## What are anabolic-androgenic steroids?

Anabolic-androgenic steroids are synthetic male sex hormones, or *androgens*. They are usually called “anabolic steroids” or simply “steroids.” Some common slang names for them are Gym Candy, Pumpers, Stackers, A’s, Anabolics, Roids, Balls, Bulls, Gear, and Juice.

Anabolic-androgenic steroids promote the growth of skeletal muscle, the *anabolic effects*, and the development of male sexual characteristics, the *androgenic effects*.

Originally steroids treated males who needed more testosterone to grow and develop normally. Today they are used by doctors to treat delayed puberty, impotence, and “wasting” of the body caused by disease.

A prescription is required in the U.S. and Canada for any of the 100 steroids.

Most illegal steroids are smuggled in from other countries, diverted from pharmacies, or made in underground laboratories.

## How are anabolic-androgenic steroids used?

Anabolic-androgenic steroids are taken orally, injected into a muscle, or rubbed on the skin in a gel or cream form. Abusers often take 10 to 100 times more than doctors give for medical conditions.

## Reasons for Steroid Abuse

People abuse anabolic-androgenic steroids to improve athletic performance, increase muscle size, and reduce body fat. Steroids can speed up the growth of skeletal muscle, and they allow athletes to train harder and longer. However, the negative impacts of steroids on an athlete’s health are much greater than any benefits.

## Are steroidal supplements the same thing as steroids?

Certain substances such as DHEA (“Andro”) can be purchased legally without a prescription. The substances are called “dietary supplements,” but they are not food products. Users take

them to try to get the same effects as from anabolic steroids, but studies of these supplements have shown no desirable effects. These supplements may be as dangerous as steroids.

## Do all elite athletes use anabolic-androgenic steroids?

Not by a long shot! Top athletes’ bodies are their fortunes. The best athletes choose to get strong the natural way, with good nutrition, plenty of rest, and lots of hard work.

Steroid abuse is found more in certain sports, but all major sporting organizations ban the use of steroids and other drugs. Even if they wanted to, top athletes would not be able to use anabolic-androgenic steroids.

Teenagers who abuse steroids are at even greater risk of harm than adult elite athletes. Because they are still growing and maturing, teens may not reach their full height, and their reproductive systems can be permanently damaged.

## Health Damage

Steroids are far worse for the health than they are helpful to performance. Most of the damage is reversible, but some is permanent or fatal. Steroids cause high blood pressure, heart palpitations, and heart attacks. Brain damage and kidney damage occur frequently. Liver damage includes blood-filled capsules that can burst, tumors, hepatitis, and cancer. Sterility and sexual dysfunction are common in both sexes, along with deformed genitals. Some other common physical damage includes:

- Bad breath and sore throat.
- Acne and rashes.
- Body hair and beard in women.
- Deep voice and coarse skin in women.
- Feminine breasts in men.
- Baldness in both sexes.
- Enlarged facial bones.
- Stunted height.
- Headaches and insomnia.
- Nausea, vomiting, and diarrhea.
- Water retention and bloating.
- Bone pain and muscle cramps.
- Eye infections and diseases.
- Blood clotting difficulties.

## Psychological Damage

Steroids harm users’ minds, too. Abusers are often intensely angry and aggressive—it’s called “Roid rage.” Steroids can act as a “trigger” for violent behavior, blowing up the abuser’s anger. In fact, several steroid-abusing bodybuilders are in prison for murder.

The list of negative effects of anabolic steroids on the mind includes:

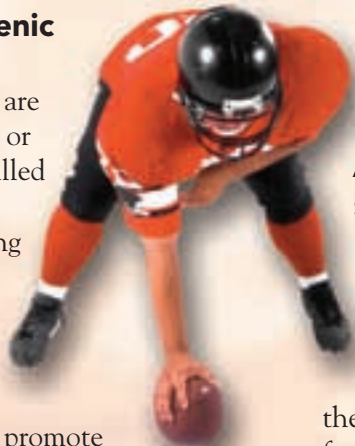
- Depression and irritability.
- Inability to concentrate.
- Forgetfulness.
- Lack of interest or energy for everyday life.
- Aggressive, violent behavior.
- Paranoia.
- Manic (abnormally excited) episodes.

## Steroids and Health

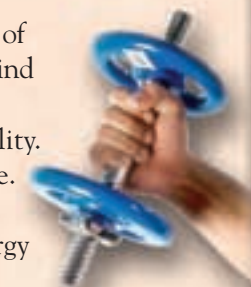
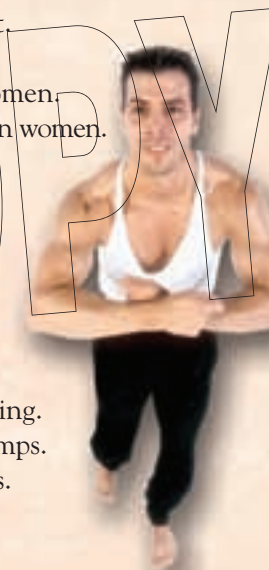
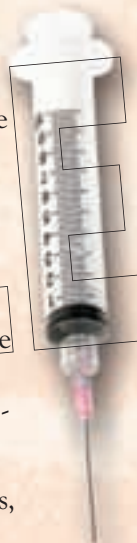
[www.intheknowzone.com/steroids/damage/](http://www.intheknowzone.com/steroids/damage/)

## Addiction

Anabolic-androgenic steroids are addictive. Users have negative effects, yet they spend hundreds of dollars and many hours just to get the drugs. Refusing to quit a harmful habit is a classic sign of addiction. When they quit, abusers go through terrible withdrawal and end up weaker than they started.



cancer



impotence

## Sports Against Doping

[www.intheknowzone.com/steroids/rules/](http://www.intheknowzone.com/steroids/rules/)

