

# Steroids

This report was prepared for parents by Southwest Prevention & Education Services as a quick reference guide to steroids. For additional information please view the other downloads on our website:

[www.southwestprevention.com](http://www.southwestprevention.com).

## Facts:

- Doctors **never** prescribe anabolic steroids for muscle building in young, healthy people.
- Abuse of anabolic steroids can have long-term negative effects on the male reproductive system.
- Anabolic steroids trigger aggressive behavior which can lead to violence. These outbursts are referred to as "roid rages."

## Appearance:

**Steroids are most common in liquid and pill form.**



Testosterone



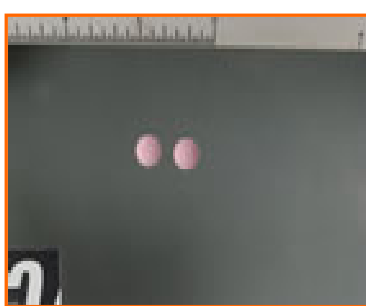
Cypionate



Testosterone



Anadrol



Winstrol



Android

Research indicates that some users might turn to other drugs to alleviate some of the negative effects of anabolic steroids, including insomnia and irritability.

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Anabolic ("muscle-building") steroids are man-made substances closely linked to the male hormone testosterone.

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Abuse of steroids, often in an attempt to gain more muscle mass can lead to serious health problems, some of which are irreversible.

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## How Anabolic Steroids are Used/Abused:

- Pills are taken orally
- Liquid is Injected IM (Intramuscular)

## Behavioral Effects of Anabolic Steroids:

Many users report feeling good about themselves while on anabolic steroids, but researchers report that extreme mood swings can also occur, including manic-like symptoms leading to violence. This is because these drugs act in a part of the brain called the limbic system, which influences mood and also involves learning and memory. It can also lead to depression or irritability. Steroids can also result in impaired judgment stemming from feelings of invincibility.

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Needle Sharing can be a problem for anabolic steroid users. This can lead to life-threatening diseases such as HIV/AIDS or hepatitis.

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## Physical Effects of Anabolic Steroids:

### For Boys:

- Shrinking of testicles
- Impotence
- Reduced sperm count
- Infertility
- Baldness
- Development of breasts
- Increased risk for prostate cancer

### For Girls:

- Facial hair growth
- Male-pattern baldness
- Changes in or cessation of the menstrual cycle
- Enlargement of the clitoris
- Permanently deepened voice
- Smaller breasts

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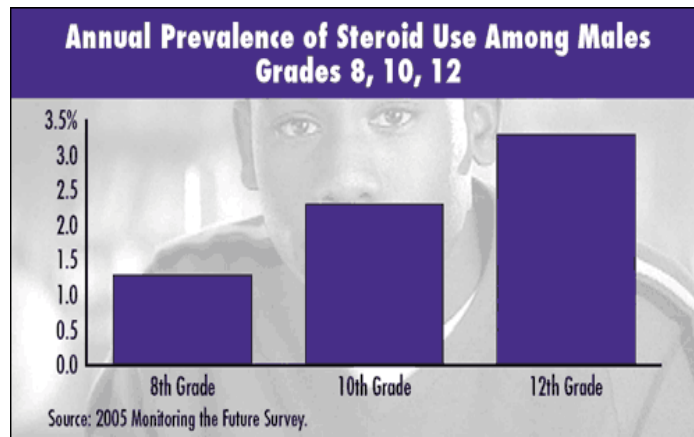
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Steroids are legal by prescription only, to be used to treat specific medical conditions and only safe when used under a physician's supervision.

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**NIDA** (National Institute on Drug Abuse) findings show that in 1998, 68.1% of 12<sup>th</sup> graders believed that steroids were harmful. In 2005, just seven years later only 56.8% believed that steroids were harmful. Prevention research shows that as perceived risk goes down, use rates go up.



Steroid abuse has been associated with cardiovascular diseases, including heart attacks and strokes, even in athletes younger than 30.

**Common Street Names:**

- Arnolds
- Gym Candy
- Pumpers
- Roids
- Stackers
- Weight Trainers
- Gear

Steroid abuse disrupts the normal production of hormones in the body, causing both reversible and irreversible changes.

**Paraphernalia:**



Severe depressive symptoms and suicidal tendencies are often prevalent after steroid use is discontinued. This may contribute to continued use.