



# Steroids

At a  
Glance



## What is it?

- ◆ Steroids are a class of drugs used to treat a wide variety of medical conditions, they are synthetic or man-made
- ◆ Anabolic steroids are designed to imitate the hormone testosterone, they are designed for medical use only and to treat certain medical conditions
- ◆ Anabolic steroids are only one types of steroid and they have a high potential for abuse
- ◆ There is only a very small number are steroids approved for human and animal use in the U.S.
- ◆ When prescribed by a doctor and used according to instructions steroids can help treat some medical conditions
- ◆ Steroids are addictive, addition is different compared to other drugs because users don't become high when using. People who do be-



## Street Names

*There are many other names*

- ◆ Arnolds
- ◆ Gym Candy
- ◆ Juice
- ◆ Pumpers
- ◆ Roids
- ◆ Stackers
- ◆ Weight Trainers

## How is it used?

*When people take steroid without a doctor's prescription or in ways other than as prescribed, they are abusing steroids*

Some people who abuse steroids **take pills**; other **use needles to inject steroids** into their muscles

## What are the side effects?

*Abuse of anabolic steroids has been linked with serious health problems. They include:*

- ◆ High blood pressure
- ◆ Changes in blood cholesterol (increases in bad LDL and decreases in good HDL)
- ◆ Enlarged heart
- ◆ Heart attack and/or stroke (even in young people)
- ◆ Liver disease, including cancer
- ◆ Kidney problems and/or failure
- ◆ Severe acne

**Males:** shrunken testicles, development of breasts, loss of hair, low sperm count/infertility (unable to have children), increased risk for prostate cancer

**Females:** It can stop menstruation, may cause excessive body and facial hair to grow, cause male pattern baldness, decrease breast size, and deepening of the voice

- ◆ It can lead to paranoia, extreme jealousy, delusions, and feeling invincible



## Did you Know?

- ◆ Common Brand Names Include: Androsterone, Oxandrin, Dianabol, Winstrol, Decadurabolin, and Equipoise
- ◆ Doctors use anabolic steroids to treat hormone problems in men, delayed puberty, and muscle loss from diseases
- ◆ Bodybuilders and athletes may use anabolic steroids to build muscles and improve athletic performance, often taking doses much higher than would be prescribed for a medical condition. Using them this way is illegal and unsafe
- ◆ Steroids can make users irritable, hostile, and aggressive, they can also cause severe acne
- ◆ Abusing steroids while the body is still growing can cause a range of physical changes including: stunting ones height permanently, high blood pressure, increased risk of blood clotting, and increases in LDL cholesterol, and heart failure