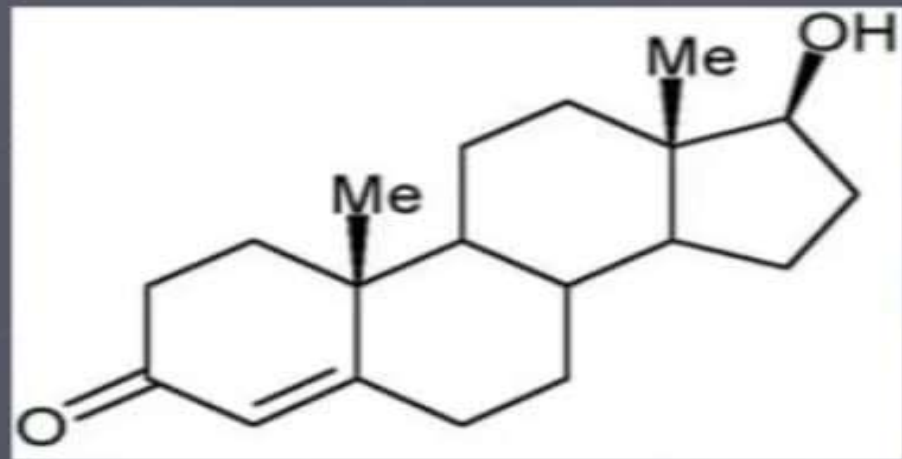


Anabolic Androgenic Steroids



What are Anabolic Androgenic Steroids ?

Anabolic Androgenic Steroids are synthetic types of the male sex hormone testosterone.

Anabolic = building of muscle tissue

Androgenic = masculine characteristics

Steroid = any fat-soluble organic compounds (such as sterols, bile acids, & sex hormones) that have specific physiological actions

History of Steroids

1935 - Testosterone was first synthesized, and German soldiers were reportedly using it to perform better and to become more aggressive.

1950's – During the 1952 Olympics the Russian weightlifting team won the gold medal due to synthetic steroid use.



History of Steroids (cont)

- 1950's** – A U.S. pharmaceutical firm develops the first Anabolic Steroids.
- 1970's** – Demand for anabolic steroids grew as professional athletes discovered some of the benefits.
- 1975** – The International Olympic Committee officially banned the use of steroids.

History of Steroids (cont)

1988 – The sale of steroids for non-medical purposes was made illegal under the Anti-Drug Abuse Act of 1988.

1990 – Possession of steroids without a prescription was made illegal in the United States.



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Why Are They Used?

- Increase muscle mass, strength, endurance, power and speed
- Faster workout muscle recovery in order to train harder and more often
- Improve body composition

Medical Uses

- Steroids have legitimate medical uses and are prescribed by doctors to repairing torn muscle tissue or tendon, to people with anemia, men unable to produce testosterone, delayed puberty in males, cancer, burns and various autoimmune diseases (asthma), to reduce swelling & inflammation.

Types of Steroids

- There are many types of steroids. The most common are: Anadrol, Parabolin, Oxandrin, Dianabol, Winstrol, Deca-durabolin, and Equipoise.



Street Names

- Juice
- Roids
- Gym Candy
- Pumpers
- Stackers
- Weight Trainers
- Arnie's
- A's or Anabolics



How are Steroids acquired ?

Most of the steroids found in the United States are obtained through illegal importation from Mexico and European countries where they are sold without prescription.

Steroids are also reportedly stolen from pharmaceutical labs, inappropriately prescribed And illegally produced.

How Are They Taken?

- **Orally** – In a pill, powder or liquid form.
- **Intravenously** – Injected with the use of a hypodermic needle.
- Rubbed onto the skin with the steroid in a **gel or cream form**.

How Are They Taken?

- ▶ **Stacking** Some steroid users mix different types and amounts of these drugs to increase the effects.
- ▶ In addition to stacking, steroid users have been known to take dose 100 times higher than what would be prescribed.



Side Effects

Males:

- Baldness
- **Gynecomastia** - Development of Breasts caused by a disruption in the normal production of hormones.
- Severe Acne
- Sterility
- Impotence
- Testicular Atrophy (Shrinking)

Side Effects

Females:

- Irreversible Masculinizing Effect
- Abnormal Facial & Body Hair
- Deepening of Voice
- Breast Reduction
- Menstrual Irregularities
- Uterine Atrophy
- Severe Acne



Long Term Effects

- **Extra Body Hair**
- **Breasts in Men**
- **Baldness**
- **Sterility**
- **Brain Damage**
- **Blood Clotting**
- **High Blood Pressure**
- **Liver Cancer** - liver tumors and blood filled cysts that can rupture and cause internal bleeding.
- **Stunted Growth**
- **Heart Disease**
- **Kidney Disease**
- **Enlargement of Facial Bones**
- **Heart Attacks & Strokes**

Psychological Effects

- Overly Aggressive or “**ROID-RAGE**” - acts on the limbic system, part of the brain that deals with emotions and moods.
- Homicidal Rage
- Chronic Depression
- Loss of Memory
- Loss of or Increased Sexual Arousal
- Loss of Interest & concentration
- Paranoia

Teens Use

- 2002 National Institute for Drug Abuse study:
 - **2.5% of eighth graders tried steroids**
 - **3.5% of tenth graders tried steroids**
 - **4% of twelfth graders tried steroids**

How long do steroids stay in your system?

- The length of time that steroids stay in your system **varies per individual**.
- Injected steroids will be detected for up to 3 to 4 months while the oral types are visible for up to 1 to 4 weeks.

Prevention Tips :

Prevention of Anabolic Steroid use can be accomplished by:

- Increased awareness of the dangers
- Promotion of a healthy self-image
- Recognition of the signs and symptoms of use
- Identify and treat individuals with low self-esteem and distorted body image