



Steroid

REMEMBER: A person's experience with any drug can vary. There are a number of things that have an impact on a person's experience with a drug including but not limited to: the amount and strength of the drug consumed, the setting in which the drug is used a person's mood or expectations prior to using the drug as well as the person's past experience with that drug.

- **Anabolic-Androgenic steroids are a group of drugs similar to the male hormone testosterone.**
- **Anabolic builds muscles and androgenic may make a person more masculine.**
- **Common names include “roid”, “juice”, “hype”, “pump”.**
- **Doctors may prescribe steroids to treat people who are slow to reach puberty, people with blood disorders, and those with some types of breast cancer.**
- **Anabolic steroids should not be confused with corticosteroids – which do not build muscles.**
- **Steroids are found in the form of liquid or tablets and may be taken orally or by injection.**
- **Steroid users tend to follow a variety of dosing routines. These include cycling (periods of use followed by periods of non-use), stacking (combining different steroids in different forms), and pyramiding (peaking then tapering doses).**

Short-term effects may include:

- **Increased lean muscle mass and strength**
- **“Roid Rage” – severe, aggressive behaviour that may result in violence**
- **Depression/thoughts of suicide**
- **Panic attacks**
- **Anxiety, insomnia**
- **Mania, paranoia and delirium**
- **Hallucinations**
- **Severe mood swings**
- **Acne**
- **High blood pressure and increased cholesterol levels**
- **Sexual problems**
- **Euphoria**
- **Stomach ache, nausea and vomiting**

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Long-term effects may include:

- **Females**
 - **Baldness**
 - **Increased facial and body hair**
 - **Reduced breast size**
 - **Irregular periods**
 - **Deepened voices**
 - **Many of these effects may be irreversible**

- **Males**
 - **Baldness**
 - **Shrinking testicles**
 - **Painful enlarged breasts**
 - **Decreased sperm count**
 - **Enlarged prostate**
 - **Temporary infertility**
 - **Difficulty achieving an erection**

- **Females/Males**
 - **Risk of rupturing tendons**
 - **Blood clots, stroke**
 - **Heart disease and heart attacks**
 - **Liver disease and cancer**

Other Dangers:

- **Teens using high doses of steroids may have their growth permanently stunted.**
- **Many substances sold as anabolic steroids are diluted, contaminated, or simply fake.**
- **With injection of steroids, if sharing needles, a person may be at serious risk of infections such as Hepatitis or the HIV/AIDS virus.**
- **Anabolic steroids are banned by most professional and amateur sports, which could lead to serious consequences for those involved in a competitive sport.**
- **Dependence on steroids may occur.**
- **Withdrawal symptoms may include nausea, headache, sweating, dizziness, mood swings, fatigue, restlessness, loss of appetite, insomnia, reduced sex drive, the desire to take more steroids, plus depression which may lead to suicide thoughts/attempts. Some depressive symptoms associated with anabolic steroids, if left untreated, have been known to persist for a year or more after the user stops taking the drug.**

***Is my use of alcohol and other drugs causing problems for me? If you are wondering whether your use of alcohol and other drugs may be causing problems for you, please call AFM Youth Services at 944-6235.**