

STEROIDS

People abuse steroids (anabolic-androgenic steroids) to get bigger muscles. The most common abusers of anabolic-androgenic steroids are bodybuilders and weightlifters. They count on steroids to give them the strength and size they desire. Other athletes abuse steroids to reduce body fat or achieve better performance. No matter what the reason for using, the harm steroids do to someone's health is not worth it.

DRUG ID

Varieties: Liquid, tablets, gels, creams

Street Names: Roids, gym candy, pumpers, stackers, A's, gear, juice

Methods of Use: Injected into muscle, swallowed, or rubbed on the skin

Actions: Anabolic-androgenic steroids boost the growth of skeletal muscle. This is the anabolic effect. They also increase the development of male sexual characteristics. That is the androgenic effect.

THE NUMBERS

In 2001, 12th graders who used steroids:

- At least once in lifetime: 3.7%—a 1.2% increase over the year 2000
- In the last year: 2.4%
- In the last 30 days: 1.3%





USING AND YOUR EMOTIONS

- Depression and irritability
- Violence and aggression
- Poor concentration
- Short-term memory loss
- Delusions

USING AND YOUR PHYSICAL HEALTH

- Acne and hair loss
- Deformed genitals
- Heart attacks and liver cancer
- Risk of HIV/AIDS and hepatitis
- Limited bone growth
- Feminine breasts in men
- Increased body hair in women

WAY TO GO

Steroids are a bad bargain. In exchange for bigger muscles, a person has to give up his mental and physical health. If you want to get big and strong, work harder. Using steroids is cheating; it's against the law; and it could kill you.

GO
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