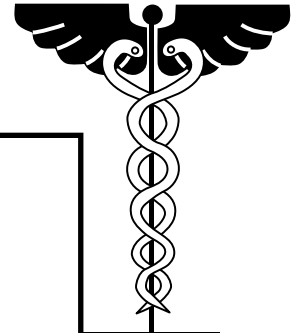


STEROIDS



Facts About Drugs

WHAT THEY ARE

Names: steroids, anabolic steroids, 'roids, sauce, juice

Type: synthetic male hormone

Forms: tablets or capsules for oral use, liquid for needle injection

Usage: taken orally or by injection

Legal status: illegal in most states, except when prescribed for certain kinds of anemia, severe burns, dwarfism, delayed puberty, osteoporosis and some types of breast cancer

WHAT THEY FEEL LIKE

Although most people take steroids for their effect on the body, steroids can cause feelings of aggression, hostility and irritability.

WHAT THEY DO

To Your Mind: may cause behavior changes, increased aggressiveness and combativeness, and psychotic behavior or "roid rages"

To Your Body: may increase body weight, muscle mass and muscular strength and endurance

HOW THEY CAN HURT YOU

- in males, decreased sex drive
- in females, breast reduction, menstrual irregularity and development of masculine traits
- in children and teenagers, premature fusing of bones, resulting in short height; risk of injury due to overdeveloped muscles on an immature frame
- jaundice, acne, liver cancer, baldness
- personality changes such as hostility, paranoia, tendency to violence
- psychological dependence

WHEN TO GET HELP

- Do you feel you can't perform athletically without steroids?
- Do you need steroids to relieve feelings of fatigue, depression or irritability?
- Are you concerned that you may damage your body?
- Have you been barred from a sporting event because of a positive drug test?
- Are personality changes making your friends shy away from you?
- Do you sometimes feel like you're losing control?

FACT:
No scientific evidence exists to support the idea that steroids improve athletic performance. Hard training is still the most effective way to increase muscle strength.