

Steroids



What could be **BAD** about winning an Olympic Gold Medal??

- **Having it taken away!**

- That's precisely what's happened in both the summer and winter Olympic games ever since 1960. Dozens of athletes have had to return their gold, silver, and bronze medals because they tested positive for steroids or other banned substances.

I bet they wonder now if they would've been good enough to win and **KEEP** the medals on their own — without the use of **STERIODS!**



Exactly what **ARE** Steroids?

They are:

- Powerful chemical compounds
- Natural or man-made
- Related to the male sex hormone testosterone
- Available legally by medical prescription only

Many people who take steroid pills, creams, or injections (Slang: "roids," "juice") don't believe they're using drugs. Even though steroids don't directly make people "high," they **DO** affect the chemical composition of the body. And that's what a drug is.....something that changes the way the body works!



Only those big body builders use steroids ...right?

WRONG! - Unfortunately, steroids are also mistakenly used by:

- **Non-athletes** who falsely believe that only by taking steroids can they get large, rippling muscles and a good-looking body
- **Athletes** who use them along with special diets and exercise plans
- **Men, women, boys, and girls**
- **Amateurs** as well as professionals



Why do people use steroids?

- To improve their looks and feelings of self-worth by increasing body weight, muscle size, strength, speed, or stamina
- In order to be #1, they're willing to try and win at **ANY** cost!

NEWS FLASH

Three Things Many People Don't Realize:

1. There's no guarantee that steroids will even have the effect some people desire.
2. Even if steroids do cause gains, all of them are temporary! When people stop using steroids, they lose the weight and muscle within a few weeks!
3. No reputable doctor or sports trainer would recommend taking steroids for these reasons.



Why are steroids sometimes called “anabolic” or “androgenic?”

“Anabolic” refers to the tissue building characteristics of steroids, while “Androgenic” refers to the masculinizing properties of the drug.



Don't get these confused with cortico-steroids, which are sometimes prescribed to treat medical conditions such as asthma and severe allergies.



Anabolic steroids are only legal if prescribed by a doctor for certain **medical** conditions such as muscle disease, cancer, severe burns, or low blood cell count. (Notice: Wanting to build muscles and get better at sports are NOT on that list!)

Anabolic steroids can have unexpected, severe side effects and cause serious health problems, for **ANYONE** who takes them, even for those who use them for medical reasons.

That's why they're NOT recommended for building muscles by most organizations, including the American Medical Association and the National Football League.

In addition to being dangerous, taking anabolic steroids for **non-medical** reasons is **ILLEGAL**. Congress passed a law to that effect in 1990.

Some people have tried to get around the law by taking prohormones, prosteroids, or steroid precursors instead. These are supplements or substances which the body changes into testosterone.

Unfortunately, these substances are dangerous too, and many also became illegal when Congress updated the law in 2004.

So if you see an ad to get muscles the easy way or to take a certain pill or powder for extra muscle growth, **stop and think**.

If it sounds too good to be true, it probably is.

And that means staying **FAR** away would be a smart and healthy move!

What else should people know about STEROIDS?



The chance of developing negative physical or emotional side effects is **GREATER** for people who take steroids on their own because:

- They usually are not being supervised by a doctor.
- They tend to take up to **100 times** the recommended medical dose.
- They often take as many as 5 or 6 different steroids at the same time. (That's called "stacking.")
- They often buy them illegally. (Illegal drugs come with **NO** guarantees. That means you never know what you're getting. Illegal drugs are also often mixed with other substances. And sometimes what is added is even more dangerous than the drug itself!)



Because steroids are illegal, people can get in trouble with their schools as well as with the law.

Because steroids are banned by all sanctioned sports organizations, athletes who use them could be barred from competing!!

Some professional athletes have been suspended for the season. It's also possible to be banned for life !!



But can
Steroids really
HURT the body?

- Steroids can cause more than **70 side effects**, ranging from skin rashes to addiction and even death. Some side effects, like **cancer**, **heart attacks**, and **strokes**, take years to develop. Others, like **bad acne** & **bad breath**, happen right away.
- Steroids can damage **the heart**, **kidneys**, **liver**, and **muscles**.
- Steroids can affect **blood** and blood vessels....also **reproductive** and **neurological systems**.
- Injuries can happen more easily and last longer, and bones can stop growing. (That means that youngsters who use steroids may never reach their full adult height !!!)



Also For Men:

- Enlarged breasts
- Reduced levels of the male hormone - testosterone
- Testicles can become smaller

And For Women:

- Breast reduction
- Possible birth defects in future children
- Baldness
- Permanent face and body hair (where they probably don't want it!)
- Deep voice

In some women the unwanted hair and deep voice can begin developing after only a few weeks of steroid use !!!

Just in case you're curious, yes, steroid precursors can result in many of these same negative effects too !!!

Steroids cause emotional changes too!



They can cause people to:

- Feel tense, irritable, or depressed
- Experience wild mood swings
- Become unusually and uncontrollably aggressive. This type of loss of control is sometimes called a “Roid Rage.” (Not to be confused with “Road Rage” which happens when people become unjustifiably furious while driving.)

And as if that’s not enough, high doses can even cause:

- Hallucinations (hearing or seeing things that aren’t really there)
- Delusions (believing things that aren’t really real)
- Paranoia (believing that other people are out to get them)



What happens to people who STOP taking steroids??

They can...

- Feel fatigued (that means exhausted, or really tired)
- Feel restless
- Get very depressed
- Occasionally even become fearful

As you can imagine, these withdrawal symptoms are NOT pleasant! —
To avoid them, or make them stop, people often start taking steroids again.

To break the cycle of addiction and make withdrawal as safe and easy as possible, people need to be under a doctor’s care.

HIV/AIDS WARNING

Some people share needles or other equipment when using steroids. That increases the risk of transmitting the Human Immunodeficiency Virus (HIV) that causes Acquired Immuno Deficiency Syndrome (AIDS).

AIDS is a serious disorder for which there is no cure! Anyone who shares a needle — even once — is at risk for getting AIDS!!



So what does all this mean?

Because we live in a society where many people believe that “winning” is everything, some folks are willing to take even dangerous shortcuts to try and be the best.

When these shortcuts include **STERIODS**, the regrets

can last a **LIFETIME!**



So why not play it **SMART** instead by doing something **safe**, **active**, and **FUN** by yourself, or better yet, with family or friends?!?!

Try —

- Playing basketball, baseball, volleyball, soccer, or football (on your own or through your school, community, or local parks and recreation program)
- Rollerblading
- Using a bike to get to a friend's house instead of asking for a ride
- Swimming laps instead of just sunbathing by the pool
- Dancing on a DDR (Dance Dance Revolution) dance mat
- Walking or jogging
- Taking gymnastics ... or karate
- Cleaning out the basement ... or a neighborhood park



- Lifting weights
- Fixing a car
- Going apple, strawberry, or pumpkin picking
- Training a pet to be obedient ... or do tricks



- Dancing
- Exercising
- Jumping rope
- Rowing, canoeing
- Snowboarding
- Skiing, skating, or just plain playing in the snow



- Walking the malls
- Skateboarding
- Playing tennis or racquetball



continued...

Fun Ways of Being Active continued...

- Building a fort or snowman with friends



- Walking to school, if you live close enough

- Mowing the lawn or shoveling snow the good old fashioned way. (Riding lawn-mowers and snowblowers don't count!)

- Taking the stairs instead of the elevator

- Taking a hike in the woods

- Running to your own tune



- Enjoying a game you may not have played in a while, like tag, kick the can, steal the flag, kickball, or throwing a frisbee

- Working in a garden

- Rock Climbing

- Babysitting your neighbor's kids – now that's a **real** workout!



How many ideas can **YOU** add to the list??

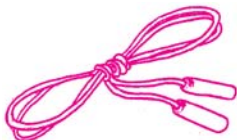


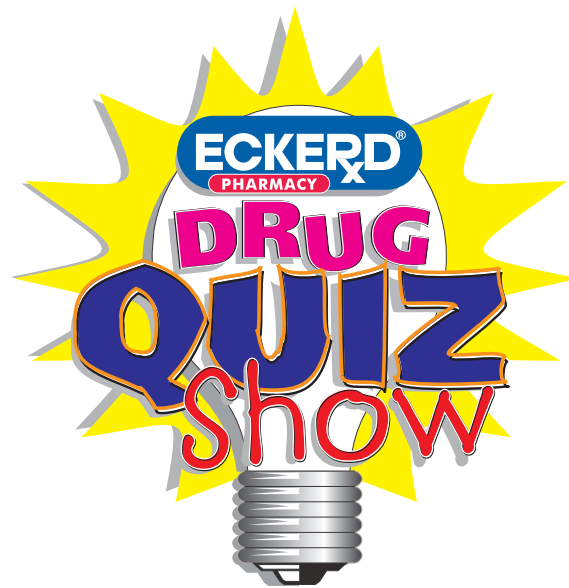
In order to be really fit and good looking, eat a healthy diet, get enough sleep, and work on developing your muscles naturally!

Enjoy practicing and working hard.

Take pride in however far you get, and remember...

**WINNING A COMPETITION ISN'T EVERYTHING!
WINNING AT "LIFE" IS !!**





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