What are common street names for steroids?
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U.S. Food & Drug Administration Update
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For more information...

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For additional information and up-to-date links on steroids, log-on to: www.d211.org/steroid_info.shtml.
What are steroids?

Ever wondered how those bulky weightlifters got so big? While some may have gotten their muscles through a strict regimen of weight-lifting and diet, others may have gotten that way through the illegal use of steroids.

Steroids are synthetic substances similar to the male sex hormone testosterone. They do have legitimate medical uses, however, and sometimes doctors prescribe anabolic steroids to help people with certain kinds of anemia and men who don’t produce enough testosterone on their own. Doctors also prescribe a different kind of steroid, called corticosteroids, to reduce swelling. Corticosteroids are not anabolic steroids and do not have the same harmful effects.

Although there are numerous medical benefits, doctors never prescribe anabolic steroids to young, healthy people to help them build muscles. Without a prescription from a doctor, steroids are illegal.

There are many different kinds of steroids. Some of the most common anabolic steroids taken today are: anadrol, oxandrin, dianabol, winstrol, deca-durabolin, and equipoise.

What are common side effects from steroids?

There are over 70 known side effects ranging from liver cancer to acne problems. A person may be affected psychologically just as severely as physically. The parts of the body that are most seriously affected by steroids are the liver and the cardiovascular and reproductive systems.

Health Risks for Males and Females:

• Increased risk of mood changes, including mania and depression
• Increased risk of paranoia and psychosis
• Increased risk of aggressive acts which may injure self or others
• Increased risk of cardiovascular disease
• Increased risk of liver disease and cancer
• Increased risk of kidney disease and cancer
• Risk of HIV and Hepatitis B & C from contaminated needles

Specific to Males:

• Increased risk of prostate enlargement and cancer
• Decreased testicular size
• Reduced sperm count production
• Gynecomastia (growth of breasts)

Specific to Females:

• Increased risk of cervical and endometrial cancer
• Increased risk of osteoporosis
• Irreversible enlargement of the clitoris
• Irreversible hoarsening and deepening of the voice
• Irreversible increase in facial and body hair
• Decreased breast size
• Amenorrhea (abnormal suppression or absence of menstruation)
• Uterine atrophy

Adolescents:

• Growth halted prematurely through premature skeletal maturation and accelerated puberty changes. This means that adolescents risk remaining short for the remainder of their lives if they take anabolic steroids before the typical adolescent growth spurt.

In addition...

• People who inject anabolic steroids run the added risk of contracting or transmitting HIV/AIDS or Hepatitis, which can cause serious damage to the liver.

What should I do if I am taking steroids or thinking about taking steroids?

If you are taking illegal steroids, or thinking about taking illegal steroids, please speak to your counselor right away. He/she can help you make the right decision that could save your life.
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• Risk of HIV and Hepatitis B & C from contaminated needles
  • Acne
  • Bad breath
  • Decreased sex drive
  • Baldness
  • Water retention
  • Muscle cramps
  • Aching joints
  • Increased risk of muscle tears
  • Increased risk of tendon injuries
  • Increased risk of nose bleeds
  • Insomnia
  • Decrease in immune system effectiveness
  • Infertility

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