

What you should know about

Anabolic Steroids



***An informational brochure
for students and parents***



TOWNSHIP HIGH SCHOOL DISTRICT 211

**UNITED STATES DEPARTMENT OF EDUCATION
BLUE RIBBON SCHOOLS OF EXCELLENCE**



If you require assistance while visiting a District 211 school, please contact the principal's office.

For individuals who are deaf or hard of hearing, please access the following TTD/TTY telephone number: (847) 755-6654.

What are steroids?

Ever wondered how those bulky weight lifters 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.^{[1][4]}

1. National Institute on Drug Abuse. *NIDA Research Report-Steroid Abuse and Addiction* (<http://www.drugabuse.gov/ResearchReports/Steroids/AnabolicSteroids.html>): NIH Pub. No. 00-3721. Bethesda, MD: NIDA, NIH, DHHS. Printed 1991. Reprinted 1994, 1996. Revised April, 2000.
2. National Institute on Drug Abuse. *Commonly Abused Drugs Chart* (<http://www.drugabuse.gov/DrugPages/DrugsOfAbuse.html>): Bethesda, MD: NIDA, NIH, DHHS, 2000.
3. National Institute on Drug Abuse. *NIDA InfoFacts: Steroids (Anabolic-Androgenic)* (<http://www.drugabuse.gov/Infofax/steroids.html>): Bethesda, MD: NIDA, NIH, DHHS. Retrieved June 2000.
4. National Institute on Drug Abuse. *Mind Over Matter: The Brain's Response to Steroids* (http://teens.drugabuse.gov/mom/mom_ster1.asp): NIH Pub. No. 00-3858. Bethesda, MD: NIDA, NIH, DHHS. Printed 1997. Reprinted 1998, 2000.

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
- 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

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.

What are common street names for steroids?

Slang words for steroids are hard to find because most people just call them “steroids.” On the street, steroids may be called “roids” or “juice.”^[2] The scientific name for this class of drugs is anabolic-androgenic steroids; “anabolic” refers to muscle-building, “androgenic” refers to increased male characteristics.^[3]

U.S. Food & Drug Administration Update

The FDA is warning consumers about products that are being marketed for body building and that claim to contain steroids or steroid-like substances. These products are sold online and in retail stores and are promoted as hormone products and/or as alternatives to anabolic steroids for increasing muscle mass and strength. Many of these products are labeled as dietary supplements and make claims about the ability of the active ingredients to enhance or diminish androgen, estrogen, or progestin-like effects in the body. Consumers should be aware that these products are potentially harmful and that FDA has not approved them nor reviewed their safety before marketing.

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

For more information...

Palatine High School

1111 N. Rohlwing Road • Palatine 60074-3777
(847) 755-1600
www.phs.d211.org

William Fremd High School

1000 S. Quentin Road • Palatine 60067-7018
(847) 755-2600
www.fhs.d211.org

James B. Conant High School

700 E. Cougar Trail • Hoffman Estates 60169-3659
(847) 755-3600
www.chs.d211.org

Schaumburg High School

1100 W. Schaumburg Rd. • Schaumburg 60194-4150
(847) 755-4600
www.shs.d211.org

Hoffman Estates High School

1100 W. Higgins Road • Hoffman Estates 60169-4050
(847) 755-5600
www.hehs.d211.org

G.A. McElroy Administration Center

1750 S. Roselle Road • Palatine 60067-7336
(847) 755-6600
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