Steroids

STREET NAMES: 'Roids, Rocket Fuel, Juice.

WHAT IS IT?
Synthetic versions of the male sex hormone testosterone. Used illegally by bodybuilders and others to increase muscle mass, reduce body fat, and enhance endurance. This substance can be psychologically and physically addicting.

WHAT CAN HAPPEN TO YOUR BODY?

AT FIRST:

- Get acne. Lose your hair.
- Mood changes quickly to violence or depression.
- Increased muscle growth.
- Increased injuries to muscles, tendons and ligaments.
- Lower sex drive.

OVER TIME:

- Heart attacks.
- Liver and brain cancer.
- Difficulty accurately perceiving reality (Psychosis).
- Stop growing taller.
- Disrupts menstrual periods and ovulation.

MEDICAL USES:
Steroids are used medically to rebuild tissues weakened by injury or disease, to assist in regaining or maintaining weight after illness, and to aid recovery from breast cancer and osteoporosis in women.

TRENDS:
Some individuals, athletes in particular, begin taking steroids unknowingly because many of the tablets have no markings and they are told they are vitamins. Common reasons people choose to take steroids are believing the drug will instantly cause weight gain and increase their muscular strength, motor performance, or work capacity. Studies show without exercise, steroids may help people gain weight, but have no effect on strength or endurance.

DEMOGRAPHICS:
Although steroids have stereotypically been used most by young male athletes, in recent years there has been an increase in use among young female athletes.