Anabolic Steroids also known as Androl-50, Oxandrin, Danocrine, Android, Winstrol are drugs that are designed to have the same actions as testosterone in the body, which is mainly to increase muscle growth. They can also increase the production of blood cells. They can be used in cases of anemia, people with increased breakdown of protein, and weight gain in people with debilitating diseases. Some athletes abuse anabolic steroids to improve performance.

So how does it work?
Anabolic steroids act like male sex hormones in the body by increasing growth. They increase the body's ability to build muscle mass. They can also increase the production of blood cells. By taking anabolic steroids, the body stops producing its own supply of steroids such as testosterone. This leads to the bad effects seen after people stop taking steroids such as depression.

What happens when Anabolic Steroids are mixed with....

Alcohol?
Alcohol use with steroids can further increase chances of developing the long term side effects associated with liver disease and cancer.

Marijuana?
Marijuana use with steroids can contribute to already present mood and judgment alterations.

What if you take Anabolic Steroids while you are pregnant?
Do not use in pregnancy because use can cause masculinization of the fetus. Do not use anabolic steroids in women who are pregnant or may become pregnant.

Is there a chance this substance could contain contaminants if it is obtained “on the street”? If so, what are the effects of these contaminants?
When steroids are bought “on the street” they may contain any number of contaminants. Some may not be steroids at all or be diluted. Some can contain vegetable oil or methanol that can cause skin abscesses or death from blood poisoning. Because steroids are often injected, there is always the risk for contamination of needles and vials with HIV, hepatitis, or various bacteria.

Other things to consider...
• Anabolic steroids are classified as schedule III controlled substances because of potential for abuse.
• In 2006, 2.7% of high school seniors admitted to using anabolic steroids at least once.

Short term effects of taking Anabolic Steroids

Judgment
• Use can cause mental depression and unusual tiredness, but can also cause excitability and sleeplessness. Aggression, mood swings, and irritability have been observed with anabolic steroid use. Impaired judgment is often due to a feeling of invincibility, often leading to violence.

Memory
• Sleeplessness, mood swings, depression, and other psychiatric disorders could lead to a decrease in memory.

Health
• Women: Use can lead to hoarseness or deepening of the voice, unusual hair growth or loss, acne or oily skin, and menstrual irregularities, which are not reversible after stopping steroid use.
• Men: Use can lead to the frequent urge to urinate, testicular shrinkage, enlargement of breasts, and breast tenderness.
• Men and women: Use can cause male-pattern baldness, loss of appetite, sore tongue, anemia, low iron, swelling of the feet and legs, yellow eyes or skin, unusual bleeding, muscle cramps, high blood pressure, trouble sleeping, nausea, and vomiting.

Long term effects of taking Anabolic Steroids

Judgment
• Discontinuation of anabolic steroids can cause severe mental depression and has caused some people to turn to other illicit drugs to combat the adverse effects of stopping steroid use.

Memory
• Severe mental depression and possible use of other illicit drugs could impair memory.

Health
• Long term use can cause infertility, leukemia, liver cancer, kidney tumors, chronic liver disease, and other liver tumors.
• Increases in bad cholesterol and decreases in good cholesterol lead to an increase risk for heart attack.
• High blood pressure can result from water retention.
• Acne is a very common side effect because anabolic steroids cause the skin to become very oily.

For more information contact the Student Health Center at 348.3878

References