



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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ANABOLIC STEROIDS

I. About Steroids

- **Drug Class:** Schedule III Category
- Steroids are **“illegal” to possess without a prescription from a licensed physician.** It is illegal for individuals to sell steroids.



- **More properly known as anabolic-androgen steroids (AAS)** (testosterone and drugs that act like testosterone in the body).
- **“Anabolic”** refers to muscle-building and **“Androgenic”** refers to increased male characteristics.

II. Terms & Slangs

- **Steroids:** Arnies, Arnolds, A’s, Anabolics, Bulls, Gears, Gym Candy, Hypes, Juicers, Pumpers, Roids, Stackers, Weight Trainers

III. How Is It Taken?

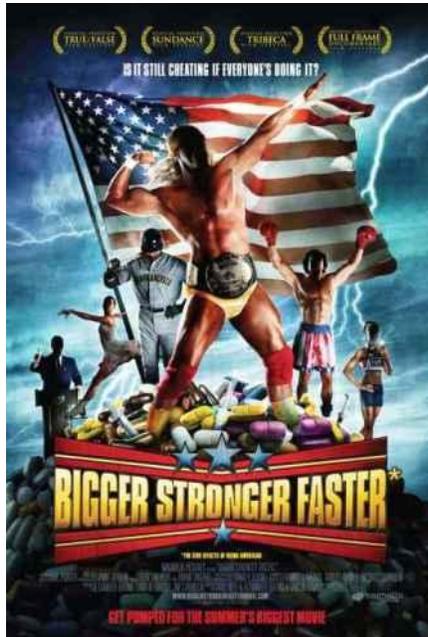
- **There are three common forms** in which anabolic steroids are administered:
(1) Oral (2) Injectable & (3) Cream & Skin Patches.



- Users often take steroids in patterns called **“cycling,”** in which multiple doses of steroids are taken over a specific period of time, stopped for a period and started again. Many users also take different types of steroids in combination with other drugs. This is known as **“stacking.”**

IV. “About The Buzz”

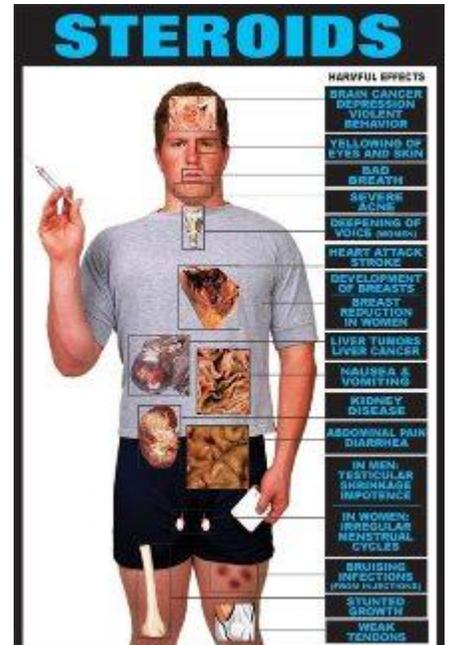
- **Steroids do not cause a buzz immediately when they are taken** because they don’t take action for hours.
- **Both athlete and non-athletes** abuse steroids in an attempt to enhance performance and/or improve physical appearance.
- After a typical **“stacking regimen”** lasting several weeks, some users report **feelings of euphoria, great energy and increased combativeness/competiveness.**



- **However,** steroids can contribute to significant **psychological issues.** It is well documented that abuse of anabolic steroids can lead to aggression, depression, mania, violence and other adverse effects. (See V. Effects & Health Risks)
- **For example,** although many users report feeling good about themselves while on anabolic steroids, **extreme mood swings can also occur, including manic-like symptoms that could lead to violence.** Researchers have also observed that **users may suffer from paranoid jealousy, extreme irritability, delusions, and impaired judgment stemming from feelings of invincibility.**
- **Anabolic steroids certainly meet the criterion of addiction** – that users take them in the absence of medical need and despite knowledge of negative health consequences.

V. Effects & Health Risks

- **Steroids Affect On Behavior:** Steroids can make you angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use – **“roid rage.”**
- **Steroids Affect On Body & Image:** Steroids can cause acne, cysts, development of breasts in males, facial & body hair growth in women, abnormal liver functioning, male-pattern baldness, prostate enlargement, coarsening of the skin and testicular atrophy to name a few.



- **Steroids Affect On The Heart:** Steroids abuse has been associated with cardiovascular disease including heart attack and stroke. **These heart problems can even happen to users under the age of 30.**
- **Steroids Increase Risk-Infection:** Sharing needles or using dirty needles to inject steroids puts one at risk for diseases such as **HIV/AIDS & Hepatitis.**

For more information on Steroids, please visit:

- **Above The Influence**
www.abovetheinfluence.com
- **Association Against Steroid Abuse**
www.steroidabuse.com
- **National Institute On Drug Abuse**
www.nida.nih.gov
- **Substance Use & Mental Health**
www.samhsa.gov