Androgenic Anabolic Steroids Fact Sheet

What are they?
- Synthetic variations of the male sex hormone, testosterone.
- Designed to build muscle.

Potential Health Consequences
Physical Health Risks (especially associated with high doses, stacking and/or cycles)
- Increased cholesterol level
- High blood pressure
- Heart, kidney and liver disease and/or malfunctions
- Sharing needles increases the risk of blood poisoning and infections (e.g. AIDS)
- Danger of black market products of unknown origin or composition

Harmful Side Effects (* indicates effects that may be permanent with prolonged use)
Hair: Male balding pattern occurs in women.* Premature baldness in men. Excessive hair growth on the face and body in women.*
- Head: Frequent and continuous headaches.
- Brain and Personality: Extreme mood swings and personality changes. Paranoia, anxiety, irritability, aggressive and violent behavior, rage, depression, insomnia, fatigue and euphoria.
- Face: Becomes round and puffy due to water retention. Increased facial hair growth in women.
- Eyes: Yellow staining of the eyes.
- Breath: Bad breath.
- Tongue: Sore tongue.
- Voice: Hoarseness and deepening of the voice in women.*
- Chest: Breast development in males. Tissue surrounding the nipple becomes swollen and sore.
- Heart: Increased risk of heart disease, heart attack, stroke and death. High blood pressure. Increase in cholesterol. Decrease in good cholesterol (HDL).
- Liver: Liver tumors. Liver disease (Jaundice). Complete liver failure may result.
• Abdominal Intestinal Area: Abdominal and stomach pains with possible hemorrhaging. Nausea, vomiting and diarrhea.
• Bladder: Frequent urge to urinate. Painful.
• Prostate Gland: Prostate enlargement.
• Reproductive System: Males – Shrunken testicles. Sterility. Decrease in sperm production which can lead to impotence.* Frequent, painful and continuing erections. Enlargement of the prostate gland. Adolescents experience enlarged penis and increased erections.
• Females – Changes in menstrual period. Irregular menstrual periods. Infertility. Clitoral enlargement.* Fetal damage.
• Ankle: Swelling of the ankle or lower leg.
• Skin: Yellowing of skin. Acne (may be severe in adolescents). Red spots and rashes over entire body. Stretch marks.
• Injection Site: Blood poisoning from injections. High risk of infectious diseases from non-sterile needles. Injection area(s) very tender and swollen.
• Muscles, Tendons and Ligaments: Increased risk of injury to muscles, tendons and ligaments. Long periods of recovery from injuries. Muscle cramps.
• Bones: Loss of potential height (stunted growth) due to premature closure of growth plates. Bone pain.

**Psychological Effects**
Highly irritable, aggressive, paranoid and even violent (also known as “Roid Rage”). Severe mood swings, often leading to depression when steroid use is stopped; delusions.

In cases of steroid dependency or addiction, the behavioral effects increase in intensity and are complicated by the withdrawal process.

**Sport Consequences**
Violation of sport federation and IOC anti-doping rules
• 1st offense – 4 year ban from sport / lifetime ban from government funding
• 2nd offense – lifetime ban from sport
• loss of record / loss of medal