



next inSTALLment



a campus wellness letter

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An inSTALLment classic

Steroids: Know the Risks

Why do athletes use them?

To develop strength and power
To increase recovery time from work outs
To gain a competitive or winning edge

Common Question #1

Are steroids addictive?

Yes, they can be.
Withdrawal symptoms include mood swings, suicidal thoughts and/or attempts, fatigue, restlessness, loss of appetite, and sleeplessness.

What substances does the NCAA ban?

Boldenone
Testosterone
Dromostanolone
Dihydrotestosterone
Methenolone
Norethandrolone
Oxymetholone
Clostebol
DHEA
Fluoxymesterone
Androstenedione
Mesterolone
Methyltestosterone
Oxandrolone
Dehydrochloromethyl-Testosterone
Epitestosterone
Methandienone
Nandrolone
Oxymesterone
Stanozolol
(And other agents)

"The important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."
—Baron Pierre de Coubertin, founder of the modern Olympic Games

Difference between Oral and Injectable Steroids:

Oral—these are fat-soluble steroids that remain in the system for several weeks to a month after the person stops taking them.

Injectable—these are injected directly into the muscle tissue and are slowly released from the muscle to the rest of the body. The body tolerates injectable steroids more effectively than oral, however these are detectable in the body for months after the last use.

What are anabolic/androgenic steroids?

Steroids, also referred to as performance-enhancing drugs, are synthetic derivatives of testosterone, the natural male hormone.
Anabolic=growing or building
Androgenic= developing male sexual characteristics

Common Question #2

How long do steroids stay in your system?

The length of time that steroids stay in the body varies from a couple of weeks to more than 18 months.

Student athletes who use drugs illegally compromise the ideals of fair play. They also violate state and national laws. For more information on banned steroids please visit the [NCAA web site](http://www.ncaa.org).

Signs that someone is abusing steroids:

Guys:

Baldness
Impotence
Development of breasts

Girls:

Growth of facial hair
Deepened voice
Breast reduction

Both:

Jaundice (yellowing of the skin)
Swelling of feet or ankles
Aching joints
Bad breath
Mood swings
Nervousness
Trembling

1 in 3 steroid users develop side effects, side effects include:

- ✚ Cancer of the liver, prostate, kidney
- ✚ Reduction in HDL the "good" cholesterol
- ✚ High blood pressure
- ✚ Enlarged prostate
- ✚ Liver damage
- ✚ Aggressive behavior
- ✚ Post-use depression
- ✚ Injury to tendons, ligaments, and muscles
- ✚ Blood coagulation disorders
- ✚ HIV disease from sharing needles
- ✚ Nosebleeds
- ✚ Increased sex drive
- ✚ Increased fatty deposits
- ✚ Heart arrhythmias
- ✚ Stunted growth in immature individuals
- ✚ Reduced sperm count
- ✚ Shrinking of the testicles
- ✚ Cardiovascular disease even in young athletes

Common Question #3 What can I do to excel in sports if I don't use steroids?

Focus on getting proper diet, rest, and good overall mental and physical health. These things are all factors in how your body is shaped and conditioned. Excelling in sports is achievable and done by millions of athletes without relying on steroids.

