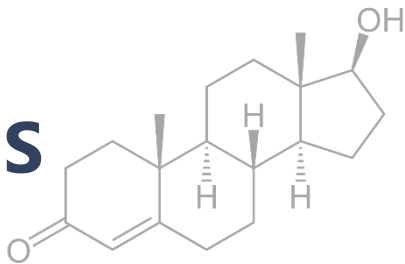




STEROIDS

(C₂₀H₂₈O₂)



arnolds, gear, juice, pumpers, stackers, roids, weight gainers²

Anabolic steroids, or anabolic-androgenic steroids, are synthetic, or human-made, variations of the male sex hormone testosterone. Listed as a schedule III drug, steroids are typically prescribed to treat hormonal issues or diseases such as cancer and AIDS; those who abuse steroids typically do so to boost their athletic performance or improve their physical appearance.¹

WHAT IS IT?



how it works^{1,4}

Anabolic steroids affect the body differently as their main purpose is to target the hormone production of the user. This drug does not give the user a “high” but instead works long term to influence the cellular functioning and gene expression of the body. Ingesting anabolic steroids causes an increase of androgen receptors in the brain (testosterone hormone) and produces rapid increases in calcium levels within the skeletal muscle, heart and brain cells.



3 WAYS TO USE NON-MEDICALLY^{5,6}



Cycling: periods of use followed by equivalent periods of abstinence.

Pyramiding: periods of use where the amount is gradually increased to a peak and then tapered down.

Stacking: where different steroids are used at the same time.

COMMON EFFECTS^{2, 3}



| MOOD SWINGS |
INCREASED AGGRESSION
(ROID RAGE) | FATIGUE |
DEPRESSION |



| WATER RETENTION | LIVER
DAMAGE |



| INCREASED BODY HAIR |
ACNE | “LEATHERY” SKIN |
REPRODUCTIVE ORGAN
DAMAGE |



| ABNORMAL HEARTBEAT |
HIGH BLOOD PRESSURE |
HEART ATTACK |

did you know? the majority of people who misuse steroids are male weightlifters in their 20s and 30s. Anabolic steroid misuse is less common in women.¹

OKLAHOMA*



The FDA estimates that about 375,000 men and 175,000 women use anabolic steroids **every year.**⁷



The internet is the most widely used means of buying and selling anabolic steroids.⁶



Anabolic steroids are not associated with overdoses. The adverse effects a user would experience develop from use over time.²

Last updated: June 2021. ¹National Institute on Drug Abuse. (2018). Anabolic Steroids DrugFacts. Retrieved from <https://drugabuse.gov/publications/drugfacts/anabolic-steroids>. ²Drug Enforcement Agency. (2020). Drug Fact Sheet: Steroids. Department of Justice. Retrieved from <https://dea.gov/sites/default/files/2020-06/steroids-2020.pdf>. ³NSW Ministry of Health. (2014). Steroids the Facts: Performance and Image Enhancing Drugs (PIEDs). Retrieved from https://yourroom.health.nsw.gov.au/publicationdocuments/193310%20Steroids%20A%20Booklet%20Update_ART-WEB.pdf. ⁴NIDA. (2021). Steroids and other appearance and performance enhancing drugs (APEDs) research report: How do anabolic steroids work in the brain? Retrieved from <https://drugabuse.gov/publications/research-reports/steroids-other-appearance-performance-enhancing-drugs-aped/how-do-anabolic-steroids-work-in-brain>. ⁵Alcohol and Drug Foundation. (2020). What are anabolic steroids? Retrieved from <https://adf.org.au/drug-facts/steroids/>. ⁶Drug Enforcement Agency. (n.d.). Drug Fact Sheet: Steroids. Retrieved from <https://mcieast.marines.mil/portals/33/documents/safety/abuse/steroids.pdf>. ⁷Mohamadi, A. (2017). Teens and Steroids: A Dangerous Combo. U.S. Food and Drug Administration. Retrieved from <https://fda.gov/consumers/consumer-updates/teens-and-steroids-dangerous-combo>. *Nationwide stats.