



Manitoba Addictions Awareness Week

Updated 1998

FAST FACTS ON ANABOLIC STEROIDS

Why do people, particularly young men and women, use drugs that can cause liver problems, infertility, impaired sexual performance, heart disease, acne, depression and stunted growth?

WHAT ARE THEY?

Anabolic Steroids are a synthetic form of the male sex hormone, testosterone. This medicine can be prescribed to help rebuild muscle after serious injury or illness, to treat some types of anemia or disorders in men that prevent the normal production of testosterone.

WHY ARE STEROIDS ABUSED?

Steroids are subject to abuse by individuals trying to build up their bodies for sports and enhance athletic appearance and performance.

WHO IS USING STEROIDS?

- ◆ Recent statistics indicate a significant rate of anabolic steroid use among Canadian youth.
- ◆ In a Canadian Centre for Drug-Free Sport [Canadian Centre For Ethics In Sport] survey of 16,000 students between 11 - 18 years of age, 461, or 2.8% reported having used steroids at one time.
- ◆ For Manitoba youth aged 16 - 18 years old, 3.2% indicated steroid use.

HOW ARE THEY TAKEN?

Anabolic steroids are taken either orally in pill form or by injection.

WHAT ARE THE PHYSICAL EFFECTS?

In Males	In Females	Adolescents
Acne	Acne	May experience severe acne on the face and body.
Shrunk testicles and difficulty achieving erection (impotence).*	Loss of or irregular periods, can cause infertility.	Premature closure of the growth plates leading to stunted growth.
Decreased sperm production which can lead to infertility.	Deepening of the voice.*	
Premature baldness.	Excessive hair growth on the face and body.*	
Breast enlargement and tenderness.	Breast reduction and growth of clitoris.*	

Can cause muscle spasms, reduced flexibility, fluid retention, nosebleeds, head/stomachaches.