

# **Steroid Use**

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## **Complexion**

They work on your complexion. Acne, Boils, and skin rashes often accompany steroid use. So does itching, increased sweating, and bruises. Steroid users tend to bruise easily even with minor accidents

## **Heart**

Steroid use often increases blood pressure, contributes to atherosclerosis and blood clotting disorders. These three are the main causes of heart attacks. Just because you are young and in good shape does not mean you are not at high risk. (Ever hear of an athlete dropping dead at a practice or game). Evidence is beginning to show up at a later time in life, concerning heart attacks, which has been directly linked to steroid use during the teen years.

## **Liver**

The liver is especially susceptible to damage and disease resulting from steroid use. Cholestasis (reduction of blood flow) may produce Jaundice, a yellowing discoloration of the skin and eyes. It is your body's waste products not being filtered correctly, which remain in your system. Opal. Steroid users seem susceptible to deadly hematomas – or malignant liver tumors. Without blood transfusions, if your liver is not working – you die!!!

## **Genitals**

Steroids affect the pituitary gland, blocking the release of certain hormones which stimulate the testes. As a result the testes may shrink and even become inactive. Sometimes they will begin to work again and sometimes the process is not reversible.

## **Your Mind**

Steroid users risk a wide range of behavior changes. Violent mood swings are common, which can make for a loss of friends, family, or a drop in school work. Usually the steroid users cannot see the change nor understand why they did a particular action.

## **Dosages**

One great mystery concerning steroids is their dosage. Steroids are a legal drug with some great medical benefits when prescribed by a medical physician. Larger muscles are not what the original product was discovered or intended to do. The same dosage can have opposite effects on two users of apparent same body type. It may not affect your body but you could still die.

Steroids purchased from anyone other than a doctor is a mistake. You are putting yourself in grave danger not knowing the ingredients and proportions you are consuming. Remember, your suppliers main interest is they pocketbook. These steroids are illegal and suppliers are being sent to jail.

## **Other Products**

Many other fitness products are a waste of money. If you cannot explain what each ingredient on the label does, you have no business consuming the product. Many products are urinated out of your system if you do not know the proper amount, time span, diet, and lifting required for these products to have a chance to help you.

## **Conclusion**

Athletes (and non-athletes) who use anabolic steroids want larger muscles – the easy way. Larger muscles do not necessarily mean an increase in strength. Lifting and proper diet will enable you to develop a physique which you can be proud to say was developed naturally. Athletes who use steroids face some big risks because steroid use can lead to the possibility of serious life threatening medical problems. Many of these problems may not appear until later in life.

## **Established Side Effects**

Acne	Impotence
Cancer	Rash
Cholesterol Increase	Sore Tongue
Clitoris Enlargement	Unusual Bleeding
Deaths	Vomiting Blood
Edema (water reduction in tissue)	Unusual Weight Gain
Fetal Damage	Muscle Cramps
Frequent or continuing erections	Kidney Disease
Heart Disease	Fatigue
Coronary Artery Disease	Diarrhea
Jaundice	Liver Tumors
Liver Disease	Bone Pain
Baldness	Nausea
Sterility	Stunted Growth
Prostate Enlargement	Swelling of Feet or Lower Legs
Kidney Stones	Oily Skin
High Blood Pressure	Yellowing of the Eyes and Skin
Fever	Unnatural Hair Growth
Dark Colored Urine	Sexual Problems
Insomnia	Testicular Atrophy
	DEATH