

Background Steroids

The Canadian Centre for Ethics in Sport has a very good brochure available on body image and steroid use that is available by calling 1-800-672-7775, www.cces.ca.

AADAC also provides an information sheet on Steroids available by calling (780) 427-4267, www.gov.ab.ca/aadac/.

Anabolic steroids are a synthetic version of the male hormone, testosterone, which is responsible for long bone and muscle growth. They are available by prescription and used for specific medical purposes. Because they are a controlled substance, and not widely available, the steroids young people take are usually from the black market and are impure.

Risks of steroid use:

Persistent headaches

Severe acne

Hair loss

Breast enlargement

Shrunk testicles and lower sperm count, leading to sterility

Damage to liver and kidney

High blood pressure

Premature fusing of the long bones - end result : stunted growth

Increased aggressiveness "Roid Rage"

Frequent and severe mood swings

AIDS - steroids can be injected and sharing needles can transmit AIDS.