

A close-up photograph of a person's leg and thigh. A hand is holding a syringe and injecting a clear liquid into the muscle. Another hand is pointing to the injection site. The person is wearing black athletic shorts and white wristbands with red stripes. The background is dark.

# STEROID ABUSE

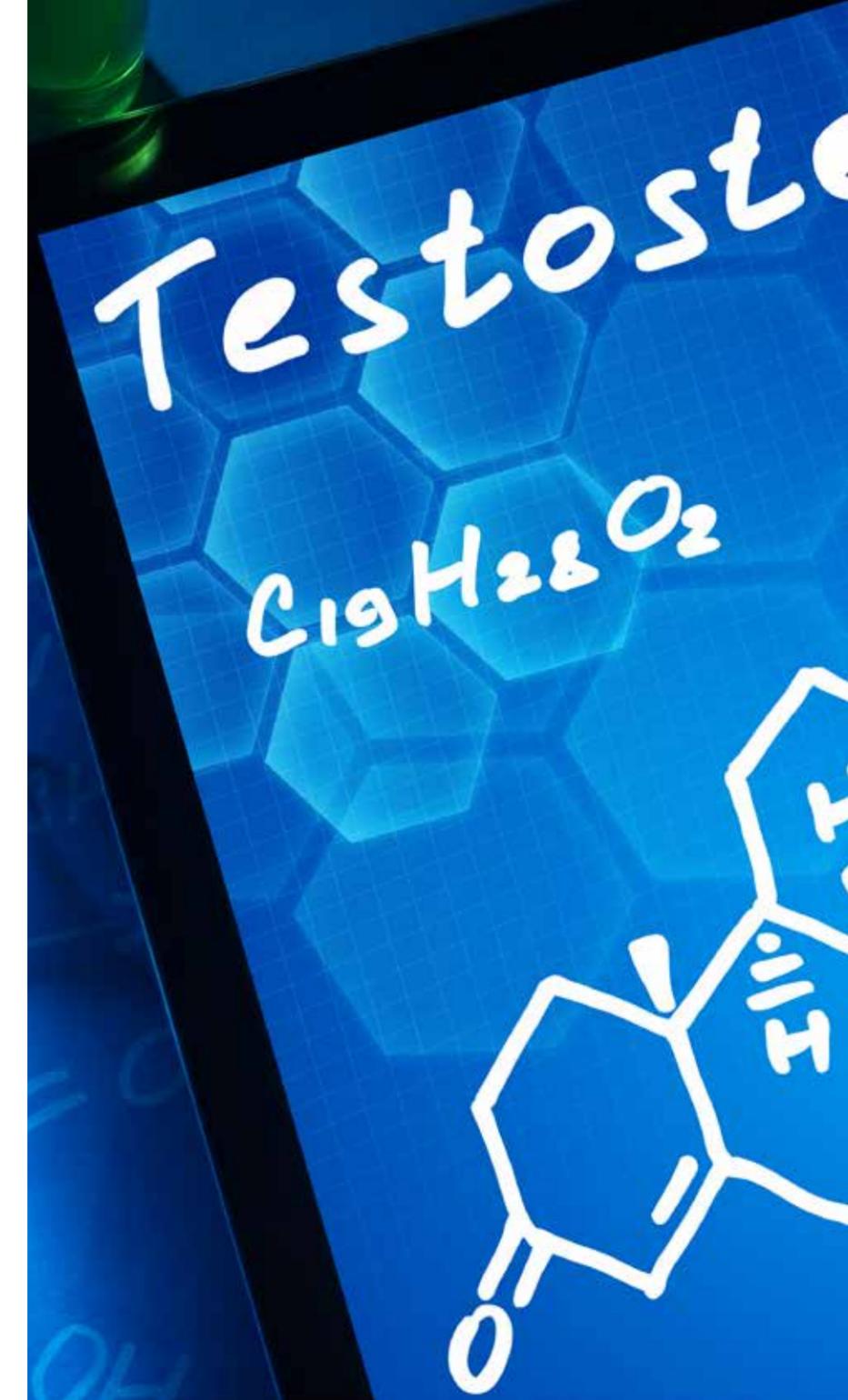


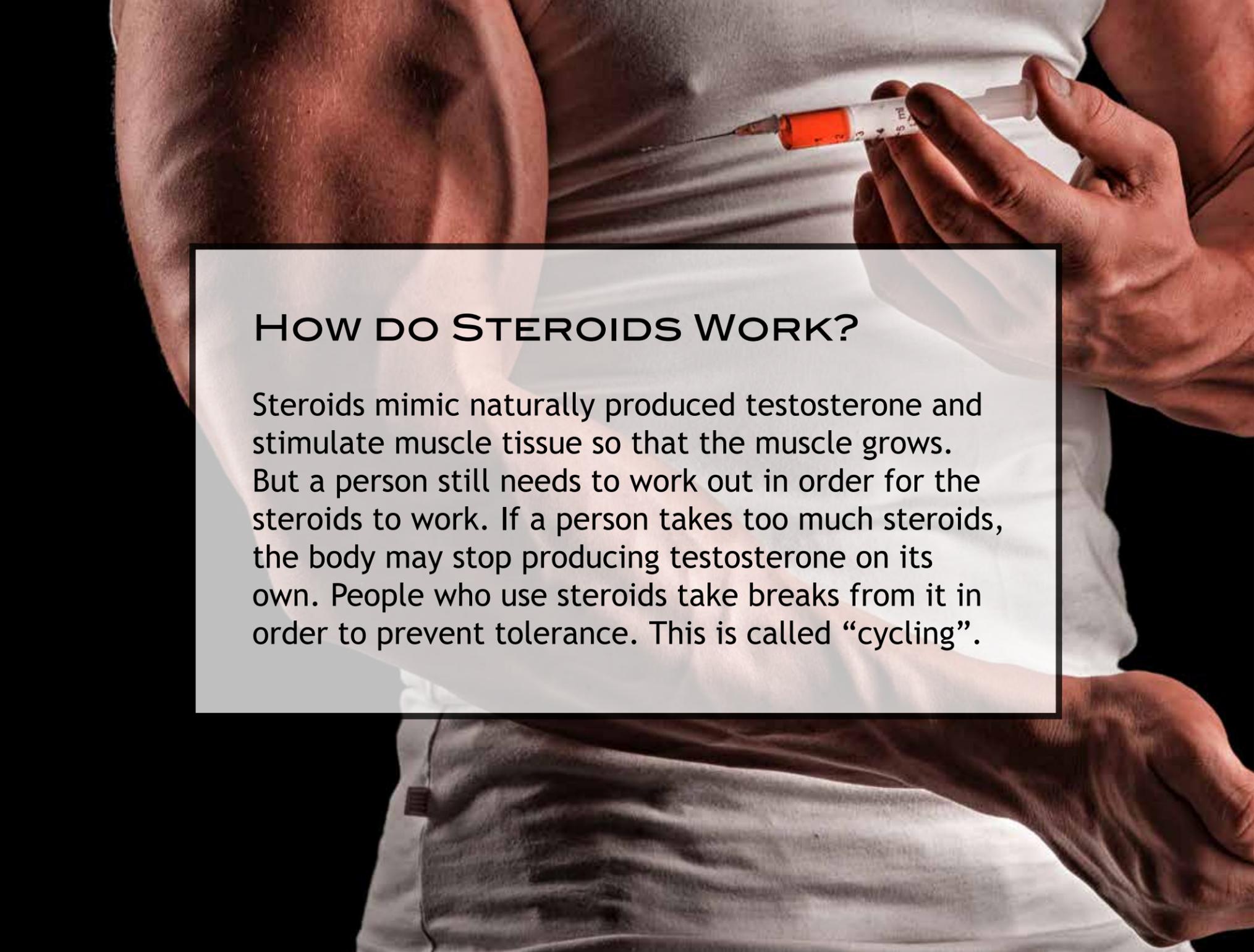
Anabolic steroids (muscle building steroids) have become famous for their ability to help people improve the way they look and to even create chiseled bodies. Of course people like to look good, but many people who use steroids are putting their health and lives at risk. Some individuals are aware of the potential threats, but still use them regardless of their unwanted side effects. Some people may try them because of some of the false information that is going around about them or simply just because they are not educated about the real harm that steroids can have on a person.

Steroids, also known as “juice” or “roids” can come in different forms such as injections, pills, gels and creams and can come in over 100 different variations of anabolic steroids with testosterone being the most powerful of these.

Testosterone is a hormone that the body naturally produces, but men produce more than women. It can attribute to some of the various masculine characteristics such as the deepening of the voice, how aggressive a person is, hair growth and building muscle.

Another group of steroids are known as steroidal supplements which were at one time sold legally at food health stores and gyms, but they now require a prescription.





## HOW DO STEROIDS WORK?

Steroids mimic naturally produced testosterone and stimulate muscle tissue so that the muscle grows. But a person still needs to work out in order for the steroids to work. If a person takes too much steroids, the body may stop producing testosterone on its own. People who use steroids take breaks from it in order to prevent tolerance. This is called “cycling”.

## ARE STEROIDS ADDICTIVE?

Steroids are addictive. There are many stories where a person started taking steroids with the intention of only using them for a short period of time, but then couldn't stop. Just like other drug addictions, people continue using steroids despite the direct consequences stemming from their addiction. Continuing to use even when it puts a strain on finances, relationships or even after getting kicked off a sports team are just a few examples.

When a person tries to quit steroids or goes without them for a period of time, they may experience withdrawal symptoms.

### Here are some of the common steroid withdrawal symptoms:

- Cravings for more steroids
- Loss of appetite
- Mood swings
- Depression
- Suicidal thoughts
- Insomnia

## SIDE EFFECTS OF STEROID ABUSE

People who take steroids on a regular basis develop liver problems. High levels of steroids can also give cholesterol problems and cardiovascular problems. Some steroids affect the female hormones in males and the male hormones in females giving men breasts and women a deep voice. There are many cases where people have developed severe acne problems from using steroids.

An emotional side effect of using steroids is aggressiveness. People using steroids tend to become more irritable and aggressive. It is common to have mood swings when the hormonal balance is disturbed in the physical system. These effects can start taking place from the time you start taking steroids or within the first months of usage.



**SIDE  
EFFECTS**

### Common side effects of steroid abuse:

- Stunted growth
- Hair loss
- Weight gain
- Kidney damage or failure
- Liver damage
- Risk of stroke, heart disease or cancer
- Jaundice
- High blood pressure

### Common effects in men:

- Testicular atrophy
- Breast development
- Painful urination
- Higher risk for prostate cancer

### Common effects in women:

- Deepening of the voice
- Shrinkage of breasts
- Menstrual changes
- Increased facial and body hair growth

## HOW TO HELP A LOVED ONE STRUGGLING WITH STEROID ABUSE

Taking steroids for a long period of time and at higher dosages will eventually lead to many health problems which include enlarged prostate, high blood pressure, kidney problems and an unbalanced immune system which will lead to other health issues in the long run. It is therefore extremely important to understand the harmful effects of taking steroids or any other drug.

If you or someone you love are struggling with steroid abuse, call Narconon Fresh Start today at **855-734-2223** and speak with a specialist. Free consultation services are available.





DRUG ABUSE HELP LINE  
1-855-734-2223

LEARN MORE ABOUT THE  
NARCONON FRESH START PROGRAM

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