



# ANABOLIC STERIODS

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## **WHAT ARE THEY?**

Anabolic steroids mimic the effects of hormones (mainly testosterone) in the body that regulates and controls how the body works and functions. They are mainly misused by sports people to improve their physical performance and increase muscle mass. They are less often prescribed and when they are, it is normally to treat anaemia (lack of red blood cells or haemoglobin in the blood).

## **WHAT DOES IT LOOK LIKE AND HOW IS IT USED?**

They are available as tablets which are swallowed or as a liquid which is prepared for injection.

## **WHAT ARE THE EFFECTS AND RISKS?**

Users claim to train harder and recover easier when exercising along with an increase in muscle size. For males, they can get erection problems, lose their hair, develop acne and their testicles can shrink. For females, they can gain facial hair, get a deep voice, have menstrual problems and their breasts can decrease in size. Sounds like a gender reversal!

## **WHAT DOES THE LAW SAY?**

If prescribed by a pharmacist or doctor, they are completely legal. They are also legal if used just for personal use unless they are a fake version which are often found on the internet. Supplying them to other people including friends is illegal and can lead to up to 14 years in prison and an unlimited fine. A lot of sporting organisations have now banned the use of certain steroids and they can even test people if they believe they have been misusing them. If they test positive, they can be banned from that club either temporarily or forever.