

The Truth About Steroids

Steroid use is popular among teens who feel the need to improve their physical appearance or athletic performance. All popular use of this dangerous drug is illegal and can lead to very serious health problems.

Facts:

- Steroids are illegal to possess without a prescription from a licensed physician. It is illegal for individuals to sell steroids. Doctors prescribe steroids for specific medical conditions and are only safe to use when a doctor monitors the patient.
- Steroid use has been linked to cardiovascular disease, including heart attacks and strokes. These heart problems can even happen to athletes under the age of 30.
- Both young men and women are vulnerable to appearance changes, including male pattern baldness, cysts, acne and oily hair and skin.
- Steroids can affect mood, causing anger and hostility for no reason. There are recorded cases of murder caused by intense anger from steroid use.



Signs of Steroid Use: (For more signs, check pgs 48-51 in “Child Drug Addicts - Are You Raising One?”)

If your child has one or more of the following warning signs, he or she may be using steroids.

- **For Guys:** Baldness, development of breasts, impotence
- **For Girls:** Growth of facial hair, deepened voice, breast reduction
- **For Both:** Jaundice (yellowing of the skin), swelling of feet or ankles, aching joints, bad breath, mood swings, nervousness, trembling

Slang For Steroids: Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice

Slang For Steroid Use and Effects:

- **Roid Rages**...Uncontrolled outbursts of anger, frustration and aggressive attitude
- **Shotgunning**... Taking steroids on an inconsistent basis
- **Stacking**... Using a combination of two or more anabolic steroids

As always with any drug that uses needles, this puts teens at risk for diseases such as HIV/AIDS and hepatitis. Steroid use among developing teens, even for short periods of time, is extremely dangerous to their normal growth and thinking patterns. Don't let your kids fall into this trap that might cloud their entire future before they have a chance to develop normally.

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Pat Graham is the author of the eBook: “Child Drug Addicts – Are You Raising One?” Visit: www.childdrugaddicts.com