

**Steroids are a shortcut down a dangerous road.**

**Steroid use without a prescription is abuse and it's illegal.**

**Be smart.**

**Choose healthful eating and hard work to reach realistic goals.**

**Healthy Competition**



INTELLIGENCE + HARD WORK = SUCCESS

For more information on this and other topics, see:

[www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

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# ROID RAGE



## Why do people use steroids?

- Enhance performance
- Build muscle
- Improve muscle tone
- Lose weight

**Steroid use is not limited to athletes or men and may be associated with risky behaviors.**

## What can steroids do to your body?

- Build muscle
- Deform genitals
- Grow male breasts
- Increase acne
- Stunt growth
- Cause baldness
- Grow dark facial hair (women)
- Deepen the voice (women)
- Produce angry rampages
- Cause mood changes
- Result in death from heart attack or cancer

## What types of steroids are commonly abused?

### Anabolic steroids

These steroids are produced in a lab and act similarly to testosterone in the body.

### Anabolic steroid precursors

They are natural or manufactured substances the body converts to anabolic steroids.

Steroids and steroid precursors are found in many forms: liquid, pill, inhalant, patch, cream and gel.

## How are steroids abused?

Most abusers inject them or take pills. Abusers may use pyramiding, cycling or stacking, believing they are maximizing the muscle-building effects of steroids. These methods have not been proven to work.

**Pyramiding** – This is gradually increasing the dose through time to reach a peak amount and then decreasing the dose.

**Cycling** - This is taking multiple doses in a short period of time, followed by a period without drug use. This cycle repeats during the course of weeks or months.

**Stacking** - This is combining different types of steroids.

## Parents and concerned friends should be aware of commonly abused steroids

### Sold over the counter

- Dehydroepiandrosterone (DHEA)

### Prescription required

- Androstenedione (“andro”)
- Androstenediol
- Norandrostenedione
- Norandrostenediol
- Tetrahydrogestrinone (THG)
- Anadrol
- Oxandrin
- Dianabol
- Winstrol

## Learn more about steroids

[www.steroidabuse.gov](http://www.steroidabuse.gov)

[http://teens.drugabuse.gov/facts/facts\\_ster1.asp](http://teens.drugabuse.gov/facts/facts_ster1.asp)