

IF YOU KNOW SOMEONE WHO MIGHT BE
ABUSING STEROIDS, CONTACT A GATEWAY
TREATMENT CENTER NEAR YOU.

ILLINOIS

Aurora

Bloomington

Carbondale

Caseyville

Chicago Northwest

Chicago River North

Chicago West

Lake Villa

Pekin

Springfield

Swansea

DELAWARE

Delaware City

24-hour Helpline
877-505-HOPE (4673)
RecoverGateway.org



Real Answers for Lasting Recovery

Source: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration Center
for Substance Abuse Prevention

Get the Facts on:
Steroids



Real Answers for Lasting Recovery

STEROIDS

Also known as: *Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice*

Sometimes it's hard to tell if someone has been using steroids. If someone you know has one or more of the following warning signs, he or she may be abusing steroids.

KNOW THE SIGNS

- Jaundice (yellowing of the skin)
 - Swelling of feet or ankles
 - Aching joints
 - Bad breath
 - Mood swings
 - Nervousness
 - Trembling
- FOR GUYS**
- Nervousness
 - Development of breasts
 - Impotence
- FOR GIRLS**
- Growth of facial hair
 - Deepened voice
 - Breast reduction

YOUR HEART

Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.

YOUR APPEARANCE

In both sexes, steroids can cause male-pattern baldness, cysts, acne and oily hair and skin.

YOUR MOOD

Steroids can make you angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use.

RISK OF INFECTION

Sharing needles or using dirty needles to inject steroids puts you at risk for diseases such as HIV/AIDS and hepatitis.

KNOW THE LAW

Steroids are illegal to possess without a prescription from a licensed physician. It is illegal for individuals to sell steroids.

Other slang terms associated with steroid use include:

ROID RAGES

Uncontrolled outbursts of anger, frustration or combativeness that may result from using anabolic steroids.

SHOTGUNNING

Taking steroids on an inconsistent basis.

STACKING

Using a combination of two or more anabolic steroids.

QUICK FACTS ABOUT STEROIDS

- Doctors prescribe steroids for specific medical conditions. They are **only safe for use when a doctor monitors the person.**
- **Illegal steroids are made overseas and smuggled into the United States or made in underground labs** in this country. They pose greater health risks because they are not regulated by the government and may not be pure or labeled correctly.
- **Steroids can be addictive.** Withdrawal symptoms include mood swings, suicidal thoughts or attempts, fatigue, restlessness, loss of appetite and sleeplessness.
- **The length of time that steroids stay in the body varies.** Injected steroids may be detected in the body for 3 to 4 months while the oral types may remain for 1 to 4 weeks.

TEENS AND STEROIDS

The majority of teens aren't using steroids.

Among teenage males, who are most likely to use steroids, only 1.3 % of 8th graders, 2.3 % of 10th graders, and 3.3% of 12th graders reported steroid use in the past year.