

Effects of Steroids

Anabolic-androgenic steroids are man-made substances related to male sex hormones. "Anabolic" refers to muscle-building, and "androgenic" refers to increased masculine characteristics. "Steroids" refers to the class of drugs. These drugs are available legally only by prescription, to treat conditions that occur when the body produces abnormally low amounts of testosterone, such as delayed puberty and some types of impotence. They are also used to treat body wasting in patients with AIDS and other diseases that result in loss of lean muscle mass. Abuse of anabolic steroids, however, can lead to serious health problems, some irreversible.

Today, athletes and others abuse anabolic steroids to enhance performance and also to improve physical appearance. Anabolic steroids are taken orally or injected, typically in cycles of weeks or months (referred to as "cycling"), rather than continuously. Cycling involves taking multiple doses of steroids over a specific period of time, stopping for a period, and starting again. In addition, users often combine several different types of steroids to maximize their effectiveness while minimizing negative effects (referred to as "stacking").

For more information click on: [Research Report on Steroids](http://www.nida.nih.gov/ResearchReports/Steroids/AnabolicSteroids.html)
www.nida.nih.gov/ResearchReports/Steroids/AnabolicSteroids.html

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UNIVERSITY HEALTH AND COUNSELING SERVICES

www.uww.edu/stdrcses/uhcs
Corner of Prairie and Starin
Division of Student Affairs, UW-Whitewater
www.uww.edu/staffair

Hours

Monday-Friday 8:00 - 4:30; summer & evening hours may vary.

Health Services 472-1300

- * Examinations and treatment for illnesses and minor injuries
- * Laboratory tests and medications
- * Allergy injections and immunizations
- * Pelvic exam and Pap test
- * Contraceptives
- * STD and HIV antibody testing
- * Cold self care
- * Referrals to specialists
- * Phone consultations with RN
- * Rehabilitation for students with disabilities

Counseling Services 472-1305

- * Individual counseling for many concerns, including...
 - * Relationships
 - * Depression
 - * Self-esteem
 - * Values clarification
 - * Alcohol and other drugs use
 - * Sexual assault and abuse
 - * Decision-making
 - * Anxiety
 - * Sexual orientation
 - * Stress
- * Group counseling options
- * Consultations with staff
- * Referrals to community agencies
- * Crisis intervention
- * Practicum training site

Wellness Services 472-1300 ext. 2244

- * Lobby Resource Center
- * [Royal Purple](#) articles
- * Bulletin board kits
- * Healthy U newsletter
- * Web site
- * Posters
- * Wellness fairs
- * Educational presentations

Employee Assistance Program 472-1305

- * Confidential assistance and referral for employees with concerns such as:
 - * Stress
 - * Depression
 - * Finances
 - * Alcohol and other drug use
 - * Troubled coworkers
 - * Marriage/family
 - * Health

24-Hour Emergency help:

911 Whitewater Rescue Squad

472-1060 Sexual Assault Response Team
262-741-3200 or 1-800-365-1587 Crisis Line

Specializing in the Unique Needs of College Students

Physical Effects

Males	Females
shrinking of the testicles*	growth of facial hair
reduced sperm count	change in or cessation of the menstrual cycle (periods)
impotence	deepening of the voice*
premature baldness	enlargement of the clitoris*
enlargement of the prostate gland	breast reduction
gynecomastia (breast enlargement)	
difficulty or pain in urinating	

*These effects may be permanent with prolonged use of steroids.

Physical Effects

Both Sexes
severe acne on the face and body
weakened tendons, resulting in tearing or rupture
jaundice
trembling
swelling of the feet or ankles
reduction in HDL, the "good" cholesterol
high blood pressure

In children and young adults, anabolic steroid use can damage the growth areas at the ends of bones, permanently stunting growth.

Psychological Effects

- irritability
- uncontrollable bursts of anger ("Roid Rage") which may lead to violence
- severe mood swings, often leading to depression when steroid use is stopped
- delusions
- impaired judgement stemming from feelings of invincibility
- paranoid jealousy

Long Term Effects

- increased cholesterol level
- high blood pressure
- heart, kidney, and liver disease and/or malfunctions
- increased risk of blood poisoning and infections (e.g. AIDS, hepatitis) from sharing needles
- danger of black market products that may be diluted with other substances, some of which may be toxic.
- infertility

Information from the National Institute on Drug Abuse