



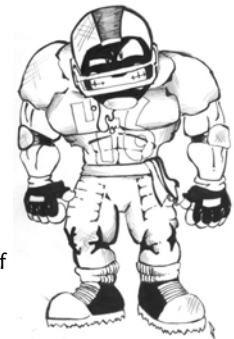
# Steroids

Understanding the dangers of one of America's fastest growing drugs among adolescents

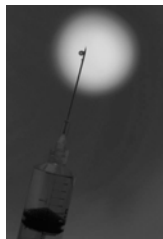
Mauricio Buchner and Jason Chellew

# Steroids

- ☒ What are steroids?
- ☒ Why do people abuse them?
- ☒ Where do you get them?
- ☒ How are steroids taken?
- ☒ Physical and psychological dangers of abusing steroids
- ☒ Decreasing adolescent use of steroids



# What are steroids?



- ☒ Androgenic Anabolic Steroids
- ☒ Synthetically produced testosterone
- ☒ Medical names
  - ☒ Durabolin, Equipoise, Winstrol and Clenbuterol
- ☒ Street Names
  - ☒ Gym candy, roids, pumpers, juice, stackers, and Arnold's

# Why do people abuse steroids?

- ☒ To improve physical performance
- ☒ To gain a competitive edge
- ☒ To become stronger
- ☒ To improve self-esteem
- ☒ To lose weight, burn fat and increase muscle
- ☒ Vanity



# Where do you get steroids?



- ☒ Smuggling in from other countries
- ☒ Stolen from legitimate sources
  - ☒ Vets, inappropriate prescriptions
- ☒ Produced in labs

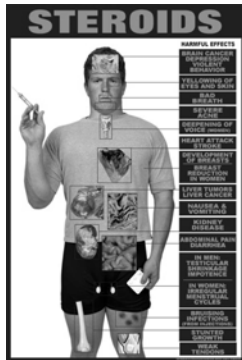


# How are steroids taken?

- ☒ Most common ways:
  - ☒ Injection, pills, pellet under the skin and patches
- ☒ "Stacking" – Taking more than one type of steroid at a time
- ☒ "Cycling" – traditionally 6 to 12 weeks
- ☒ Dosage depends on the needs of the sport
- ☒ Generally, athletes will build to a peak and intake and then taper back down



## Dangers of abusing steroids



- ⊗ Physical:
  - ⊗ Cardiovascular problems
  - ⊗ Liver problems
  - ⊗ Risk of contracting HIV
  - ⊗ Stunted growth
  - ⊗ Severe acne
  - ⊗ Sex-specific:
    - ⊗ Males: atrophy of testicles, breast enlargement, sterility
    - ⊗ Females: masculinizing effects, menstrual irregularities, infertility

## Dangers of abusing steroids

- ⊗ Psychological:
  - ⊗ Increased aggressiveness
  - ⊗ More likely to use other illegal drugs
  - ⊗ Sleep disturbances
  - ⊗ Withdrawal symptoms
  - ⊗ Depression
  - ⊗ Suicide



## Decreasing adolescent use of steroids



- ⊗ Most interventions have been counterproductive. Why?

- ⊗ Scare tactics

- ⊗ Successful programs:
  - ⊗ ATLAS, ATHENA and STUDS

- ⊗ The social-psychological approach

- ⊗ Role of the school psychologist



## Statistics

- ⊗ Highest adolescent user group consists of high school football players
- ⊗ Abuse starts as early as the 7<sup>th</sup> grade
- ⊗ Teenage girls are the fastest-growing user group
- ⊗ Up to 12% of high school athletes use steroids at some point
- ⊗ Since 1991, steroid abuse has doubled among teenagers

## Today in America...

1 million kids are using steroids

**References???**