



**FORWARD
LEEDS**

Steroid Training

Introduction



- Background
 - Legalities
 - How they are used
 - Psychology
 - How they work
 - Side effects
 - Harm reduction
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Background



- Anabolic-androgenic steroids are synthetic compounds, similar in chemical structure to testosterone
 - First made in 1930's taken orally – no noticeable effects
 - Late 1930's new compounds produced that didn't break down as quickly – AAS
 - Large scale manufacture came in late 1940's
 - First confirmed use 1954 Weightlifting Championships in Vienna
 - US physician Dr John Ziegler began experimenting with testosterone
 - Use spread through strength intensive sports and eventually general gym populations
 - Development of PIED market
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How they work and effects



- Anabolic effects – changes in human tissue not involved in reproduction
 - Androgenic – produce the characteristics of men
 - Although researchers have speculated, we still do not know precisely how they work
 - Theories
 - Scientific evidence indicates body can only use a certain amount of AAS
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- Ability to train longer and harder
 - Improved sporting performance
 - Prevention of, and recovery from, injury
 - Increased energy levels
 - Improved appearance
 - Improved self esteem
 - Increased strength
 - Decrease in body fat
 - Increase in size
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There are a number of conditions that steroids are prescribed for legally, these are:

- **Hypogonadism**
 - **Osteoporosis**
 - **Anaemia**
 - **Secondary wasting syndromes**
 - **Male contraception.**
 - **Wound care**
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The reason steroids are used illegally:

- **Competitive athlete**
 - **Body Builders**
 - **Body Image Users**
 - **Occupational Users**
 - **Adolescents**
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Counterfeits

- Check the print on the label of the vial
 - Check the expiry date and batch number on the labels
 - Ensure the packaging is of good quality and complete
 - Check to see that the stopper cannot be turned by hand
 - Check the contents of the vial
 - Look closely at the stopper and the metal covering
 - Ensure all ampoules are identical
 - Do your research
 - Never buy loose tablets or ampoules/vials
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The Law

- Anabolic steroids are Class C drugs to be sold only by pharmacists with a doctor's prescription.
- It's legal to possess or import steroids as long as they're for personal use. Importation or exportation of steroids for personal use can only be carried out in person. Importation or exportation of steroids for personal use using postal, courier or freight services is now illegal.
- Possession or importing with intent to supply (which includes giving them to friends) is illegal and could lead to 14 years in prison and an unlimited fine.

(Frank 2016)

Steroid Forms:

Water Based

Oil based

Tablets

How They are Used



Cycling

Stacking

Dose

- Fluctuations in mood
 - Increased irritability
 - Increased aggression (roid rage)
 - Suspicion
 - Dependence
 - withdrawal
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Side effects



Acne, oily skin and hair, Hair loss, Testicular atrophy, Gynaecomastia

Reduced sperm count, reduction in testosterone production

Prostate problems – prostate gland is a target tissue for steroids. Association between steroid use and prostate cancer in animals. Evidence of enlarged prostate and problems urinating.

Priapism – involuntary erections over long periods, can last days at a time and cause permanent genital tissue damage

Water retention

Permanent Short Posture, in adolescents

Tendon injuries

Liver Cell Changes, kidney damage

Reductions in Good cholesterol (High-Density Lipoprotein) increased bad cholesterol (low-Density Lipoprotein). Increased risk of heart disease. Increased risk of stroke due to the build up of fatty deposits in the arteries

High blood pressure, blood clots, Aggression, Irritability, Insomnia

Infections and Risk of catching BBV's

Some of these are reversible if steroid is stopped but not all.

Additional side effects for women.

Deepening of the voice

Excess body hair growth

Reduction in breast size and body fat

Enlarged Clitoris

Male pattern baldness

Effects menstrual cycle

Harm reduction



NSP/Pharmacy NSP

Steroid clinics to educate and prevent bad practice - SNAP

BBV advice, Get regular blood test (LFT, test, estrogen etc)

PCT

Always cycle and have rest periods

Avoid high doses and extreme stacking (avoid other regimes)

Avoid recreational drug and alcohol use

Be aware of side effects, at first sign stop course and seek medical advice

Spend time on nutrition, sleep and training

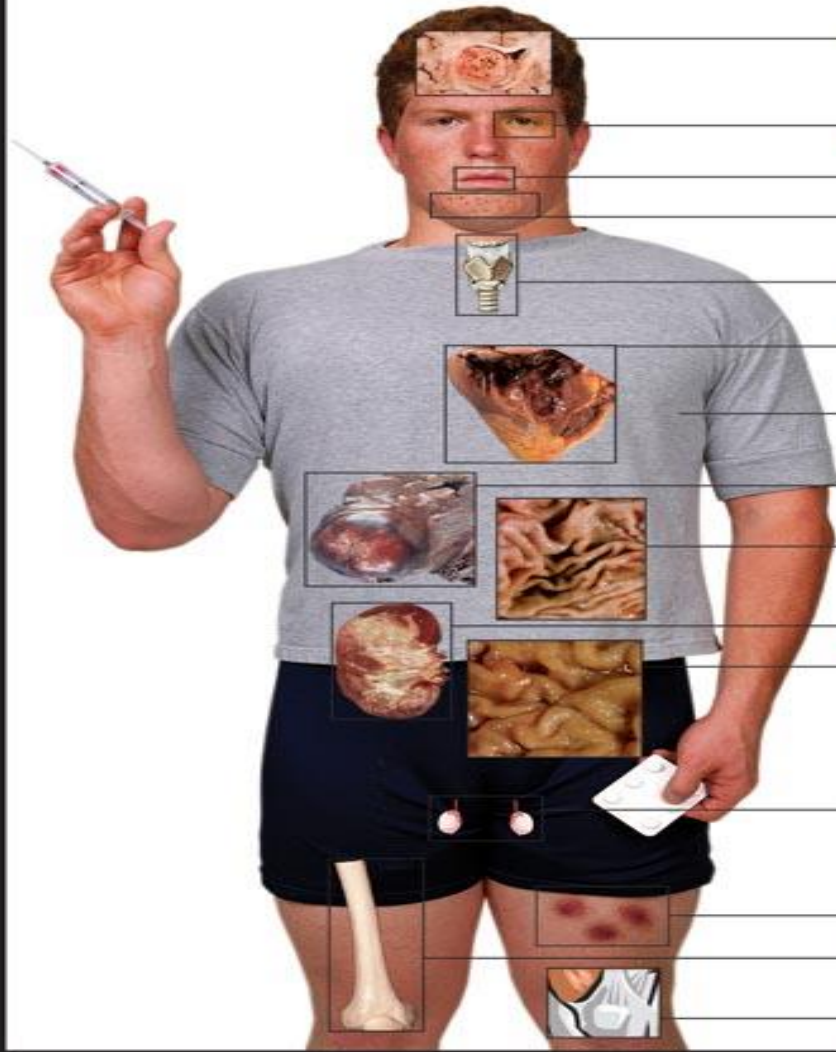
Addictive

Withdrawal

Medical Advice

STEREROIDS

**FORWARD
LEEDS**



HARMFUL EFFECTS

**BRAIN CANCER
DEPRESSION
VIOLENT
BEHAVIOR**

**YELLOWING OF
EYES AND SKIN**

**BAD
BREATH**

**SEVERE
ACNE**

**DEEPENING OF
VOICE (WOMEN)**

**HEART ATTACK
STROKE**

**DEVELOPMENT
OF BREASTS**

**BREAST
REDUCTION
IN WOMEN**

**LIVER TUMORS
LIVER CANCER**

**NAUSEA &
VOMITING**

**KIDNEY
DISEASE**

**ABDOMINAL PAIN
DIARRHEA**

**IN MEN:
TESTICULAR
SHRINKAGE
IMPOTENCE**

**IN WOMEN:
IRREGULAR
MENSTRUAL
CYCLES**

**BRUISING
INFECTIONS
(FROM INJECTIONS)**

**STUNTED
GROWTH**

**WEAK
TENDONS**