

STEROIDS “JUICE”



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THE FACTS

STERIODS – THE FACTS

Steroids are a manufactured form of testosterone. Steroids can be taken orally or can be injected (through needles). Most people using steroids inject them. Using steroids alone will not get you that muscular look. You still have to do strict work outs and stick to a healthy diet.

In men and women testosterone is responsible for protein and red blood cell production. Red blood cells carry oxygen to your cells and repair tissues. It also increases the appearance of secondary male sex characteristics such as hair growth, deepening voice, activity of sweat glands, increased aggression and sexual behaviour.

Under normal conditions the male body produces from 2.5 to 11 mg of testosterone a day and the female body produces 0.25 mg per day. In males, testosterone production peaks during puberty and starts to decline by about age 23.

STRENGTH

Steroids combined with a strict work out schedule are used to increase strength, muscle mass, reduce recovery time and increase the intensity of training sessions.

SOME HARM REDUCTION STRATEGIES

Bodybuilders often use too much juice (street name for steroids). What your body doesn't use, just ends up going down the toilet. You are peeing your money away. But more importantly, if you are using too much juice, you are putting extra stress on your kidneys, liver and heart.

More is not better – To find the right dose for you, start small and build up. Have your doctor monitor your kidney and liver functions. There are no magical numbers when it comes to the correct amount of juice. Most people try and figure out what might work for them by asking others how much they use.

You can't juice for life – It is important to cycle your steroids (e.g., three months on, three months or longer of f).

RISKS OF INJECTING

- Abscess: an area of infection around the injection site
- Cellulitis: a painful inflammation of the skin that spreads
- Hitting a nerve
- The injection site may become sore and irritated
- Hepatitis B, Hepatitis C and HIV from contact with infected blood through needle sharing or sharing steroid vials. Consider getting vaccinated against Hepatitis B
- Enlargement of the heart muscle
- Possibility of physical dependence leading to withdrawal symptoms (e.g., fever, sweats)
- Psychological dependence

**Never share your injection equipment or vials,
you could transmit HIV and Hepatitis**

POSSIBLE SIDE EFFECTS

Most of the risks involved are dependent on the dose of the steroid used. The general rule is, the higher the dose, the greater the side effects.

- Acne, aggression and depression
- Fluid retention, which can lead to, increased blood pressure (hypertension)
- Liver damage which is mostly associated with oral preparations
- Kidney damage due to the extra work that must be done to process the steroid and the extra fluid
- Increased blood pressure (you might get headaches)
- Decreased cardiovascular health
- Stunted growth if taken during adolescence
- Enlargement of heart muscle

MALE SIDE EFFECTS

- Increased size of prostate gland
- Increase in male pattern baldness
- Shrinkage of the testicles and decreased sperm production
- Gynecomastia (growing breasts)

FEMALE SIDE EFFECTS

- Virilization (the development of male characteristics such as deepening of the voice, hair loss, increased body hair, increased clitoris size, menstrual irregularities)
- Uterine atrophy (wasting away) and birth defects of children due to the high level of male hormone
- Increased risk of osteoporosis (bone loss)

OUTCOMES OF STEROID USE

- Increased muscle mass
- Increased muscle strength
- May prevent injury by strengthening other muscles
- Increased metabolic rates means you can eat more
- Possible better body image

HARM REDUCTION

1. It is not advisable to cycle with multiple steroid types.
Try one type of steroid at a time for a minimum of one month and see how your body reacts
2. Do not share needles or vials
3. Do not re-use needles, even on yourself
4. If you are sharing a vial, never put a syringe that has been used back in that same vial

DIFFERENCE BETWEEN STREET AND PRESCRIPTION STEROIDS

STREET

Substances not monitored
Often you may not be getting what you want

Concentrations not monitored i.e. preparations could be diluted or strong enough to cause an overdose

Difficult to tell whether product is a fake

Easy to find

PRESCRIBED

Substances are monitored

Concentrations are monitored

Products have not been tampered with

Harder to get a prescription
Costs more than street

REFERENCES

Llewellyn, William (2000) *Anabolic Steroid Reference Manual*, Anabolic.Com Inc., Aurora, Ontario.

We would like to thank
Julie Globus
for content assistance

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The Works offers:

- Needles
- Condoms
- Information about safer injection
- Methadone
- Testing for HIV, Hepatitis and Syphilis
- Counselling
- Referrals to drug treatment & detox
- Vaccines for Hepatitis B and flu

For more information call us at:

416-392-0520

www.city.toronto.on.ca/health

Toronto Public Health

277 Victoria Street, Main Floor, Toronto
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