

D-2K

ANABOLIC STEROIDS FACTFILE

KNOW IT Trade names include: Anavar, Deca-Durabolin, Dianabol, Nandrolone, Sustanon, Stanozolol 250.

Users often refer to them simply as 'roids'.

Anabolic steroids are similar to, and include, the male hormone, testosterone.

Don't confuse them with the type of steroids used to treat eczema or asthma.

Some body builders and sports people use them, as well as people who think use will improve their body image.

Other drugs used in sport can also be dangerous. These include EPO, Creatine and growth hormone.

Some anabolic steroids can be swallowed, but many need to be injected.

THE LAW Anabolic steroids can only be sold lawfully by a pharmacist to someone with a doctor's prescription.

Possession for personal use without a prescription is not illegal

Supply (giving or selling them to another person) is against the law, and Class C penalties apply.

The maximum penalty for supply of a Class C drug is 5 years prison and/or a fine.

If you have a drugs record, it can be difficult to get a visa to travel to some countries.

A drugs record can cause serious problems at home and school, and could affect job prospects.

**national
drugs
helpline**
0800 77 66 00

Use in sports is prohibited. A positive test for drugs can ruin a sporting career.

The information given here is general. If specific legal advice is required, please consult a solicitor.

EFFECTS Users claim steroids make them feel more aggressive and able to train harder.

With exercise, anabolic steroids can help build up muscle.

Anabolic steroids help users recover from strenuous exercise.

RISKS Inexpert injecting is very dangerous and can cause serious harm or even kill.

Sharing injecting equipment puts users at risk of dangerous infections like HIV and hepatitis.

Taking anabolic steroids carries many health risks and can stop young people from growing properly.

Risks for MEN include: erection problems, breast growth, shrinking testicles, reduced sperm.

Risks for WOMEN include: growth of facial hair, deepening voice, shrinking breasts, messed-up menstrual cycle. The drug can affect the foetus if the user is pregnant.

Men and women both risk acne, liver disease, sterility and a narrowing of the blood vessels which can increase the risk of heart attack.