

SUBSTANCE MISUSE EDUCATION AND PREVENTION

ANABOLIC STEROIDS

also known as: **ROIDS, IRON BREW, SUSTANON 250, DECA-DURABOLIN, DIANABOL, ANAVAR, STANOZOLOL**



Protecting and Reassuring



Amddiffyn a Thawelu Meddwl

WHAT IS IT?

Anabolic steroids are a manmade form of the male hormone, testosterone.

They have sometimes been used in medicines, and come in tablets which are swallowed, or liquid which is injected.

There are 15 anabolic steroids, testosterone like products which are to be controlled as Class 'C' drugs, along with two growth providers.

Anabolic steroids are not the same as the corti-costeroids used to treat asthma, eczema and skin inflammation.

WHAT THE LAW SAYS:

Anabolic Steroids are Class 'C' Drugs to be sold only by pharmacists with a doctor's prescription.

It is legal to possess or import steroids as long as they are for personal use.

However, possession or importing with the intent to supply (which includes giving them to friends) is illegal and could lead to 14-years in prison and an unlimited fine.



THE EFFECTS:

- Some body builders and athletes use anabolic steroids to help build up their muscles and make them able to train harder.

THE RISKS:

- If you start taking steroids when you are young, it can stop you from growing and developing properly.
- Steroids can cause men to develop breasts and can cause erection and testicle problems and severe acne. It can also affect fertility as well as increase the chances of having a heart attack and liver damage.
- Steroids can cause women to develop facial hair and have a deeper voice. It can also make your breasts shrink and cause period problems. It is extremely risky to take steroids if you are pregnant as it could affect your baby.
- Steroids can make you more aggressive.
- They can cause short-term mental health problems such as mood swings, sleep problems and paranoia.
- Steroids are psychologically addictive and withdrawal can be very difficult.
- Injecting can damage veins and cause gangrene.
- Sharing needles or equipment puts you at risk of dangerous infections like hepatitis or HIV / AIDS.
- A positive test for steroids can destroy a sporting career.

PLAY IT SAFE:

Drugs can severely damage your physical and mental health. They can get you into trouble with the law and even kill you. But if you do decide to use drugs, reduce the risks by finding out as much as you can about the effects, risks, etc, and then decide if it is really worth it.

If you do decide to use drugs, keep these points in mind:

- If you're dancing wear light clothing.
- The smaller you are the less drugs you need to get the same effect, but where you are and the mood you are in will also affect the way you'll react.
- Don't score off strangers; poor quality drugs can give you bad trips.
- Mixing drugs and alcohol can be fatal.
- Never drive if you have had drugs.
- Always carry a condom; never risk unprotected sex.



FIRST AID

If your mate collapses, call 999

Get help to put them into the recovery position

Tell the medics what they have taken

IT COULD SAVE THEIR LIFE

(N.B. Police do not automatically attend all cases of overdose which are reported to the ambulance service)

**PAN FYDD YN LLAI
PWYSIG NA 999**



101

**WHEN IT'S LESS
URGENT THAN 999**