

# STEROIDS: NOT IN MY GAME PLAN!

Parents and friends of athletes need to be alert to possible steroid use. Anabolic steroids help build muscle tissue and increase body mass by acting like the body's natural male hormone, testosterone. Athletes and non-athletes in high schools and middle schools are using steroids in increasing numbers. More and more females are putting themselves at risk by using these drugs.

## KNOW THE SIGNS

- Sudden increase in strength and muscle size
- Severe mood swings
- Rage
- Bad breath
- Acne on face and back
- Unaccountable bottles of pills, liquid or syringes



**SLANG**  
 Juice, Arnolds,  
 Shotgunning,  
 Stacking, Roids rage

## SERIOUS HEALTH PROBLEMS

- High blood pressure & heart disease
- Liver damage & cancers
- Stroke & blood clots
- Urinary & bowel problems
- Headaches, aching joints & muscle cramps

**STEROIDS will not improve an athlete's ability.**

## SUPPLEMENTS

Recently over-the counter supplements like creatine and rostenedione have become popular. Although these supplements are not steroids, the manufacturers promote their use to build muscles and improve strength and stamina, without the side effects of steroids. These supplements are not regulated by the Food and Drug Administration and may be unsafe! Their use, like steroid use, is banned by the NCAA, NFL and IOC.

**Anabolic steroids, even in small doses have been shown to stop bone growth.**

Using steroids is a form of cheating and interferes with fair competition. Parents, encourage your student athlete to:

- Train safely without using drugs
- Eat a healthy diet
- Get plenty of rest
- Set realistic goals and be proud of reaching them
- Seek out training supervision, coaching and advice from a reliable professional:
  - A.T.L.A.S. and A.T.H.E.N.A. (healthful nutrition and strength-training alternatives to performance-enhancing drugs) are part of the instructional programs in FCPS Strength Training classes
- Avoid injuries by playing safely and using protective gear.

**Adolescents may be at risk for becoming dependent on steroids.**