

Laws and penalties for anabolic steroid abuse (cont'd)

an individual's first drug offense. The maximum penalty for trafficking is five years in prison and a fine of \$250,000 if this is the individual's first felony drug offense. If this is the second felony drug offense, the maximum period of imprisonment and the maximum fine both double. The period of imprisonment and the amount of fine are enhanced if the offense involves the distribution of an anabolic steroid and a masking agent or if the distribution is to an athlete. In addition, enhanced penalties exist for any athletic coach who uses his/her position to influence an athlete to use an anabolic steroid. While the above listed penalties are for federal offenses, individual states have also implemented fines and penalties for illegal use of anabolic steroids.

The International Olympic Committee (IOC), National Collegiate Athletic Association (NCAA), and many professional sports leagues (e.g. Major League Baseball, National Basketball Association, National Football League, and National Hockey League) have banned the use of steroids by athletes, both because of their potential dangerous side effects and they give the user an unfair advantage. The IOC and professional sports leagues use urine testing to detect steroid use both in and out of competition.

What can you do to help a friend who is abusing steroids?

The most important aspect to curtailing abuse is education concerning dangerous and harmful side effects and symptoms of abuse. Athletes and others must understand they can excel in sports and have a great body without steroids. They should focus on a proper diet, rest, and good overall mental and physical health. These are all factors in how the body is shaped and conditioned. Millions of people have excelled in sports and look great without steroids. For additional information on steroids please see our website at www.DEAdiversion.usdoj.gov

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ANABOLIC STEROIDS

HIDDEN DANGERS



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What are anabolic steroids?

Anabolic steroids are synthetic substances produced in a laboratory, whose chemical structure is similar to that of the male hormone testosterone. The synthetic hormones promote the storage of protein and the growth of muscle tissue. Both males and females have testosterone produced in their bodies: males in the testes, and females in the ovaries and other tissues. The full name for this class of drugs is androgenic (promoting masculine characteristics) anabolic (tissue building) steroids (the class of drugs). Some of the common street (slang) names for anabolic steroids include arnolds, gym candy, pumpers, roids, stackers, weight trainers, and juice.

Why do young people misuse steroids?

Anabolic steroids are primarily used by bodybuilders, athletes, and fitness "buffs" who claim steroids give them a competitive advantage or improve their physical performance. Steroids are purported to increase lean body mass, strength and aggressiveness. As a result, young people take steroids to increase their muscle size and strength and to reduce body fat which they believe improves personal appearance. For some young people appearance is the key to life.

Where do you get steroids?

Doctors may prescribe steroids to patients for legitimate medical purposes such as loss of function of testicles, breast cancer, low red blood cell count, delayed puberty or debilitated states resulting from surgery or sickness. Veterinarians administer steroids to animals (e.g. cats, cattle, dogs, and horses) for legitimate purposes such as to promote feed efficiency, and to improve weight gain, vigor, and hair coat. They are also

used in veterinary practice to treat anemia and counteract tissue breakdown during illness and trauma. The most common source of illegal steroids in the United States are smuggled products from foreign countries. Less often steroids found in the illicit market are diverted from legitimate sources (e.g. thefts or inappropriate prescribing) or produced in clandestine laboratories.

How are steroids taken?

Anabolic steroids dispensed for legitimate medical purposes are administered several ways including injection into the muscles or under the skin, by mouth, pellet implantation under the skin and by application to the skin (e.g. gels or patches). These same routes are used for purposes of abusing steroids, with injection and oral administration being the most common. The length of time that steroids or their metabolites stay in the body varies from a couple of days to more than 12 months.

Side Effects

For Guys	For Girls
<ul style="list-style-type: none">• Baldness• Development of breasts• Painful erections• Shrinkage of testicles• Loss of function of testicles	<ul style="list-style-type: none">• Growth of facial and body hair• Deepened voice• Breast reduction• Enlarged clitoris• Menstrual irregularities
For Both	
<ul style="list-style-type: none">• Acne• Jaundice (yellowing of the skin)• Swelling – Fluid retention• Stunted growth (close the growth plates in the long bones and permanently stunt their growth)	<ul style="list-style-type: none">• Increase in bad cholesterol levels• Decrease in good cholesterol levels• Mood swings• Increase in feelings of hostility• Increase in aggressive behavior

Physical & Psychological dangers

Steroid users are vulnerable to physical and psychological side effects, many of which are irreversible in women. The short-term adverse physical effects of anabolic steroid abuse are fairly well known. However, the long-term adverse physical effects of anabolic steroid abuse have not been studied and are not known.

Laws and penalties for anabolic steroid abuse

Anabolic steroids as a class of drugs were placed in Schedule III of the Controlled Substances Act (CSA) as of February 27, 1991. The possession or sale of anabolic steroids without a valid prescription is illegal. Simple possession of illicitly obtained anabolic steroids carries a maximum penalty up to one year in prison and a minimum fine of \$1,000 if this is