



Patterns of Use 04

Safety 1st 06

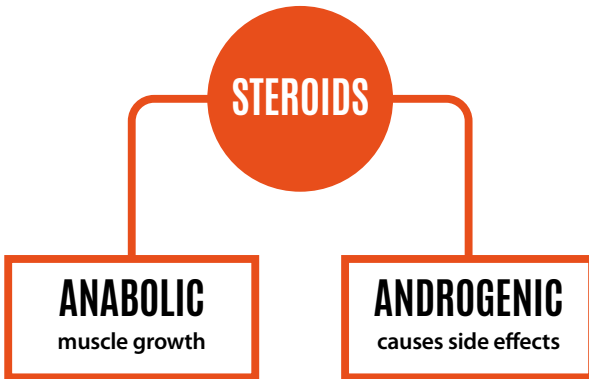
Health Advice 13

Steroid Storage 15

WHAT ARE STEROIDS?

Steroids are a man made version of the male hormone Testosterone and they can stimulate muscle growth.

All steroids have two parts to them – anabolic and androgenic.





PATTERNS OF USE



CYCLING

Taking multiple doses of steroids over a specific period of time, stopping for a period, and starting again. (6 – 16 weeks are common cycles)



STACKING

Combining several different types of steroids in a process known as “stacking” meaning two or more different anabolic steroids, mixing oral and/or injectable types.



PYRAMIDING

This is a process in which users slowly escalate steroid abuse (increasing the number of steroids or the dose and frequency of one or more steroids used at one time), reaching a peak amount at mid-cycle and gradually tapering the dose toward the end of the cycle. Cycles of 6 to 12 weeks are common.





SAFE AREAS TO INJECT

BUTT

The glutes (the butt) is a common site to inject into as it is a large deep muscle, with fewer nerve endings. When we inject into the glute, we want to inject into the upper outer region of the muscle, as this has the least amount of nerves and blood vessels.

The glute injection can be difficult as it requires you to twist around to inject, but this is usually something you can get used to, and will likely find your own ways to make it easier as you become more experienced with injecting. A way to help you doing this is to use a big mirror to watch yourself in, if it helps.

The bigger you are the more likely you will have more muscle and fat and therefore simply may lack the rotation to inject yourself. If this is the case use the quads.



Do not inject more than 3mls and only use 2mls if the muscle is less developed. Use a 23g 1¼" (long blue needle).





Use a 23g or 1" or 1¼" needle (short or long blue). Do not inject more than 3mls and only use 2mls if the muscle is less developed.

QUADS (THIGHS)

The thigh is a site that many people like to use as it is obviously very simple to execute as you can use both hands and the site is right in front of you. A great thing about the thigh is, if you're stacking, you can rotate between Thigh and Gluteus, to avoid pinning the same area.



DELTOIDS

The deltoid (shoulder) is another option for injections. Inject into the thickest and central region of the deltoid, above the level of the armpit, in the lateral head.

This should be as a last resort as this is a smaller muscle and a higher risk of nerve damage.



Use a maximum injection of 2mls however 1 ml is recommended for less developed muscles. 23g 1" needle. (blue)



RISKY SITES TO INJECT



Do not inject **directly into the Bicep**



Do not inject **anywhere near the spine**



Do not inject **anywhere on your back or neck**

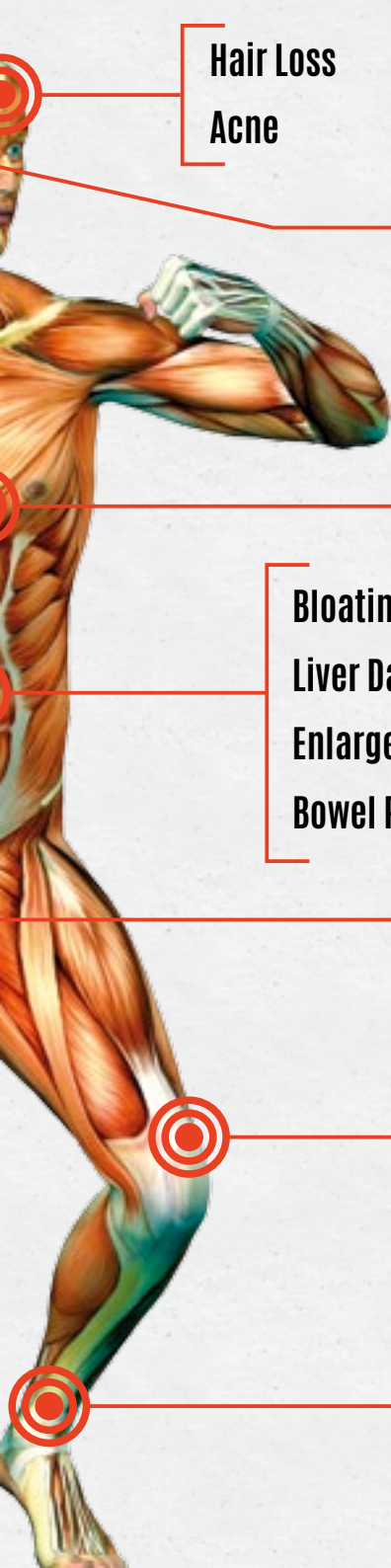


Do not inject **directly into the Calf**



WHAT'S THE WORST THAT CAN HAPPEN?





Hair Loss

Acne

Depression

Paranoia

Mood Swings

Aggressive Behaviour (Roid Rage)

Development of Breasts

Risk of Heart Attack and Stroke

Bloating

Liver Damage

Enlarged Prostate

Bowel Problems

Shrinking of Testicles

Impotence

Urinary Problems

Aching Joints

Stunted Growth

Increased Hair Growth on Body

Weak Tendons

Yellowing of Skin

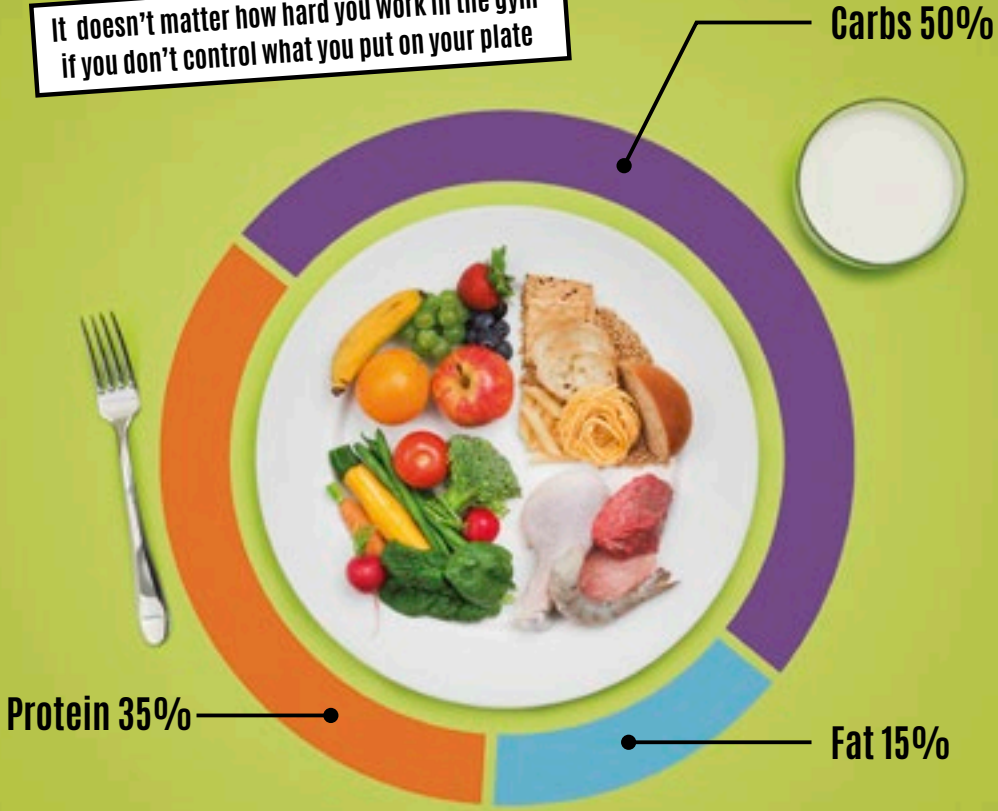
HARM REDUCTION ADVICE



- Always use **new**, sterile injecting equipment. Never share as you carry the risk of BBVs such as Hepatitis and HIV.
- Only inject into the muscle **never** the vein.
- Use the smallest dose of steroids (do not adopt other users' regimes). Don't inject more than 2mls of fluid into one muscle area at a time. **Use a new needle for each injection.**
- Only insert the **needle ¾ of the way** into the muscle so it can be removed easy if it snaps.
- **Know how to inject safely.**
- Use a clean space and have your **equipment ready.**
- **Clean the site** with soapy water or an alcohol swab.
- Draw up steroids into the syringe **(blue or green syringe for injecting).**
- Remove any **bubbles** prior to injecting.
- **Stretch skin** of injecting site with your finger and thumb.
- Hold the **syringe like a dart** and inject into the skin at a right angle.
- Release the skin.
- Pull back on plunger a little (make sure there is no blood in the syringe). **Take your time and inject slowly.**
- Dispose of all equipment safely **(sharps bin).**
- Apply pressure with **cotton wool for 5 – 10 seconds.**

LOOK AFTER YOUR HEALTH

It doesn't matter how hard you work in the gym if you don't control what you put on your plate



Spend adequate time on **training, nutrition** and **sleep**.



Know the dangers of recreational drug use (drink, coke, tablets) and how this may increase the risks associated with steroids.

OTHER ADVICE

- Be aware of **side effects**. At the first sign of them, discontinue use and seek medical advice.
- If you need to take drugs to treat the side effects of your steroid use, it means your **dose of steroids is too high**.
- Inform your GP (and any other health practitioner) of your anabolic steroid use and take advantage of any **health monitoring** that is available.
- Be aware that **oral steroids are harder on the liver** than injectable ones.
- **Limit the length** of "on cycles".
- Be aware of counterfeit drugs: **80% - 90% of steroids in Ireland are counterfeit** or underground

Just because you have read something about steroid use on the internet or from a magazine (or heard it from another user) **doesn't necessarily mean it's true!**

KNOW WHAT YOU ARE BUYING and FROM WHO

Put the work in - it will take longer but you will get there. If results are too good to be true then they are!

DO NOT USE STEROIDS IF YOU ARE UNDER 21 YEARS OLD



Enhancements for short time. Risks and effects are for life.



SAFE STORAGE OF STERIODS

- Oil based steroids should **not be refrigerated** as this will cause the solution to become thick and difficult to administer.
- Most other powder form hormones and all dissolved solutions (powder, water, mixture) should be stored in a **refrigerator in a sealed container away from food**.
- **Mixed solution should be refrigerated** and used within a few days. If you want to keep the product longer, consider using bacteriostatic water instead of sterile water amps. (*bacteriostatic water is available from your pharmacy*)





Needle exchange and safer
injecting advice available from:

CASP

Muriel Boothman Centre
Ballyowen Meadows
Fonthill Road
Clondalkin
Dublin 22

Times

Mon – Thursday 10-3 pm
Monday and Wednesday
evenings 6.30 – 8.30 pm

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