

Steroids

Steroid Info:

Steroids are drugs that mimic certain hormones in the human body. Steroids can change how the body works and develops. There are **two types** of steroids—**anabolic** and **corticosteroids**. Anabolic steroids are commonly misused by those wanting to build muscle mass and should not be confused with corticosteroids used medically for conditions such as asthma. Anabolic steroids are **synthetic drugs** with some of the same effects as the male hormone **testosterone**, they can come in **tablet, capsule or liquid form**. They can increase endurance and performance, and can stimulate muscle growth. In Ireland, steroids are **prescription only drugs**. Purchasing steroids without prescription is illegal. Anabolic steroids are **addictive** and users can experience with-drawl.



Anavar:

Anavar is a trademarked name for the anabolic steroid **Oxandrolone**, also called **Oxandrin**. Anavar is one of the most commonly used oral steroids. It can come in tablet, capsule or liquid form. Anavar can **suppress** the body's normal **production of testosterone**. This can effect the functioning of the testicles and result in testicular atrophy (**shrinking of the testicles**). Anavar is **particularly risky** if taken by people with diabetes, kidney or liver disease, or anyone taking other medications. Anavar has been linked to **Peliosis Hepatis** (blood filled cysts in the liver).



D-Ball

D-Ball is a steroid sometimes called **Averbol**, **Dianabol** or **Danabol**. The drug is **Methandrostenolone**. It can come in tablet, capsule and liquid form. D-Ball is a **strong steroid** (stronger than Anavar) and can have harmful effects even with short term use. D-Ball comes with all the **same risks** as using other anabolic steroids.

Human Growth Hormone (HGH)

HGH or GH is a complex synthetic hormone that stimulates body growth. It can come in capsule, tablet or liquid form. When injected it can cause inflammation around the injecting site. Side effects of HGH use can include **nerve, muscle and joint pain, skin numbness or tingling sensations, and high cholesterol**. HGH can cause abnormal bone growth—notably in the forehead and jaw, and can cause splaying of teeth.

What's in a name?

One of the biggest risks with buying any illegal drug is **not knowing what is actually in the drug**. With any illegal or counterfeit drug there is **no quality control**, so you never know what you are really taking. It may say Anavar on the packet but if its counterfeit, **there is no guarantee it is Anavar**.

Risks:

Misusing steroids carries a **variety of risks**. For young people, steroids can **affect normal body development**, in some cases, stopping normal growth. For **males**, regular use can lead to **erection problems, low sperm count, growing of breasts and loss of hair**. For **females**, steroids can increase facial hair, **deepen your voice, shrink the breasts** and cause **problems with your menstrual cycle**. For males and females, steroids can cause **acne** and mood **changes**. Long term use of steroids have been linked to **tumours** and **liver failure**. Steroids taken orally can cause extreme liver damage. Regular steroid users are more likely to experience **high blood pressure** and **problems sleeping**. Injecting steroids can **damage veins**, cause **ulcers** and **gangrene**. Sharing needles can increase the risk of contracting **HIV, Hepatitis C** and **other infections**.

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Work Out Supplements

Pre-work Outs

Are supplements intended to be taken before exercise, they can come in liquid or powder form. Ingredients vary but most contain **caffeine**; some products can contain the equivalent caffeine as 2-4 espressos per serving of pre-workout. Pre-work outs can contain other ingredients, such as, **Beta Alanine** which can cause tingling sensations. Many of these products contain warnings they are only intended to be consumed by healthy **adults** and not young people or children. Any product containing high doses of caffeine can cause dehydration, therefore anyone using these supplements should make sure to **drink lots of water** and not consume any other caffeine products.



Post-work Outs

Are supplements that are intended to be taken after exercise, and can come in powder or liquid form. Most contain **amino acids** and **protein**, however, many contain high levels of **caffeine**. In such cases the caffeine content can be equivalent to 3-5 espressos per serving. Other post-work outs contain Green Tea Extract (GTE) which is high in anti-oxidants, however, in some rare occasions high levels of GTE have been linked to acute liver failure. Post-work outs can also contain **Beta Alanine**. Many post-workouts contain warnings they are only intended to be consumed by healthy **adults** and not young people or children, and they shouldn't be consumed after 5pm. Some **post-work drinks** are very **high in calories**, many containing the equivalent amount of calories as a Mars bar per serving scoop of powder.



Fat Burners

Fat burners are supplements that allegedly assist weight loss. They can come in capsule and powder form. Ingredients vary but most contain high doses of **caffeine** or **Guarana** (which also contains caffeine). Some fat burners contain vitamins and minerals. Others can contain **p-Synephrine** a stimulant that functions like adrenaline. P-Synephrine can **raise pulse rate** and in high doses cause **nausea** and **vomiting**. Some fat burners contain **Yohimbine** an extract from a tree found in Central Africa, which is used as a treatment for erectile dysfunction. **Yohimbine** may increase heart rate and cause other side effects. Most of these products **come with warnings** that they are only for **adult consumption** and that they should not be consumed along side other caffeine products, stimulants or alcohol.



Testosterone Boosters

Testosterone Boosters are intended to increase testosterone production and can come in capsule, tablet or powder form. **Ingredients vary significantly** across different products, with some containing vitamins and minerals and other contain more obscure and lesser known substances. Some products, such as '**ZMA JYM**' **contain warnings** they contain chemicals known to **cause cancer and birth defects or reproductive harm**. Others state they are not suitable for under 18s and to consult a doctor before use. Many recommend taking in cycles, and **should not be taken continuously**. Some products contain **Tribulus**, an extract from the plant known as '**Puncture Vine**' which allegedly increases testosterone in humans, however, there is no credible evidence as yet to prove this.



Protein

Protein supplements usually come in powder form and are often mixed with water to form a shake-like drink. A typical scoop of protein supplement would contain about 48% of an adults daily protein requirements. Protein supplements can be **high in cholesterol**. Some of the risks with taking protein supplements are that products **can contain undisclosed ingredients**, one example is a supplement called "**Craze**". It was sold in the U.S.A. and tested positive for an amphetamine-like compound. Excessive protein can put **kidneys under pressure** and result in **flatulence**. It is advised to avoid using protein supplement if you are lactose intolerant.



Whey

Whey is a liquid that remains after milk has curdled (gone off) and has been strained. It is a by-product from making cheese. Whey is rich in **protein**. Whey supplements come in powder form. A single scoop of whey powder can contain anywhere between **120 to 200 calories**. Some whey powders also contain **caffeine**, others contain **Ginseng** and/or **Guarana**. It is advised to avoid using whey supplements if you are lactose intolerant.

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*NB - Stacking products can increase the possibility of side-effects.