

## **Anabolic-Androgenic steroids (AAS)**

Anabolic steroids -- or more precisely, anabolic-androgenic steroids -- are the synthetic derivatives of the naturally occurring male anabolic hormone testosterone. Testosterone's natural androgenic effects trigger the maturing of the male reproductive system in puberty, including the growth of body hair and the deepening of the voice. The hormone's anabolic effect helps the body retain dietary protein, which aids in the development of muscles.

### **Who takes anabolic steroids and why?**

Some people, both athletes and non-athletes, abuse AAS in an attempt to enhance performance and/or improve physical appearance.

### **Adverse Effects of AAS**

**Steroid abuse can lead to serious, even irreversible health problems.** Some of the most dangerous among these include:

- ❖ Liver damage
- ❖ Fluid retention
- ❖ High blood pressure
- ❖ Increases in LDL ("bad" cholesterol); and decreases in HDL ("good" cholesterol)
- ❖ Renal failure
- ❖ Severe acne
- ❖ Trembling and some gender- and age-specific adverse effects

For adolescents adverse effects result in stunted growth due to premature skeletal maturation and accelerated puberty changes; risk of not reaching expected height if AAS is taken before the typical adolescent growth spurt.

### **Behavioral side effects of AAS**

- severe mood swings.
- depression or extreme irritability.
- outright aggression commonly called "roid rage."

<http://espn.go.com/special/s/drugsandsports/>

## *Do You Know That ?*

From the age of thirty, humans gradually begin to shrink in the size of the skeleton.

When you sneeze, all your bodily functions stop - even your heart.

You burn more calories sleeping than you do watching T.V.

Read more: [Amazing Medical Facts of the Body](http://www.medindia.net/facts/index.asp?page=3#ixzz12ntCX44r)  
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