

STEROIDS: NOT IN MY GAME PLAN!

Parents and friends of athletes need to be alert to possible steroid abuse. Anabolic steroids and HGH (human growth hormones) have extremely alarming and harmful side-effects, especially during adolescence. All hormonal based supplements and their precursors are considered banned substances by the NCAA, NFL and IOC. Studies show that steroid/HGH abuse by athletes in high schools and middle schools are increasing. More and more females are putting themselves at risk by using these drugs as well.

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

- Heart disease and high blood pressure
- Liver, prostate and kidney cancer
- Stroke & blood clots
- Urinary & bowel problems
- Tendon, ligament and muscle damage
- Breast growth for males
- Shrinking of the testicles
- Stunted growth
- Baldness

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!

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.



For steroid abuse treatment:
 Frederick County Health Dept. Substance Abuse Division
 301-631-3293

For more info:
www.steroidabuse.gov
www.drugfree.org