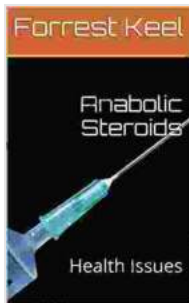


# Anabolic Steroids: The Real Risks and Benefits



## Anabolic Steroids: Health Issues by Forrest Keel

★★★★★ 5 out of 5

Language	: English
File size	: 1110 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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## What are anabolic steroids?

Anabolic steroids are synthetic substances that are similar to the male hormone testosterone. They are used to increase muscle mass and strength, and they can also have other effects on the body, such as increasing red blood cell production and decreasing body fat.

Anabolic steroids are typically taken orally or injected into the muscle. They are available in both prescription and non-prescription forms. Prescription anabolic steroids are used to treat a variety of medical conditions, such as muscle wasting diseases and delayed puberty. Non-prescription anabolic steroids are often used by athletes and bodybuilders to improve their performance.

## How do anabolic steroids work?

Anabolic steroids work by binding to androgen receptors in the body. These receptors are found in a variety of tissues, including muscle, bone, and fat. When anabolic steroids bind to these receptors, they trigger a series of changes that lead to increased muscle mass and strength.

Anabolic steroids can also have other effects on the body, such as:

\* Increasing red blood cell production \* Decreasing body fat \* Stimulating the growth of facial and body hair \* Deepening the voice \* Increasing aggression

### **What are the risks of anabolic steroids?**

Anabolic steroids can have a number of serious health risks, including:

\* Liver damage \* Heart disease \* Cancer \* Stroke \* Blood clots \* Acne \* Hair loss \* Shrinking testicles \* Infertility \* Mood swings \* Aggression

The risks of anabolic steroids are greater the higher the dose and the longer they are used.

### **What are the benefits of anabolic steroids?**

Anabolic steroids can have a number of benefits, including:

\* Increased muscle mass and strength \* Improved athletic performance \* Reduced body fat \* Increased red blood cell production \* Stimulated growth of facial and body hair \* Deepened voice

Anabolic steroids can be beneficial for people who are trying to gain muscle mass or improve their athletic performance. However, it is important to be

aware of the risks before using anabolic steroids.

## Are anabolic steroids legal?

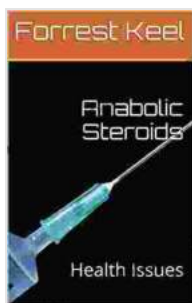
Anabolic steroids are illegal in most countries without a prescription. In the United States, anabolic steroids are classified as Schedule III controlled substances. This means that they have a high potential for abuse and can only be prescribed by a doctor.

## What should I do if I am considering using anabolic steroids?

If you are considering using anabolic steroids, it is important to talk to your doctor. Your doctor can help you assess the risks and benefits of anabolic steroids and determine if they are right for you.

If you do decide to use anabolic steroids, it is important to use them safely. This means following your doctor's instructions carefully and taking the lowest dose possible for the shortest amount of time.

Anabolic steroids can be effective for increasing muscle mass and strength, but they can also have serious health risks. It is important to weigh the risks and benefits before using anabolic steroids and to use them safely if you do decide to use them.



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