

WHAT IS IT?

Corticosteroids and anabolic steroids, better known simply as “steroids” is a drug that produces a hormone called cortisol when taken. While your body produces this chemical naturally, steroids produce a synthetic drug similar to this natural hormone. These drugs are used to treat a variety of inflammatory diseases and conditions, along with muscle mass and adrenaline. However, these effects are purely temporary, and are linked to many other devastating side effects. Not only that, but addiction can lead to abuse. Abuse of these drugs is illegal.

Corticosteroids: used to treat inflammatory infections and conditions. Mainly used for improving medical health

Anabolic Steroids: used to increase physical performance, strength, and muscle mass

STEROID ABUSE

While some steroids can be helpful, corticosteroids open the lungs during an asthma attack, there are steroids that can be damaging to the body.

Even anabolic steroids can be beneficial and have legitimate uses under a doctors care.

WHAT ARE STEROIDS?

The word “Steroids” has Greek roots, compound of the words -‘Ster’ (from Stere meaning Solid) and ‘Oid’ (Oiedes meaning Three-dimensional form

Large class of organic compounds, including vitamins and hormones



Given as a medication prescribed by doctors to treat various diseases



More common steroids (anabolic) are associated with enhancing muscles and improving performance



Certain steroids can prove harmful for those who take them on a regular basis



Steroids are injected intramuscularly, taken orally or can be applied topically

WHY & HOW TO AVOID STEROIDS

Both corticosteroid and anabolic steroids alike have side effects linked to the usage of these drugs.

Along with each being illegal if used without a prescription.

Some of the side effects:

Hypogonadism and impotence in Men

Breast Cancer in Women
Anemia

Osteoporosis

Weight loss disease in HIV
Endometriosis

The lists go on, and they differ in long-term and short-term effects. There are more natural types of steroid alternatives. D-Bal (Dibabol Alternative) being one of the most common.



MAKING GAINS
LOSING LIFE



AVOID THE ROID

*Steroids and the dangerous
effects on the body*

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