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CE MAP 3-4A

Taking Sides

Anabolic-Androgen Steroids

Anabolic-androgen steroids can be used to help treat certain medical conditions, but have been abused by athletes to bulk themselves up. For some athletes, AAS are taken to increase strength and build muscle mass. To an athlete, these are appealing benefits since their career is based off of bulking up. Usually, athletes use a synthetic modification of testosterone to help boost their performance. Taking these hormones for medical uses has been approved, but what doesn't fall under this category is using them for the mere enhancement of athletic performance.

According to statisticbrain.com, 2.7% of 12th graders admitted to using steroids in 2006. Surveys also show that 41% of students find it fairly easy to obtain steroids. The percentage may appear to be small, but nearly half of the students know that it's easily accessible to obtain steroids. Although they do not cause the same level of high that other drugs have, anabolic steroids are reinforcing and can even lead to addiction. Abusing steroids can cause withdrawal symptoms such as mood swings, fatigue, and insomnia that can cause users to turn to other drugs to help counteract the negative symptoms.

There are instances when AAS can be legally prescribed in order to treat certain conditions such as cancer that results in the loss of lean muscle mass. It can also help treat conditions resulting from steroid hormone deficiency like delayed puberty as well. It is evident that anabolic steroids can be used for good causes as stated. Yet, such a high number of young students are able to have access to it, and note that it is not for medical use either. Several of

these students only have a general idea of what the benefit and risks are that come with using anabolic steroids. Having it so available without knowing the irreversible health problems that it may cause can be deadly. Some of the most severe among these are jaundice, fluid retention, and even liver damage.

With such dangerous health effects, it becomes questionable as to why athletes still choose to take steroids. Aside from building muscle mass, anabolic steroids can help quicken recovery time by decreasing the muscle damage that occurs during workout sessions. This allows harder workouts more frequently without the athlete having to over-train themselves. Steroids also often have the side effect of making users more moody and prominent to being angry. Some athletes may even use this side effect of aggression to their advantage as they find it to be a motivator to help them train harder.

Athletes have a tendency to be competitive, and taking steroids is a quick fix to help them ensure the win. Steroids may quickly build up body and muscle mass but the physical side effects become evident. Probably the most infamous one out of all the side effects is the prominent breasts usually referred to as “man boobs.” Men may also develop baldness, shrunken testicles, and even infertility. For women who abuses steroids, they may start to develop more manly physical traits such as a deeper voice, an enlarged clitoris, and an increase in body hair.

Anabolic steroids need to stay in the hands of medical professionals to help those who really need its aid for health reasons specifically, and kept away from those who want to abuse it. Not only are there physical side effects, but internal ones as well. The short-term benefits by far are not worth the effects in the long run. Is being angry all the time really worth the dose? Or does the idea of being capable of having babies sound more appealing?

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