

Anabolic Steroids

URL of this page: <http://www.nlm.nih.gov/medlineplus/anabolicsteroids.html>

Also called: Anabolic-androgenic steroids, Performance-enhancing drugs

Anabolic steroids are man-made substances related to male sex hormones. Medical uses of anabolic steroids include some hormone problems in men, late puberty and muscle loss from some diseases.

Bodybuilders and athletes often use anabolic steroids to build muscles and improve athletic performance. But using them this way is not legal or safe. Abuse of anabolic steroids has been linked with many health problems. They range from unattractive to life threatening and include

- Acne and cysts
- Breast growth and shrinking of testicles in men
- Voice deepening and growth of body hair in women
- Heart problems, including heart attack
- Liver disease, including cancer
- Aggressive behavior

NIH: *National Institute on Drug Abuse*

Start Here

- Anabolic Steroids [<http://www.drugabuse.gov/publications/drugfacts/anabolic-steroids>] **NIH** (National Institute on Drug Abuse)
Also available in Spanish [<http://www.drugabuse.gov/es/publicaciones/drugfacts/los-esteroides-anabolico-androgenicos>]
- Steroids [<http://kidshealth.org/parent/emotions/behavior/steroids.html>] (Nemours Foundation)

Overviews

- Hormone Abuse Prevention and What You Need to Know [<http://www.hormone.org/diseases-and-conditions/hormone-abuse/prevention-and-what-you-need-to-know>] (Hormone Health Network)
- Steroids [http://www.justice.gov/dea/druginfo/drug_data_sheets/Steroids.pdf] (Drug Enforcement Administration) - PDF

Related Issues

- Performance-Enhancing Drugs: Know the Risks [<http://www.mayoclinic.com/print/performance-enhancing-drugs/HQ01105/METHOD=print>] (Mayo Foundation for Medical Education and Research)

Videos

- Warning on Body Building Products [<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm190842.htm>] (Food and Drug Administration)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: The drive to win and never grow old: the risks... [<http://www.ncbi.nlm.nih.gov/pubmed/23575166?tool=MedlinePlus>]
- Article: Misuse of anabolic products in sport: a retrospective study of...

[<http://www.ncbi.nlm.nih.gov/pubmed/23484657?tool=MedlinePlus>]

- Article: Short QT interval is unreliable marker of anabolic androgenic steroid... [<http://www.ncbi.nlm.nih.gov/pubmed/23350243?tool=MedlinePlus>]
- Anabolic Steroids – see more articles [[http://www.ncbi.nlm.nih.gov/pubmed?term=anabolic+agents\[mh\]+AND+\(doping+in+sports\[mh\]+OR+sports\[mh\]+OR+steroids\[majr\]+OR+substance+abuse+detection\[mh\]+OR+substance+related+disorders\[mh\]\)+AND+english\[la\]+AND+humans\[mh\]+NOT+\(letter\[pt\]+OR+editorial\[pt\]+OR+case+reports\[pt\]\)+AND+%22last+1+Year%22\[edat\]&tool=MedlinePlus](http://www.ncbi.nlm.nih.gov/pubmed?term=anabolic+agents[mh]+AND+(doping+in+sports[mh]+OR+sports[mh]+OR+steroids[majr]+OR+substance+abuse+detection[mh]+OR+substance+related+disorders[mh])+AND+english[la]+AND+humans[mh]+NOT+(letter[pt]+OR+editorial[pt]+OR+case+reports[pt])+AND+%22last+1+Year%22[edat]&tool=MedlinePlus)]

Directories

- Substance Abuse Treatment Facility Locator [<http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx>] (Substance Abuse and Mental Health Services Administration)

Organizations

- Drug Enforcement Administration [<http://www.justice.gov/dea/>]
- National Institute on Drug Abuse [<http://www.drugabuse.gov/>] **NIH**
Also available in Spanish [<http://www.drugabuse.gov/es/inicio>]

Children

- Steroids [http://kidshealth.org/kid/stay_healthy/fit/steroids.html] (Nemours Foundation)
- Steroids [<http://kidshealth.org/parent/emotions/behavior/steroids.html>] (Nemours Foundation)

Teenagers

- Anabolic Steroids [<http://teens.drugabuse.gov/drug-facts/anabolic-steroids>] **NIH** (National Institute on Drug Abuse)
- Are Steroids Worth the Risk? [http://kidshealth.org/teen/food_fitness/sports/steroids.html] (Nemours Foundation)
- Mind Over Matter: Anabolic Steroids [http://teens.drugabuse.gov/mom/mom_ster1.php] **NIH** (National Institute on Drug Abuse)
Also available in Spanish [http://teens.drugabuse.gov/mom/mom_ster1_spanish.php]
- Performance-Enhancing Drugs and Your Teen Athlete [<http://www.mayoclinic.com/print/performance-enhancing-drugs/SM00045/METHOD=print>] (Mayo Foundation for Medical Education and Research)

You may also be interested in these related MedlinePlus topics:

- Hormones [<http://www.nlm.nih.gov/medlineplus/hormones.html>]
- Substance Abuse Problems [<http://www.nlm.nih.gov/medlineplus/substanceabuseproblems.html>]

The primary NIH organization for research on *Anabolic Steroids* is the National Institute on Drug Abuse [<http://www.nida.nih.gov/>]

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