

Língua Estrangeira: INGLÊS

Extreme Athletes

DISCLAIMER: Anabolic Steroids (AS) are controlled substances (United States Drug Enforcement Administration - USDEA class CIII), and they are very powerful hormones which could cause serious adverse reaction. Nutrition-Factor.com does not promote or encourage the use or possession of Anabolic Steroids. Also, be aware that we are not medical doctors and in no way have the authority to prescribe any types of medicines or give medical advice. If you need medical advice, please consult your physician. Furthermore, every effort has been taken to ensure the accuracy of the information contained in this FAQ (Frequently Asked Questions), however we cannot assume responsibility for errors, omissions, or for personal and physical damage/harm resulting from the use of information contained herein. IF YOU DECIDE TO USE ANABOLIC STEROIDS OR ANY OTHER CONTROLLED SUBSTANCE, YOU DO IT AT YOUR OWN RISK.

Steroids?

“Anabolic Steroid” is the familiar name for a synthetic form of the male sex hormone, androgen. It promotes the growth of skeletal muscle and the development of male sexual characteristics (androgenic effects), and also has some other effects. The term “anabolic steroids” will be used because of its familiarity, although the proper term for these compounds is “anabolic-androgenic” steroids.

Anabolic Steroids were developed in the late 1930s to treat hypogonadism, a condition in which the testes do not produce sufficient testosterone for normal growth, development, and sexual functioning. The primary medical uses of these compounds are to treat some types of impotence, delayed puberty, and wasting of the body caused by infection or diseases. During the early 1930s and early 1940s, scientists discovered that anabolic steroids greatly increase growth of skeletal muscle in laboratory animals. Shortly thereafter bodybuilders and weightlifters began using them followed by athletes in other sports.

Common Anabolic Steroids

Injectable

- Deca Durabolin (nandrolone decanoate)
- Sustenon
- Durabolin (nandrolone phenpropionate)
- Depo-Testosterone (testosterone cypionate)
- Equipoise (boldenone undecylenate)

Oral

- Winstrol (stanozolol)
- Dianabol (methandrostenolone)
- Anadrol (oxymetholone)
- Oxandrin (oxandrolone)
- Clenbuterol

Oral vs. Injectable

Injectable Steroids: Injectable steroids are considered safer as far as steroid use is concerned because they don't require digestion. Injectable steroids have a longer half-life (in general) and are usually the choice of experienced steroid users. The half-life of a particular steroid is how long it stays active in your system.

Oral Steroids: Many people that consider using steroids are concerned that they won't be able to inject themselves and therefore turn to oral steroids only. This makes oral steroids very popular in the bodybuilding community even though they have been known to be particularly hard on the liver. This is true because they have shorter "half-lives" than injectables. Because orals have a shorter half-life than injectables they need to be taken more often. Depending on the quality of the drug, the potency of the drug, and the person, most oral steroids have a half-life of around 3-5 hours and therefore have to be taken several times a day throughout the particular cycle. This puts a huge strain on the liver. Oral steroids that are 17-alpha alkylated put even more strain on the liver.

Testing for Steroids in the blood

Steroids can remain detectable in a person's system during a period of from one week to over a year after use. Results will vary based upon the actual substance, amount and type used and the person using it. For the most popular substances like nandrolone (deca, testosterone), one year is the usual period during which they can be detected. For injectable testosterone, between three to six months is the average. If you are being tested for "drugs" for employment purposes, 99% of the time a steroid test is not done, they are far too expensive (about US\$250.00). Random tests for participation in college sports, however, will test for them, consider yourself forewarned.

Side effects:

Anabolic steroids are associated with numerous side effects. Most of the side effects are mild and reversible. However, some are permanent and life threatening.

In both sexes:

- * Acne
- * Carcinoma
- * Decrease in the HDL to LDL (good to bad cholesterol) ratio
- * Depression
- * Edema due to fluid and electrolyte retention
- * Impotence
- * Increased or decreased libido
- * Insomnia
- * Liver cell tumors
- * Male pattern baldness
- * Nausea
- * Vomiting

In males:

- * Bladder irritability
- * Prostate enlargement
- * Gynecomastia
- * Increased frequency of erection
- * Inhibition of testicular function
- * Testicular atrophy

In females:

- * Clitoral enlargement
- * Deepening of voice
- * Increase in facial and body hair
- * Menstrual irregularities

Adapted from: <http://www.extreme-athlete.com/steroids.htm>

INSTRUCTIONS FOR THE NEXT 2 (TWO) QUESTIONS

- 1 - BASE YOUR ANSWERS ON THE TEXT PROVIDED.
- 2 - USE CLEAR, OBJECTIVE AND COMPLETE ANSWERS.
- 3 - ANSWER QUESTIONS 1 AND 2 **IN ENGLISH ONLY**; ANSWERS IN PORTUGUESE **WILL NOT** BE ACCEPTED FOR THESE ITEMS.

PRIMEIRA QUESTÃO

Based on the text, when are steroid tests conducted?

SEGUNDA QUESTÃO

Based on the text, compare the characteristics of oral as opposed to injectable steroids.

INSTRUÇÕES PARA AS PRÓXIMAS 2 (DUAS) QUESTÕES

- 1 - RESPONDA SEMPRE DE ACORDO COM O TEXTO.
- 2 - USE RESPOSTAS CLARAS, OBJETIVAS E COMPLETAS.
- 3 - RESPONDA AS QUESTÕES 3 E 4 **EM PORTUGUÊS**; RESPOSTAS **EM INGLÊS** NÃO SERÃO ACEITAS PARA ESTAS QUESTÕES.

TERCEIRA QUESTÃO

Based on the text, name **two** side effects of steroids for each group: in males, in females and in both sexes.

QUARTA QUESTÃO

Based on the text, what was the initial objective for the development of anabolic steroids?