

FACT OR FICTION? TAKE THE QUIZ!

4) It's okay for athletes to use anabolic steroids to improve athletic performance and build muscle mass.

FICTION!

Use of anabolic steroids may lead to aggression and other psychiatric problems. Although many users report feeling good about themselves while on steroids, they may experience extreme mood swings, including manic-like symptoms and anger ("roid rage") that may lead to violence. Users may also suffer from paranoid jealousy, extreme irritability, delusions, and impaired judgment, researchers have observed.

Other health problems from steroid use include:

- Kidney impairment or failure
- Liver damage
- Enlargement of the heart
- High blood pressure
- Changes in blood cholesterol which increases risk of stroke and heart attack

Source: National Institute on Drug Abuse (NIDA).

Are anabolic steroids legal? Yes, for some medical conditions. Doctors may prescribe steroids to patients who have lost lean muscle mass from diseases such as cancer and AIDS.

Using anabolic steroids without a doctor's prescription is illegal.