

Anabolic Steroids: A Choice with Consequences

Since anabolic steroids became available, athletes have used them for a competitive edge and amateur and professional body builders for the “*perfect*” toned body. Discussions on the consequences of taking anabolic steroids have been contentious, especially since there are no controlled studies to clarify the matter. The purpose of my research is to bring to light the observational evidence which is overwhelming and can’t be ignored especially when students in primary and secondary education are experimenting with these drugs. I will review the legitimate medical purpose of anabolic steroids. I will also review the physiologic reasons athletes and body builders use them. In addition, I will list all the possible side effects for males and females taking this drug. One example I will emphasize is the number of professional wrestlers who have died at a young age of heart attacks. I will delve into the factors that motivated people to use anabolic steroids including fame, achievement, money, power, and looks and list those factors that influence a school age student’s choice for using these drugs. It is my belief that continued legal enforcement, education and awareness are essential to stemming this problem.