

Steroids & Performance-enhancing Substances Common Myths

This page contains a list (not inclusive) of some of the myths surrounding steroids and Performance-enhancing Substances and their use.

Myth #1 – Steroids are safe

The side effects are significant and are more likely to be serious the younger the person taking anabolic steroids.

Myth #2 – Taking any kind of steroid will result in death

The first thing that we need to understand is that steroids are drugs. Even Tylenol and Aspirin can cause serious problems if you take them in large quantities. All drugs when misused and abused have the potential to kill; it's not only steroids.

Myth #3 – Injectable Steroids are safer than oral steroids

A lot of people think that because there are some oral steroids out there that are decidedly liver toxic, all oral steroids must be riskier to use than injectables.

Myth #4 – Steroids won't really stunt your growth

Teenagers and adolescents who abuse anabolic/androgenic steroids are at risk to remain short their entire lives, never reaching their body's intended natural height.

Myth #5 – All steroids are pretty much the same

Anabolic/androgenic steroids, made popular by bodybuilders, professional athletes and the local muscle guys at your gym, are basically synthetic male testosterone. The anabolic component deals with muscle and skeletal tissue growth. The androgenic component deals with secondary male sex traits such as hair growth, sex drive, and sperm health. Anabolic/androgenic steroids can also convert a third component, an estrogenic component, which regulates numerous functions in both male and female.

Myth #6 – Steroid abuse isn't really a big problem in the U.S.

More and more people abuse steroids each year. With professional athletes inadvertently promoting steroids in the news, bodybuilding magazines overtly promoting steroids in their ads and so-called steroid experts preaching "safe" steroid use on the internet, many young people are caught up in the hype, wanting a better body, a higher batting average, or a faster quarter mile.

Myth #7 – All steroids are pills

On the issue of variety, there are many different types of steroid out there. There are injectable steroids and oral steroids.

Myth #8 – Only a certain kind of person uses steroids

Many types of people abuse steroids. The reasons people are getting involved with steroids are varied.

Myth #9 – Steroids aren't addictive

In spite of the prohibitive cost, negative physical side effects and numerous warnings from a host of sources (print media, internet, and television), an undetermined number of steroid abusers continue taking massive amounts of these synthetic hormones.

Myth #10 – Steroids aren't as illegal as other drugs

The United States government considers steroids as Schedule III controlled substances, which are medically accepted substances having a low or moderate physical dependence and a high psychological dependence.

Myth #11 – It's hard to get caught buying steroids over the internet

The newest and fastest growing way to get caught buying illegal steroids is by ordering them through the mail. Those who order steroids over the Internet run the risk of the delivery being intercepted by U.S. Customs or postal authorities, causing an investigation and potentially an arrest. Many otherwise law-abiding adults have been arrested based on their receipt of anabolic steroids through the mail.

Myth #12 – Steroids are easy to get

Another misconception about steroids is that they are easily obtained. As far as accessibility, the truth is that they are illegal substances without a medical prescription, so your accessibility will be through the black market (good luck as far as quality). In addition, if you get caught in their possession without a prescription you may face up to 5 years in a federal prison.

Myth #13 – Steroids build muscle without working out

One of the biggest problems in today's society is that people are always looking for the quick fix. If you aren't satisfied with yourself and want to make a change, the ONLY way is to work at it. You must keep a healthy lifestyle!!!

Myth #14 - Steroids will make your penis smaller

Steroid abuse among males usually carries the stigma of a shrinking sex organ; however, it's the testicles that actually atrophy. The testicles stop production of natural testosterone while anabolic steroids are being used. They can shrivel from disuse and cause temporary sterility.

Myth#15 – Women don't use steroids

Studies show four times as many men abuse steroids, as women, but the number of women is still significant.

Myth #16 – Women will end up looking like men if they take more than a few cycles of steroids

This is something that has happened so much in our industry that everyone assumes that all women who use steroids are going to look like men. However, a woman can use select drugs, many more than you might imagine, and not end up looking like either a linebacker or your hairy next- door neighbor.

Myth #17 – Roid rage isn't real

Medical research's answer to whether steroids cause aggressive tendencies and adverse psychological effects has generally been "no." However, that's a misconception resulting from the fact that medical experimenters cannot ethically give large doses of steroids.

The following sites were used to gather this information:

- Association Against Steroid Abuse - Steroid Myths
<http://www.steroidabuse.com/steroid-myths.html>
- Bodybuilding – The Myths and Dangers of Anabolic Steroid Usage
<http://bodybuilding.about.com/od/supplementationbasics/a/steroiddangers.htm>
- Roid Report
<http://www.roidreport.com/steroids/steroid-myths/>

Please note that inclusion of the external web links does not imply endorsement of either the reliability of the information presented or its suitability for a particular age group or grade level.