STEROIDS AFFECT YOUR HEART. Steroid use and misuse have been associated with cardiovascular disease, including heart attack and stroke. Researchers found that steroid users had significantly weaker hearts than those who never used steroids.¹

STEROIDS AFFECT YOUR MOOD. Steroids can cause paranoid jealousy, extreme irritability, and impaired judgment. Extreme mood swings also can occur, including "roid rage"—angry feelings and behavior that may lead to violence.²

STEROIDS INCREASE YOUR RISK OF INFECTION. Sharing needles or using dirty needles to inject steroids puts you at risk for diseases such as HIV/AIDS and hepatitis.³

THE BOTTOM LINE: Many people are prescribed steroids for medical reasons, but steroids can still be deadly. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

LEARN MORE: Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT STEROIDS, CONTACT: SAMHSA
1-877-SAMHSA-7 (1-877-726-4727) (English and Español)
TTY 1-800-487-4889
www.samhsa.gov
store.samhsa.gov
KNOW THE LAW. Steroids are illegal to have without a prescription from a licensed physician. It is illegal for individuals to sell steroids.

GET THE FACTS. Doctors prescribe steroids for specific medical conditions. They are only safe for use when a doctor prescribes them and monitors their effects.

KNOW THE RISKS. Most anabolic steroids sold illegally in the United States come from abroad. Thefts and inappropriate prescribing, as well as production in secret labs, also lead to illegal steroid sales.

LOOK AROUND YOU. The majority of teens aren’t using steroids. Only 0.6 percent of 8th graders, 0.7 percent of 10th graders, and 1.1 percent of 12th graders reported steroid use in the past year.

KNOW THE SIGNS

How can you tell if a friend is using steroids? Symptoms of steroids use may include:

FOR GUYS
- Hair loss
- Development of breasts
- Impotence

FOR GIRLS
- Growth of facial hair
- Deepened voice
- Breast reduction

FOR BOTH
- Acne
- Jaundice (yellowing of the skin)
- Swelling of feet or ankles
- Aching joints
- Bad breath
- Mood swings
- Nervousness
- Trembling

WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING STEROIDS?

BE A FRIEND. SAVE A LIFE.
Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

For 24/7 free and confidential information and treatment referrals in English and Español, call SAMHSA’s National Helpline at:

or visit the SAMHSA Behavioral Health Treatment Services Locator at:
findtreatment.samhsa.gov

FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS "TIPS for TEENS,”
visit store.samhsa.gov or call 1–877–SAMHSA–7 (1–877–726–4727)
(English and Español).

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