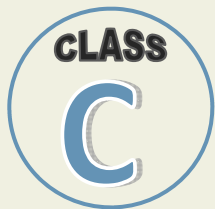


## THE LAW

- Anabolic steroids are Class C drugs, to be sold only by pharmacists with a doctor's prescription.
- Possession or importing with intent to supply (which includes giving them to friends) is illegal and could result in prosecution and up to a 14 year prison sentence or an unlimited fine.
- Many sporting organisations have banned the use of certain steroids. If found to be tested positive, this could lead to a long-term or even life-time ban.
- Misuse of anabolic steroids could have a serious impact on your future, as you may be convicted of a drug-related offence. This could affect the types of jobs you apply for and stop you from entering certain countries.



## CONTACT INFORMATION

**If you would like support around your substance use, please complete a self-referral form and return to Health Care.**

### PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01249 468261

Freephone: 0800 073 1778

Email: [awp.pals@nhs.net](mailto:awp.pals@nhs.net)

### OTHER FORMATS OR LANGUAGES

If you need this information in other formats (such as large print, Braille) or in another language, please call PALS

Lead: Chris Eade  
Leaflet code: 340  
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HMP BRISTOL  
Substance Misuse Team

# Steroids

## Know the effects



## WHAT ARE STEROIDS

Steroids are drugs that mimic certain natural hormones.

These natural hormones regulate and control how the body works and develops.

There are two main groups of steroids— anabolic steroids and corticosteroids.

Anabolic steroids are the most commonly used and abused. This is due to the fact that they closely resemble the natural male hormone testosterone.

Users take anabolic steroids to build muscle mass, enhance performance, improve endurance, aid quicker recovery after strenuous exercise and to help them train longer and harder.

They are usually injected into the muscle, but some are available in tablet form, or as creams or gels that are applied to the skin.



## EFFECTS

- Builds muscle mass, when taken alongside a strenuous exercise regime.
- Unwanted physical effects can include changes in appearance such as shrunken testicles, acne, baldness and breast development.
- Some regular users report feeling paranoid, irritable, aggressive or even violent, and it can induce mood swings.
- Regular use can affect sleep.
- Some long term effects of prolonged use are reduced testosterone and liver damage.

## THE RISKS

- Health risks can also include high blood pressure, liver failure, stroke or heart attack.
- The risks for males taking anabolic steroids vary from hair loss, erection problems, becoming sterile and growing of breasts.
- If you are young, anabolic steroids could change the way your body develops and grows.
- Injecting any drug, even steroids, can damage your veins and cause ulcers and gangrene, particularly with dirty needles or poor injecting technique.
- If you buy steroids, you can never be sure exactly what you are taking.

Sharing needles, syringes and other injecting equipment can result in HIV, hepatitis C and other infections.