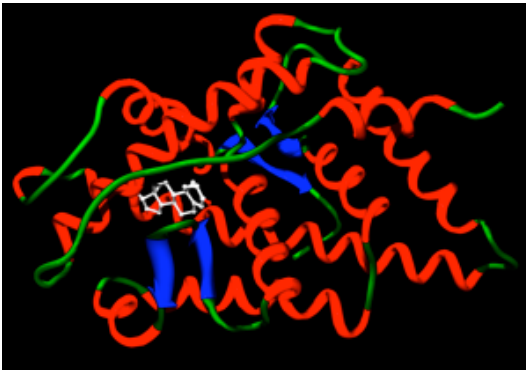


Anabolic Steroids

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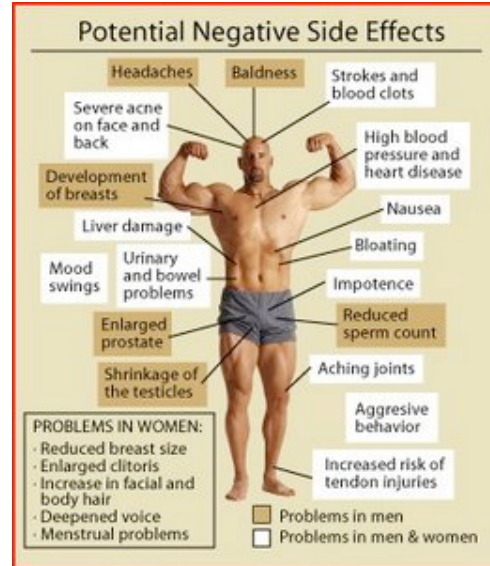
Anabolic Steroids were first synthesized in the 1930's. Androgen was extracted from liters of urine, but was less effective than a known hormone, which could be extracted from testicles. Testosterone was produced about 3 years later by a German chemist. It was found to increase body mass, and thought to increase aggressiveness.

Steroids, which contain testosterone, are the only membrane permeable hormones, and can move into the cell nucleus to promote protein synthesis. These proteins are used to build tissue, which is more effective in muscle, and help to increase muscle mass.



Anabolic steroids are still used medically in the US to produce bone growth, and increase appetite. These uses lend them to treat chronic wasting conditions. People with cancer, and AIDS are often given steroids to keep their weight at a standard level, and to keep body mass from decreasing.

Legally, steroids are often given through a transdermal patch or a cream. But higher doses, used in sports and body building are given through injection or orally. These methods are said to increase bioavailability.



Side effects of steroids on the human body are numerous for males and females. Dangerous changes in cholesterol, and high blood pressure increase the risk of heart disease in steroid users. Testicle shrinkage is one of the most commonly known side effects of steroid use. These days, many supplements are tried to see if testicle size can be restored.

Since steroids are illegal, and not allowed in sports, chemists often develop drugs to stay ahead of testing policies of WADA and other organizations. Newer forms of steroids have been discovered by Don Catlin at UCLA which are currently being sold over the internet. He says instead of only producing testosterone these drugs also produce epitestosterone which make them far more difficult to detect with current testing methods.

<http://www.ergogenics.org/145.html>

<http://www.medicalnewstoday.com/articles/39319.php>

<http://en.wikipedia.org>

<http://www.espn.com/espn/columns>