

# [Anabolic Steroids]

## Side Effects & Risks

### [Side effects & risks when using include:]

- \* **Blood Borne Viruses**  
Steroid injectors are now as likely as heroin injectors to be HIV positive.
- \* **Abscesses**  
Injecting steroids may cause abscesses or other injecting related problems.
- \* **Acne**  
Steroids can cause acne.
- \* **Gynaecomastia**  
(Gyno, Bitch tits)  
Steroids can cause the development of female breast tissue in men.
- \* **Aggression**  
Steroids may cause mood changes and increased levels of aggression.
- \* **Hair loss**  
Steroids may cause hair loss or baldness in some men.
- \* **Water retention**  
(Unwanted weight-gain)  
Although this can help you lift more it can give you a poor quality muscle definition and 'moon face'.

### \* **Liver damage**

Using steroids in oral form may be harmful to your liver. Liver damage caused by drinking alcohol is a serious and growing problem. Using alcohol or other drugs on top of steroids, will put an extra strain on your liver.

### [Side effects & risks when stopping include:]

### \* **Steroid Crash**

Taking anabolic steroids for more than a few weeks often leads to a shutdown of your natural testosterone production – this causes symptoms such as feeling low, feeling tired, irritability, loss of sex drive and erectile dysfunction.

**EVEN STUFF TAKEN FOR PCT CAN HAVE UNWANTED SIDE EFFECTS**

- \* **Most steroids are produced in underground labs which may not be sterile, and may have poor dose and drug quality control.**



Product code: A47A

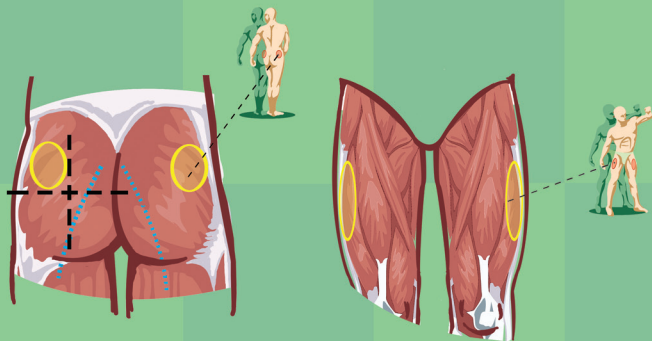
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## Injecting Steroids

### Injecting steroids into a muscle

- \* 1. **Ensure the area used to prepare steroids for injecting is sterile.**  
(Oil based steroids should be stored at room temperature)
- \* 2. **Wash your hands and thoroughly clean skin around injection site.**
- \* 3. **Draw up steroids into the syringe with a new green needle.**
- \* 4. **Remove the needle from the end and place in a sharps bin.**
- \* 5. **Attach a new long blue needle to the syringe.**
- \* 6. **Remove excess air from the syringe.** (for smoother injecting)
- \* 7. **Carefully insert the needle.**
- \* 8. **Pull back on plunger a little.**  
(If blood appears – withdraw needle, apply pressure, change needle and try again)
- \* 9. **Take your time and inject slowly.** (20 seconds or so)
- \* 10. **Dispose of all used equipment in a sharps bin.**  
(Return to your needle exchange/pharmacy)



A drug worker should be able to show you the exact location of muscles suitable for injection