

# Anabolic Steroids

**KFFX**  
Leading of Excellence

## **Risk of aggression and insomnia**

Relaxation techniques, anger management;

## **Gynecomastia – Male users develop breast tissue**

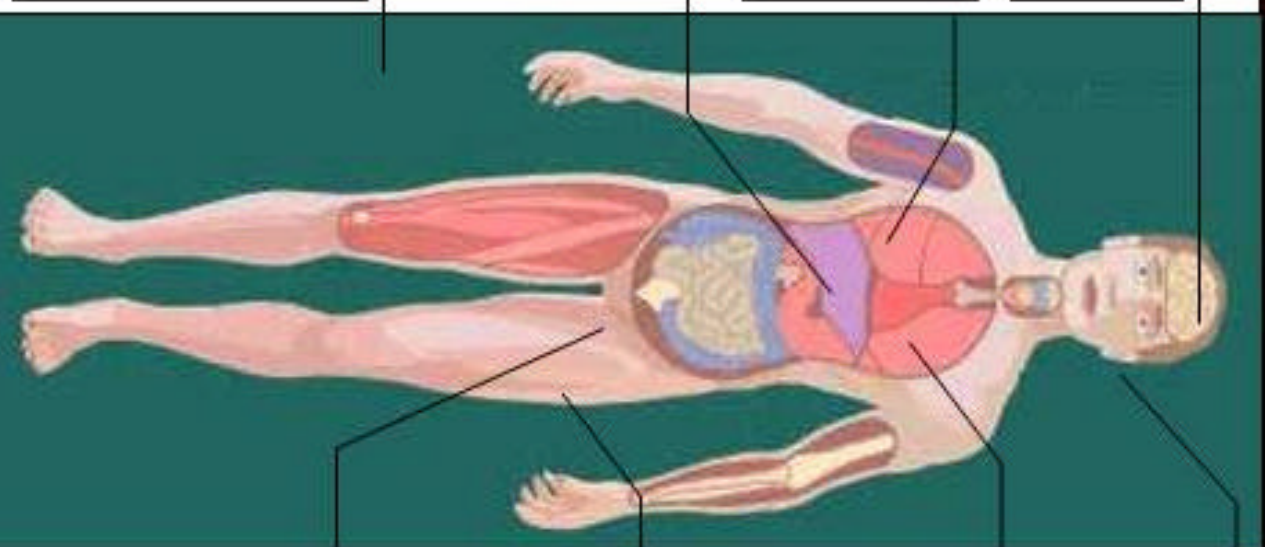
Avoid compounds that convert to oestrogen; use oestrogen blockers

## **Liver – damage from use of steroids**

avoid use of 17aa compounds; measure liver function before, during cycle and after cycle  
Use of liver detoxifiers

## **General:**

Do your research;  
Watch for fake drugs  
Get all required drugs at start of cycle  
Maintain healthy diet, training and rest regimes  
Ensure plenty of time off cycle



## **Skin**

**risk of acne;** avoid stronger anabolics; use of acne medication

## **High blood-pressure, heart problems**

avoid stimulants, have BP and cholesterol monitored, watch for nose-bleeds, headaches

## **Injecting: risk of abscesses,**

**BBVs:** develop good technique, don't share, good hygiene

## **Sex/STDs, Genitals**

**Men:** testicular atrophy, reduced libido – use of post cycle treatments;

**Women –** clitoral hypertrophy, fertility problems; avoid strongly androgenic compounds

**Safe sex – use condoms**