

Anabolic Steroids Harm and Reduction

Risk of aggression and insomnia

Relaxation techniques; anger management

Gynecomastia – male users at risk of developing breast tissue

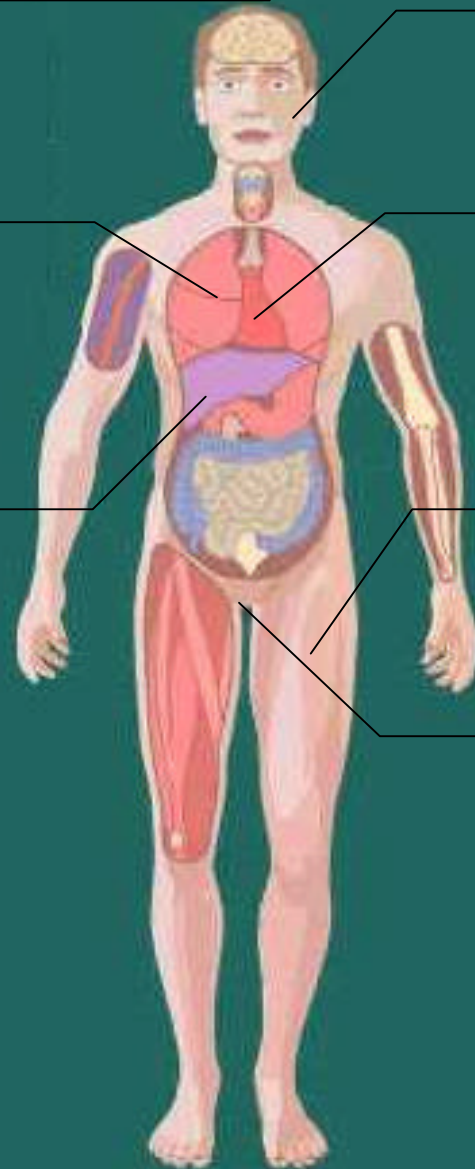
Avoid compounds that convert to oestrogen; use oestrogen blockers or drugs to stop oestrogen formation

Liver – damage from use of steroids

Avoid use of 17AA compounds; measure liver function before, during and after cycle; use liver detoxifiers

General:

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



Skin – risk of Acne

Avoid stronger androgens
Use of anti-acne medications

High blood pressure/heart problems

Avoid stimulants; have BP and Cholesterol monitored; watch for nose bleeds and headaches

Injecting: risk of abscesses, BBVs

Develop good technique; don't share; ensure hygiene

Sex, STDs Genitals

Men: testicular atrophy, reduced libido – use of Post cycle treatments
Women: clitoral hypertrophy, fertility problems: avoid strongly androgenic compounds.
Use of condoms