

Anabolic Agents

Anabolic androgenic steroids (AAS) are substances that have both anabolic and androgenic properties. The anabolic effects can result in the growth of muscle and bone. The androgenic effects relate to the body's sexual characteristics as the AAS are derived from the male hormone testosterone.

Athletes may use anabolic steroids in an attempt to increase muscle size and strength. This growth appears to result from the significant effect AAS have on lessening the recovery time required after exercise. This allows athletes to train at a greater intensity and for longer periods, therefore reaping the benefits of the extra training.

Side Effects

Common side effects include acne, fluid retention, mood swings, liver damage and heart problems.

Effects specific to males may include the development of breast tissue, baldness, impotence, shrinking testicles and infertility.

Effects specific to females may include an increase in facial and body hair, menstrual problems, deepening of the voice, reduced breast size and clitoral enlargement.

If steroids are taken while a person is still growing this may cause stunted growth. Many of the side effects of steroid use are permanent.

Status in Sport

Anabolic androgenic steroids are prohibited At All Times under the World Anti-Doping Code Prohibited List 2018 (effective 01/01/18). Athletes requiring the usage of these substance for medical conditions will need to fill out a Therapeutic Use Exemption (TUE) form found on the ASDMAC website.

