

A Note to Coaches: YOU CAN KEEP YOUR TEAM DRUG-FREE !



"A soccer team needs players who are responsible and make good decisions. Taking drugs of any kind is not a good decision. As a coach, I have tremendous respect for those people who stand up to the pressure and won't tolerate drug use. We all need these kinds of people."

Bob Bradley
Head Coach—Chicago Fire

If a player's performance is weak because of drug use, the player will have to live knowing that he or she has disappointed the team, the coach and others - all for a few moments of a false high.



Coaches are in a special position to prevent drug use. The "do's and don'ts" below are commonsense guidelines for handling situations that you or your fellow coaches are likely to encounter at one time or another.

Don't -

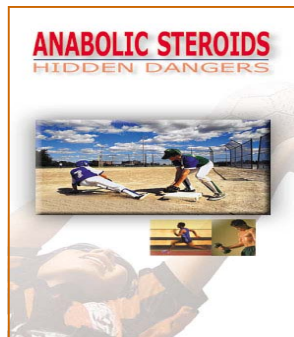
Pretend that you did not hear an athlete discussing plans for a party that will involve drugs or alcohol.

Do's -

Immediately address the problem with the athlete and tell him or her that the plans are inappropriate and

"It's important for coaches to take an active part in their player's lives - both on and off the field. Positive role models are needed in our children's lives, and coaches have a special opportunity to deliver a powerful and consistent message about the dangers of drugs."

Darrell Green, Defensive Back
Washington Redskins #28



Extreme Mood Changes

Steroids can mess with your head. Research shows that high doses of steroids can cause extreme fluctuations in emotions. From euphoria to rage. That's right. Rage can come from how steroids act on your brain.

What can you do to help a friend who is abusing steroids?

The most important way to decrease abuse is education concerning dangerous and harmful side effects and symptoms of abuse. Athletes and others must understand that they can excel in sports and have a great body without steroids. They should focus on getting proper diet, rest and good overall mental and physical health. These things are all factors in how the body is shaped and conditioned. Millions have excelled in sports and look great with out steroids. For additional information on steroids visit:

www.DEAdiversion.usdoj.gov

More information is available at the following sites:

The White House Office of National Drug Control Policy
www.whitehousedrugpolicy.gov

National Institute on Drug Abuse
www.drugabuse.gov

American Academy of Pediatrics
www.aap.org/family/steroids/html

ESPN.com: Steroids
Espn.go.com/special/s/drugsandsports/steroids.html

The Make A Promise
Coalition for a Drug-Free
Warren County

Let's Talk about...

Steroids

Presented by:
The Make a Promise Coalition for a
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What are Steroids ?

Ever wonder how those bulky weight lifters got so big?

While some may have gotten their muscles through a strict regimen of weight lifting and diet, others may have gotten that way through illegal use of steroids.

According to NIDA (*The National Institute on Drug Abuse*), there are many different types of steroids. Here are some of the most common anabolic steroids taken today: anadrol, oxandrin, dianabol, winstrol, decadurabolin, and equipoise.

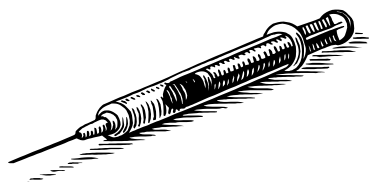
Steroids are synthetic substances similar to the male sex hormone testosterone. They do have legitimate medical uses. Sometimes doctors prescribe anabolic steroids to help people with certain kinds of anemia and men who don't produce enough testosterone on their own. Doctors also prescribe a different kind of corticosteroids, to reduce swelling. Corticosteroids are not anabolic steroids and do not have the same harmful effects.

But doctors never prescribe anabolic steroids to young, healthy people to help them build muscles. Without a prescription from a doctor, steroids are illegal.

How are they used?

Some steroid users pop pills. Others use hypodermic needles to inject steroids directly into muscles. When users take more and more of a drug over and over again, they are called "abusers". Abusers have been known to take doses 10 to 100 times higher than the amount prescribed for medical reasons by a doctor.

Many steroid users take two or more kinds of steroids at once. Called **stacking**, this way of taking steroids is supposed to get users bigger faster. Some abusers **pyramid** their doses in 6—12 week cycles. At the beginning of the cycle, the steroid user starts with low doses and slowly increases to higher doses. In the second of the cycle, they gradually decrease the amount of steroids. Neither of these methods has been proven to work.



What are the Common Effects?

Steroids can make pimples pop up and hair fall out. They can make guys grow breasts and girls grow beards. Steroids can cause livers to grow tumors and hearts clog up. They can even send users on violent, angry rampages. In other words, steroids can throw a body out of whack.

Steroids do make users bulk up, but the health risks are high. It's true, on steroids, biceps bulge; abs ripple; and quads balloon. But that's just on the outside. Steroid users may be very pleased when they flex in the mirror, but they may create problems on the inside. These problems may hurt them the rest of their lives. As a matter of fact steroid use can shorten their lives.

Physical & Psychological Dangers

For Guys	For Girls
<ul style="list-style-type: none">• Baldness• Development of breasts• Painful erections• Shrinkage of testicles• Loss of function of testicles	<ul style="list-style-type: none">• Growth of facial and body hair• Deepened voice• Breast reduction• Enlarged clitoris• Menstrual irregularities
For Both	
<ul style="list-style-type: none">• Acne• Jaundice (yellowing of the skin)• Swelling—Fluid retention• Stunted growth (close the growth plates in the long bones and permanently stunt their growth)• Increase in bad cholesterol levels• Decrease in good cholesterol levels• Mood swings• Increase in feelings of hostility• Increase in aggressive behavior	



Teens at Risk for Stunted Growth



According to the National Institute on Drug Abuse, teens who abuse steroids before the typical adolescent growth spurt risk staying short and never reaching their full adult height. Why? Because the body is programmed to stop growing after puberty. When hormone levels reach a certain point, the body thinks it has already gone through puberty. So bones get the message to stop growing way too soon.

Steroid Abuse Can Be Fatal

When steroids get into the body, they go to different organs and muscles. Steroids affect individual cells and makes them create proteins. These proteins spell TROUBLE.

The liver, can grow tumors and develop cancer. Steroid abusers may also develop a rare condition called *peliosis hepatic* in which blood-filled cysts crop up on the liver. Both the tumors and cysts can rupture and cause internal bleeding.

Steroids are no friend of the heart either. Abusing steroids can cause heart attacks and strokes, even in young athletes. Here's how: Steroid use can lead to a condition called atherosclerosis, which causes fat deposits inside arteries to disrupt blood flow. When blood flow to the heart is blocked, a heart attack can occur. If blood flow to the brain is blocked, a stroke can result.

Bulking up the artificial way—using steroids—puts teens at risk for more than liver disease and cardiovascular disease. They can also weaken the immune system, leaving the user an easy target for illnesses and diseases.

By injecting steroids by needle, teens can add HIV and hepatitis B and C to their list of health hazards. Especially by sharing needles.