

[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

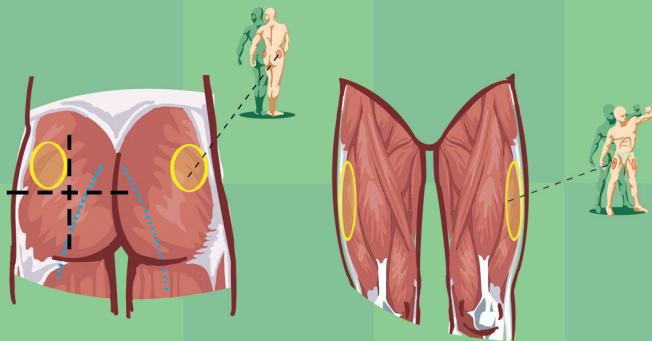
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[Anabolic Steroids]

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