

STEER CLEAR OF ANABOLIC STEROIDS

Do not use steroids to build muscles or strength quickly. You risk your career and your health. Whether you are in the U.S. or deployed to a combat theater, possession or use of anabolic steroids without a prescription is illegal.

Steroid effects in men

- Baldness
- Breast development
- Shrinking of the testicles
- Reduced sperm count
- Infertility
- Increased risk for prostate cancer

Steroid effects in men and women

Psychological problems

- Paranoid jealousy
- Extreme irritability
- Delusions
- Impaired judgment
- Aggression
- Violence

Physical problems

- Severe acne
- Liver damage
- High blood pressure
- Cholesterol problems
- Kidney failure
- Trembling
- Fluid retention
- Jaundice

Steroid effects in women

- Growth of facial hair
- Male-pattern baldness
- Deepened voice
- Reduced breast size
- Menstrual changes

 **USAPHC**
U.S. ARMY PUBLIC HEALTH COMMAND

<http://phc.amedd.army.mil>
1-800-222-9698