

## Steroids Side Effects – The Dangers Of Steroids

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**Steroids** are the **synthetic derivatives** of the male hormones namely testosterone that are usually taken to improve the muscle strength and size. They are very helpful for treating some diseases. And, if you are ever wondering about **steroids side effects**; then this is the right place for you to learn them. And trust me, they [trigger too many side effects](#).

### Steroids Side Effects Based On its Type

There are mainly two types. Both types are used for medicinal purposes. However, most athletes and bodybuilders misuse the anabolic steroids for purposes such as strengthening the muscles, add the body mass and to burn fats faster.

- [Anabolic Steroids](#)
- **Corticosteroid**

Steroids are usually injected to the muscle, but some are available in tablets form or creams and gel that are applied onto the skin. Doctors use the **anabolic steroids** to treat some hormone problems in men, delayed puberty, and muscle loss from some diseases. Most athletes and body builders opt for them as they help to increase body mass and lose the fats faster.

There is another type of steroid namely the **corticosteroids**, that is used to treat a wide variety of medical conditions. These are similar to hormones that your adrenal glands make to fight stress that is associated with illnesses and injuries. They reduce inflammation and affect the immune system. Corticosteroids may treat

- [Arthritis](#)
- [Asthma](#)
- Autoimmune diseases – lupus and sclerosis
- [Skin Diseases](#) – eczema and rashes

- [Cancer](#)

However, they can cause a wide variety of negative effects, overshadowing the possible advantages of it. The negative effects of taking it can be really dramatic for both short and long term. It is believed that they start affecting the body the moment you take it. And there are so many physical effects of steroids apart from the hormonal effects.

## **Anabolic Steroids Side Effects**

### **Short-term Effects :**

- [Nausea](#)
- [Diarrhea](#)
- [Oily skin](#)
- [Irregular menstruation](#)
- Pain in reproductive organs
- [Rashes on the skin](#), especially behind your thighs and reproductive organs
- [Unpleasant breath odor](#)
- Sores/[ulcers in your mouth](#)
- Irreversible hairiness
- [Muscle cramps](#)
- Blood poisoning
- [Weight gain/ weight loss](#)
- Insomnia

- Hallucinations and delusions
- Mood swings and aggressive behavior
- Fatigue
- Deepened voice (especially for women)
- Blood clot
- [Severe Acne](#)



*Physical Effects – Acne*

#### **Long-term Effects :**

- [Hair loss and baldness](#)
- [High blood pressure/ hypertension](#)
- [High cholesterol problem](#)
- [Pain in the bones](#)
- Contraction or swelling of breasts and uterus
- Swollen or shrunk testicles
- [Breast cancer](#) or prostate cancer
- Infertility
- [Heart attack and stroke](#)
- Liver and kidney failure ( tumors may also develop)
- Fluid retention
- [Anorexia nervosa](#)
- Insomnia
- Lipoatrophy



*Steroid Injection Side Effects*

*Example – Lipoatrophy*

\*These dangers of steroids were proven by the reports revealed by United States Department Of Health.

## Corticosteroids Side Effects

- Hypertension
- [Depression](#)
- Eye cataract and retinopathy
- [Weight gain](#) (due to increased appetite)
- [Stomach ulcer](#)
- [Diabetes](#)
- Muscle fatigue
- headaches

These effects are both for men and women. The hormone changes causes so many visible effects. For example : deepening of the voice, facial hair growth, and possibly a decrease in breast size.



*Steroid Side Effects Women – Facial Hair Growth*

Using steroids not only triggers dangerous side effects, but also addiction. Like many other substances, they can also be addictive. You tend to crave for the drug and will continue using it despite all the unpleasant side effects experienced. At the same time, a steroid user must also make sure not to come off the it immediately. This may then result in anxiety, [headaches](#), depression and severe [insomnia](#).

If you think you're addicted to it, then you should immediately see a doctor. Treatments for steroids can be similar to that of any types of addiction. They might refer you to a specialized drug counselor, who will help you to safely stop taking it and discuss with you the obstacles you might face and the ways to overcome them.

If there are any other information regarding the steroids side effects that you know, do share them with us.





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Keerthana is the co-founder and editor-in-chief of Healthnbodytips.com. With over four years of blogging experience in the niche of health and beauty, she is a true believer of traditional and natural remedies and practices. She is also equipped with some of her native Malaysian remedies and treatments that have been passed down from generation to generation. You can find her on Google+ @Keerthana Nair.

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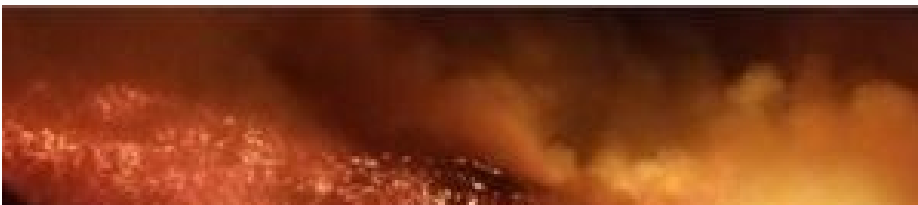
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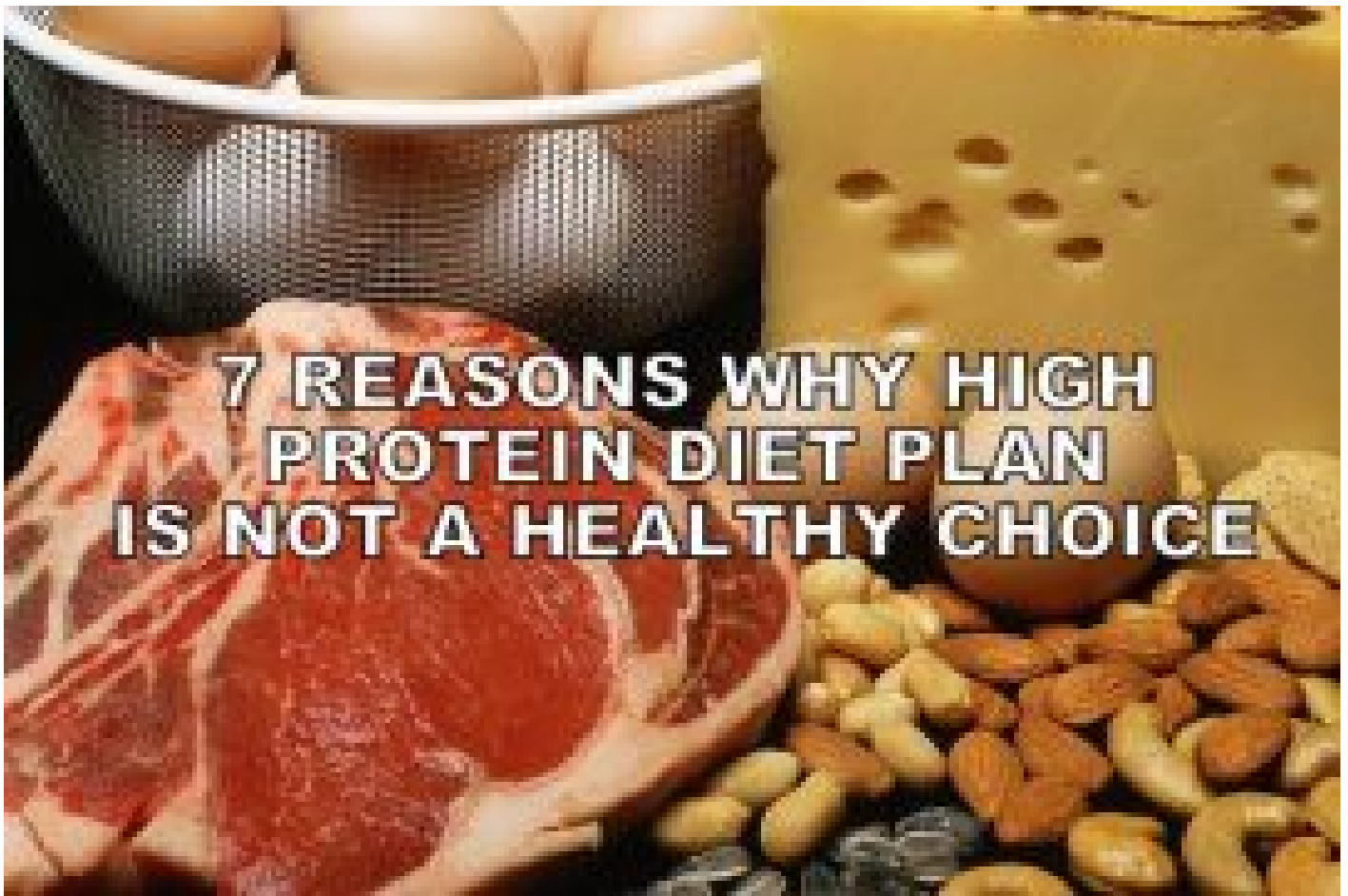


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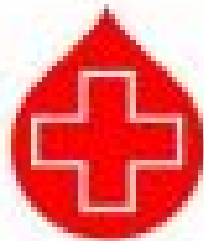


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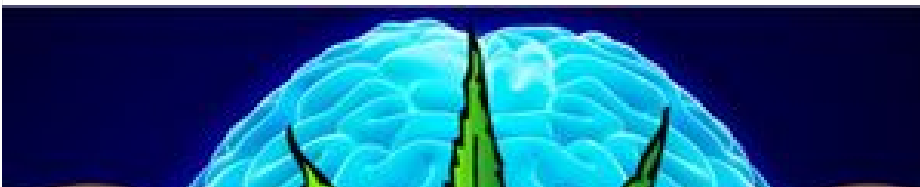
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