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# Steroids: A Growing Dilemma in Athletics

Seara Ontiveros

*Nebraska College Preparatory Academy*

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# Steroids: A Growing Dilemma in Athletics

Seara Ontiveros

Nebraska College Preparatory Academy

Grand Island Senior High School 2017

University of Nebraska-Lincoln

## Abstract

A comprehensive and straight forward description of what exactly steroids are and what they do to the body is described by Gary Wadler, a health major at the New York University School of Medicine, he comments: "When the receptor sites in their bodies, which don't have much testosterone in them, suddenly are presented with a lot of testosterone, they get activated...The unbalance of hormones increases the red blood cell formations... They'll get more muscular, more defined. They'll lose some fat, and increase their lean body mass, [they'll] get stronger". Although anabolic steroids and other hormones are consumed by many athletes to enhance performance, it is crucial to stop this act altogether because of the dangerous health risks, the unfair advantages it has over opponents, and how it affects integrity and determination seen in professional sports.

## Key points

- **Life threatening risks-** Increased cholesterol, high blood pressure, tendonitis and tendon ruptures, heart and lung problems, inhibited bone growth, infections from injection such as HIV, addiction to the drug
- **Psychological effects-** Rage, depression, hallucinations, paranoia, difficulty sleeping, anxiety, and ultimately, suicide.
- **Unfair advantages-** Gives athletes who take anabolic steroids outrageous benefits such as increased muscle strength, less fatigue, increased muscle mass and body size, faster healing rate, and longer endurances.

## Conclusions & Discussion

Students or people in general need to educate themselves before ever using substances such as steroids to enhance performance levels. About 6% of the population takes steroids, which is estimated to be 3 in 50 students. The use of steroids needs to cease altogether.

I agree with my findings because of the many professional and expertise opinions and statistics that were given.

Future research ideas to further this investigation might be to focus on a specific sport and on a specific person such as Arnold Schwarzenegger and research how steroids affected his body.

## Works Cited

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