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The Effects of Steroids to The Human Body

Abstract

Anabolic steroids is a popular substance to be taken by athletes, blue collar workers, and bodybuilders from all over the world. Steroids build muscle strength and increase bone density. Most forms of steroids have testosterone in them which helps build and repair muscles. Anabolic steroids can come with some negative short and long term side effects and mental health issues.

My project will be going over how steroids change and affect the human body. The objectives I will be covering will be how bones develop and repair, and comparing skeletal, cardiac, and smooth muscle to people not on steroids.

First we must understand how a muscle is first built to understand how steroids work. When the muscle is extended and contracted under a load, the muscle will get tiny microscopic tears. This breakdown of the muscles will trigger an immune system response and bring oxygen and nutrients rich blood and will also remove waste from the area. This repairs the muscles stronger than they were before. This process is also a reason for why we are sore the next day after a workout. Once our muscles get bigger we will have to lift heavier weights to get the muscle to break down again.

Testosterone also plays a big role in protein synthesis which promotes muscle growth as well. Testosterone is naturally produced in the human body more in males than in females. It plays a role in muscle growth, sexual organs, facial hair, deepening the voice and bone density. High levels of testosterone will increase muscle growth and strength.

Taking anabolic steroids can increase muscle growth and size, increase bone density, and increase recovery times in between working out. A faster recovery time means they can train more often and harder than they would be able to without steroids. There are many types of anabolic steroids that can be injected, or consumed. Steroids are taken to increase muscle strength and size. Many people that use steroids are typically bodybuilders, athletes, blue collar job workers, and people who are insecure about their body image. They take steroids because they want to look bigger like bodybuilders competing or for the strength to help out with their job or performance.

The use of steroids comes with some dangerous side effects. Steroids can damage nerves, disrupt sleeping, create acne, change your mood/aggression/irritability, shrinks the balls and reduces sperm count. The long term effects consist of damage to the testis, liver disease, problems with kidneys, liver, and the heart, depression, gynecomastia, high blood cholesterol, and high blood pressure. Getting off steroids your body won't produce as much testosterone. Most people that have used steroids might need testosterone replacement

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