

Steroids can be addictive

KEY STEROID FACTS

- Anabolic-androgenic steroids are man-made drugs.
- Steroids are taken by pill or injection.
- Major side effects include liver tumours, liver cancer, jaundice, fluid retention, and high blood pressure.
- Men using steroids can experience shrinking of the testicles, reduced sperm count, male-pattern baldness, development of breasts, and an increased risk of prostate cancer.
- Women using steroids can experience changes in their reproductive organs and a deepening of the voice.

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AVAILABILITY OF STEROIDS

- Doctors prescribe steroids to patients with medical conditions, such as AIDS and other diseases that result in muscle wasting.
- Black-market steroids from the internet.
- Black-market steroids bought from contacts at fitness facilities or health clubs
- Black-market steroids on campus.

RCMP warns: “There are no rigid purity and quality checks on most steroid products available on the black market.”

U.S. Department of Health warns: “Black market steroids are manufactured without controls and may be impure, mislabeled, or simply bogus.”

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DANGERS OF INJECTING

- In Canada, injection drug use and sharing needles accounts for approximately 70% of all new Hepatitis C infections.
- Sharing needles to inject steroids puts you at risk for HIV, Hepatitis, serious infections at the injection site, and infection of the heart muscle.

New needles are available at the Needle Exchange Program at the AIDS Committee of Windsor, 1168 Drouillard Road, Suite B, Windsor, ON

Anyone can visit the needle exchange program; bring in a used needle and exchange it for a new one.

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Toronto Public Health <http://www.toronto.ca/health/steroids.htm>
Intl. Natural Bodybuilding Assoc. of Canada <http://www.naturalbodybuildingcanada.com>
Centre for Addiction & Mental Health <http://www.camh.net>
Peak Performance
<http://www.peakperformance.on.ca>

COMMUNITY RESOURCES

Needle Exchange Program 973-0222
A **physician** that understands steroid issues.
An addiction counselor.
Campus Health Clinic, school nurse or guidance counselor.
Workplace health clinic.
Windsor-Essex County Health Unit 258-2146 x 1200

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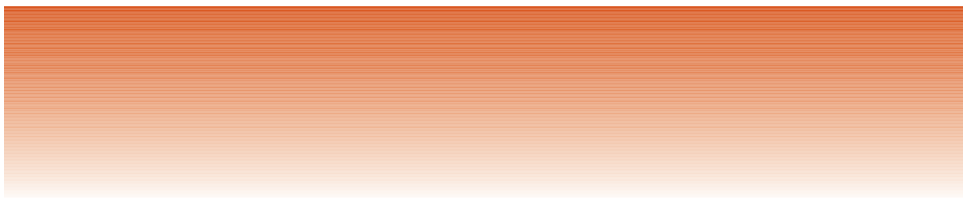
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Do you know how to protect yourself?

Do you know about steroid free options?



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Toll Free 1-800-265-4858
Fax (519) 973-7389
www.aids Windsor.org

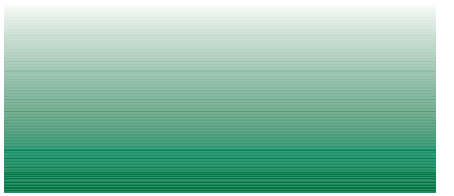


Windsor-Essex County Health Unit
Windsor-Essex-Leamington
www.wehealthunit.org



JUICE,
AND WE'RE
NOT TALKING
ORANGES

An HIV/AIDS prevention
and steroid awareness resource



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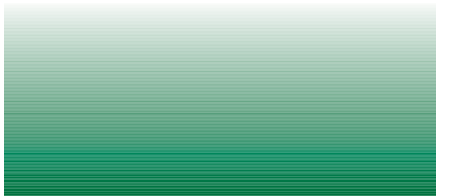


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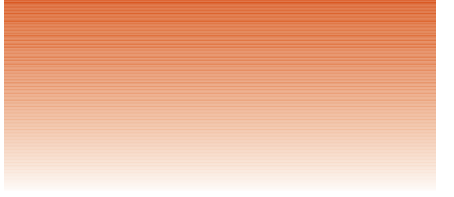
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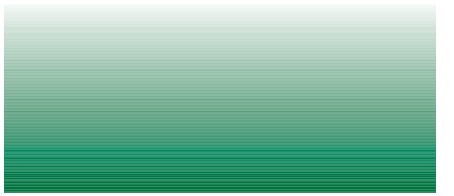


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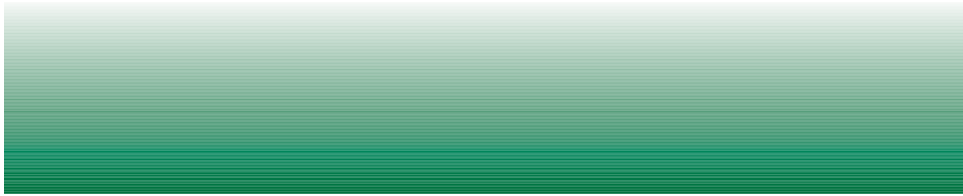
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