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Health 2013-2014

The Science of Steroids

Directions – Fill in the blanks using the word bank.

1. Steroids are incredibly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ but come at a price.

2. Anabolic steroids are now \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in every professional sport in the U. S.

3. In the U.S. anabolic steroids are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ without a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Steroids can be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5. Mixing several different steroids is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It is believed to

provide better \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

6. The key to building muscle is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

7. In a heavy workout the muscle fibers are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

8. The body naturally \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the damage by mending the torn \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

9. The result is a muscle that is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than before.

10. With each additional workout the athlete can add \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

11. With \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, muscle repair can come much faster.

12. It takes about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for your muscles to repair themselves.

13. Anabolic steroids speed up the process of muscle repair. The athlete who uses steroids can

repair his/her muscles in about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

14. This allows the athlete to work out more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and then recover faster so he/she can work out again.

15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pioneered steroid research in the 1930’s.

16. Steroid use is against the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of sport. It’s deemed as cheating.

17. Most people who take steroids think there is \_\_\_\_\_\_\_\_\_\_\_\_ risk, no risk or risk they can handle.

That’s the problem.

18. There are several \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of steroids.

19. Most often confused are anabolic steroids and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

20. Both are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ version of hormones that are produced \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

in the body.

21. Corticosteroids are used by doctors to reduce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

22. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ contain

corticosteroids, They can’t build muscle.

23. Anabolic steroids do have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ uses.

24. Anabolic steroids may be prescribed by doctors to treat men who lose the ability to produce

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, muscle loss, anemia, stunted growth and delayed puberty.

25. Anabolic steroids are a synthetic version of testosterone, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

26. Glucocorticoid are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meaning they break down muscle tissue.

27. Steroids affect the hormone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of testosterone and glucocorticoid.

28. Most doctors prescribe steroids in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, what the

body produces naturally.

29. Steroid use comes with side effects which in men may include severe \_\_\_\_\_\_\_\_\_\_\_\_ on the back

as well as on the face, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ causing the breasts to swell and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the shrinking of the testicles.

30. For women side effects may include male pattern \_\_\_\_\_\_\_\_\_\_, facial hair, and even a deepening

of the \_\_\_\_\_\_\_\_\_\_, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the breasts and the clitoris to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 31. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a psychiatric change – an aggressive person becomes more

aggressive, a violent person becomes more violent.

32. Doctors believe steroid use can cause tumors on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

33. Steroids can dramatically alter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ levels increasing the risk of

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

34. Steroids lower the level of \_\_\_\_\_\_\_\_\_\_\_\_\_ “good cholesterol” in the bloodstream while raising

the level of \_\_\_\_\_\_\_\_\_\_ “bad cholesterol.”

35. Two of the effects of quitting steroids and having a low testosterone level may be

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

36. It is estimated that 50% of the people who use steroids are NOT athletes. These people use

steroids for personal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

37. In our generation, steroid users hope steroids can deliver \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

or immediate results.