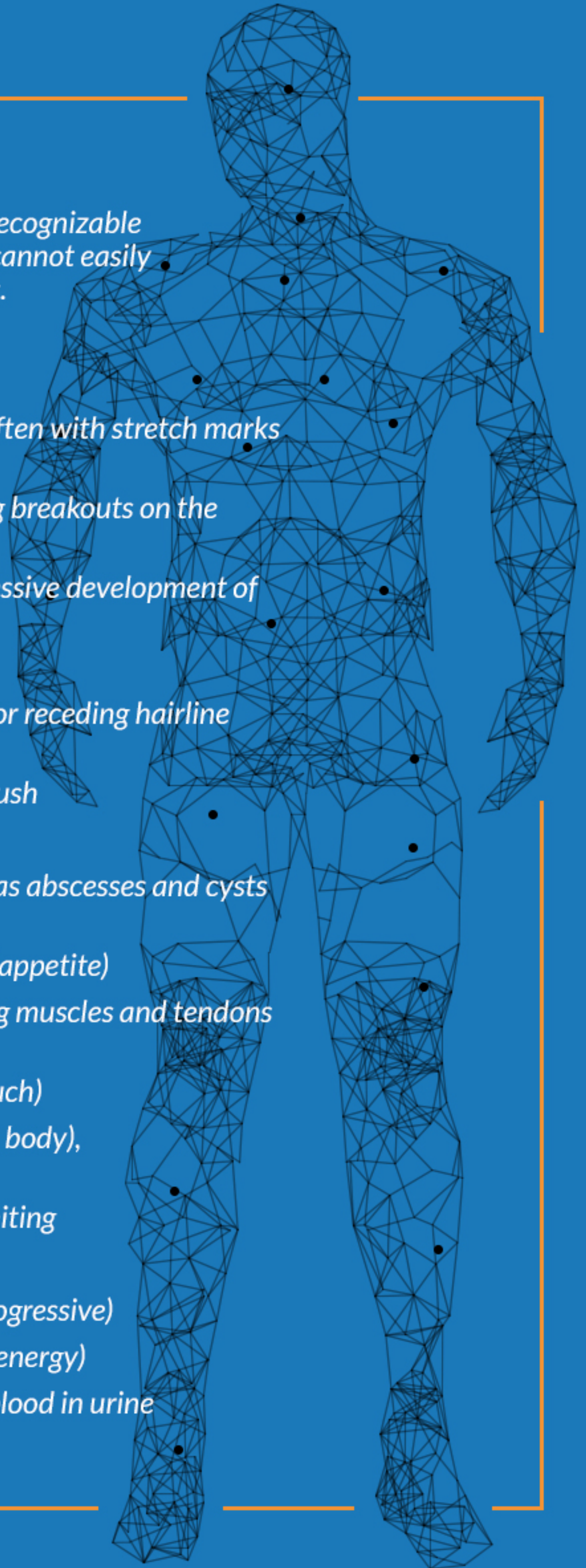


# PHYSICAL AND MENTAL SIDE EFFECTS

## PHYSICAL CHANGES

*Physical changes may be the most recognizable difference because the novice user cannot easily conceal these short-term symptoms.*

- *Unusually fast muscle growth*
- *Unusually greasy hair or oily skin (often with stretch marks on the inner joints)*
- *Small red or purplish acne, including breakouts on the shoulders and back*
- *Gynecomastia, the abnormally excessive development of the breast tissue in males*
- *Bad breath*
- *Thinning hair throughout the head or receding hairline (male pattern baldness)*
- *Hair loss in bed, shower, comb or brush*
- *Jaundice or yellowing of the skin*
- *Skin eruptions and infections, such as abscesses and cysts*
- *Drastic appetite shifts (extreme hunger or lessened/loss of appetite)*
- *Joint pain; greater chance of injuring muscles and tendons*
- *Disrupted sleep patterns (not sleeping well or sleeping too much)*
- *Fluid level changes, bloating (face & body), and night sweating*
- *Dizziness, trembling, nausea or vomiting*
- *Rapid or progressive weight gain*
- *Increased muscle size (sudden or progressive)*
- *Hyperactivity or lethargy (too little energy)*
- *Trouble urinating; discoloration or blood in urine*





## **PERSONALITY & EMOTIONAL CHANGES**

*Personality and emotional changes often happen suddenly and without visible triggers or reasons.*

- *Extreme mood swings*
- *Increased aggression or irritability*
- *Becomes disrespectful or abusive (verbally and/or physically)*
- *Poor decision making stemming from feelings of invincibility*
- *Becomes secretive and/or starts lying*
- *Withdraws from family members*
- *Depression (especially when steroids are discontinued)*
- *Hallucinations – seeing or hearing things that aren't there*
- *Paranoia – extreme feelings of mistrust or fear*

## **SOCIAL CHANGES**

*Social changes witnessed may be mistaken for natural teenage distancing or independence.*

- *Sudden urge to work out at the gym*
- *Always has a towel covering the back when leaving the shower (to hide acne)*
- *Closes and/or locks bedroom door more often*
- *Changes in personal relationships with family and friends*
- *Takes longer showers or baths (Extra time is often used for injecting)*
- *Phone conversations become more private*
- *Begins receiving more packages in the mail*
- *Asks for money more often, or has more money than usual*
- *Is stealing or losing belongings*
- *Begins taking naps and/or falls asleep in class*
- *Loss of focus or concentration (at work, school or home)*
- *Decline in grades*
- *Forgets plans, dates and activities*
- *Sneaking around on the Internet wanting no one to see*