



**Ministry of higher education and scientific
Research
Babylon University – College of pharmacy**

Assessment of Educational awareness about the practice of anabolic steroids use among Gym in Hilla city.

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Abstract :

Anabolic steroids target the androgen receptor, the natural biological receptor for testosterone and its metabolite dihydrotestosterone. Stimulation of the androgen receptor results in cell growth, leading to an increase in muscle size.

- **The Aim** of using Anabolic steroids to Help build muscle tissue and increase body mass by acting like the body's natural male hormone , **testosterone** .

The study included the distribution of 100 questionnaires in city of Hila in Babylon sport gym, al-mayar center, banofitness, to learn about the Questionnaires period time from **December to February 2022** in Hilla city. **The questionnaire included men and female range (18to40 years) the male number reached approximately 55 male, while the female is less approximately 45 female .This study exclude the following (Less than 14years old, Heart disease, Liver disease, Myopathy disease).**

Key word: (Anabolic steroids ,Gyms , Bodybuilding)

Introduction:

- **Androgenic-anabolic steroids (AAS)** are synthetic derivatives of the male hormone testosterone. They do have legitimate medical uses. Sometimes doctors prescribe anabolic steroids to help people with certain kinds of **anemia** and men who don't produce enough testosterone on their own, **delayed puberty**, and **muscle loss** from some diseases, But some people misuse anabolic steroids.
- They can exert strong effects on the human body that may be beneficial for athletic performance. A review of the literature revealed that most laboratory studies did not investigate the actual doses of AAS currently abused in the field. Therefore, those studies may not reflect the actual (adverse) effects of steroids. that short-term administration of these drugs by athletes can **increase strength** and **bodyweight**.

➤ **Strength gains** of about **5-20%** of the initial strength and increments of **2-5 kg** bodyweight, that may be attributed to an increase of the lean body mass, have been observed. A reduction of fat mass does not seem to occur. Although **AAS administration** may affect **erythropoiesis and blood hemoglobin** concentrations, no effect on endurance performance was observed.



➤ **Little data** about the effects of **AAS** on metabolic responses during exercise training and recovery are available and, therefore, do not allow firm conclusions.

➤ The main untoward effects of **short- and long-term AAS** abuse that male athletes most often self-report are an increase in sexual drive, the occurrence of acne vulgaris increased body hair and increment of aggressive behavior.

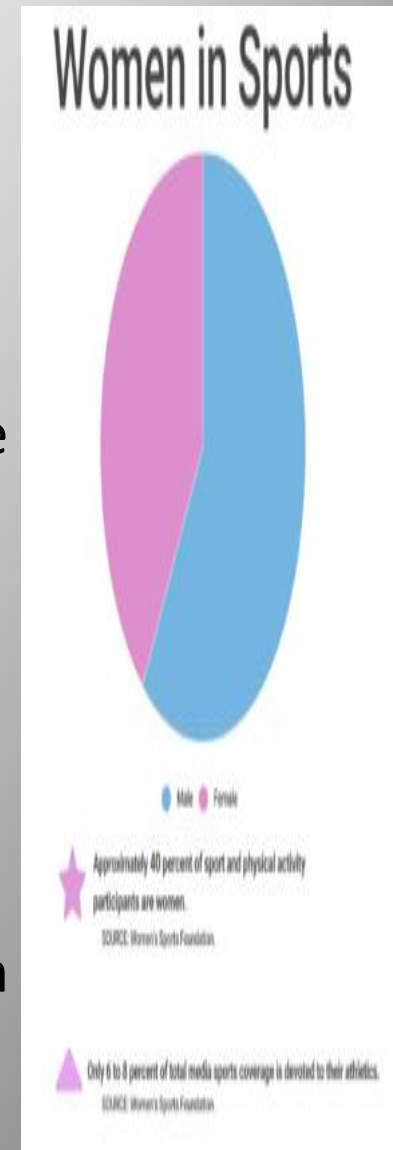
Material and Methods

- **Design of the study:** The study included the distribution of **100 questionnaires** in city of Hilla in Babylon sport gym, al-mayar center, banofitness, to learn about the use of **anabolic steroids in gyms**.
- Questionnaires period time from **December to February 2022** in Hila city.
- The questionnaire included **men and female range (18 to 40 years)**.
- Where the male number reached approximately **55 male**, while the **female** is less approximately **45 female**.
- This study exclude the following (**Less than 14 years old, Heart disease , Liver disease , Myopathy disease**)

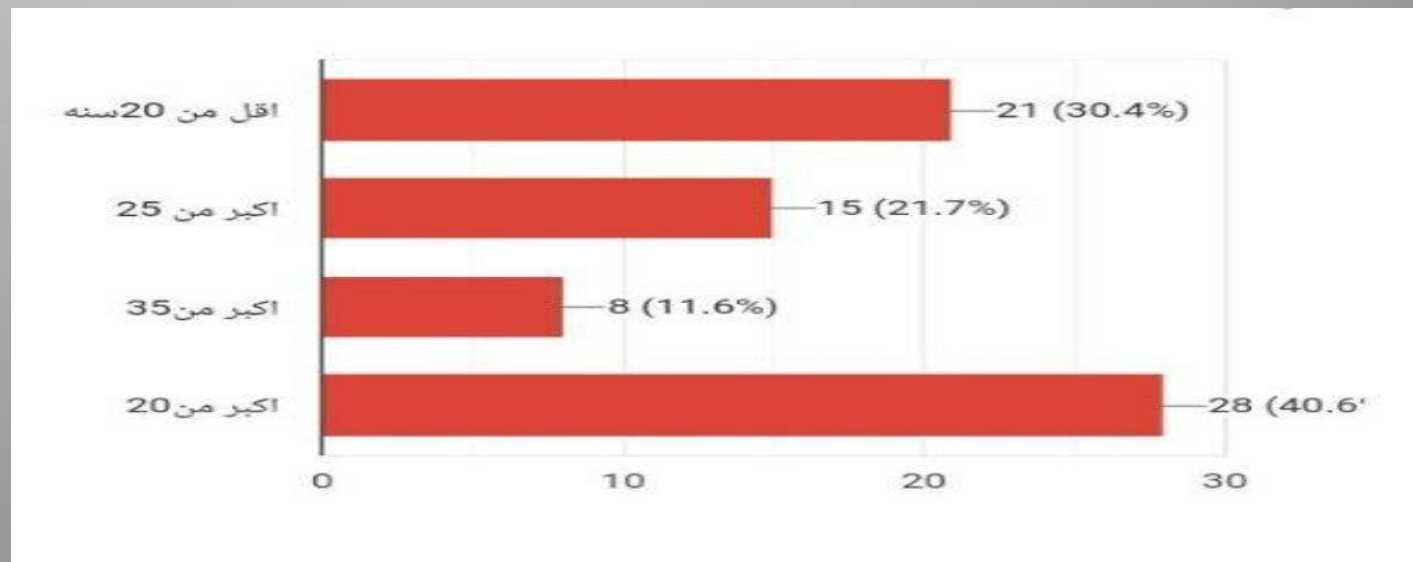


Demographic characteristics of the study

- The number of men and women who use sports the women less than of the men so for many reasons , including the goal of women is to get a slim and harmonious body and maintain physical fitness to their bodies , unlike men who use weights and heavy equipment and strength exercises to move the muscles against the strength of the resistance and build muscle mass ,women tend to use less androgen substances , lower doses and fewer substances than male AAS users .

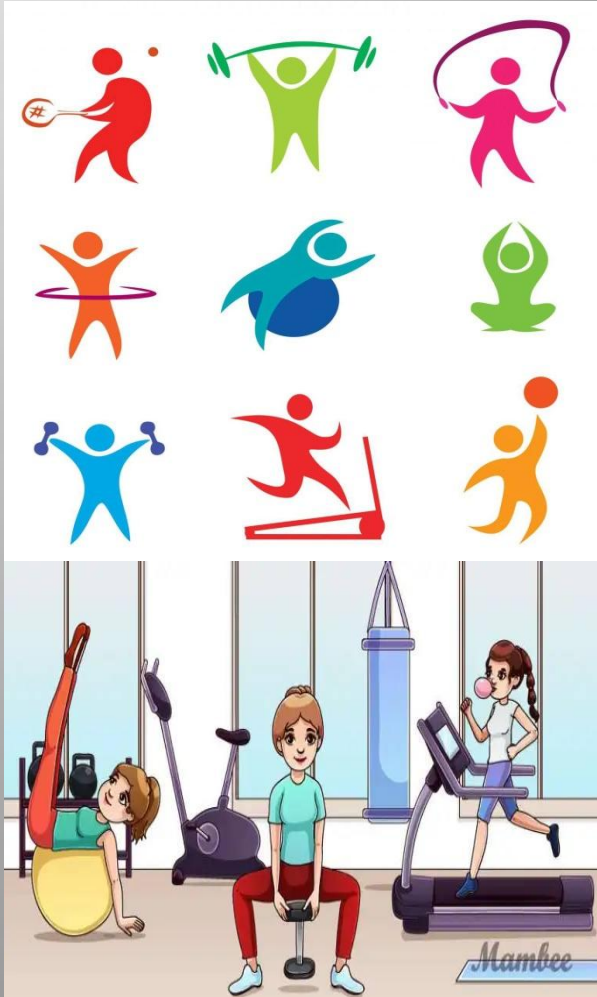


- People aged 14 years and more are allowed to practice muscle building sports depending on the length , size and physical strength of people , but the correct age is at puberty.



➤ physical activity or sport " stands for an intensive exercise of 15-30 minutes a day . It can be difficult to find time to exercise when you're already trying to balance work ,trying to balance work , university , and social life , but with a wide range of sporting activities , University athletes are under the impression that they cannot get addicted to steroids they are much more casual about misusing Steroid abuse can have catastrophic effects on the health of a young athlete .

➤ There are many types of exercise that help maintain our body and fitness including walking , cycling , swimming and body building Walking is one of the least expensive , simplest and easiest physical activities Bodybuilding is the use of weight training exercises to improve and develop one's body muscles.



- normal person exercises 1 hour a day , the time of exercise should be gradually increased , provided that it does not exceed 2 to 3 hours .everyone doing at least 30 minutes of moderate - intensity exercise , five times a week , or 150 minutes .



- Athletes exercise for 3 to 4 days a week in bodybuilding and fitness , do not exceed four times of weight training in a week , and it is better to exercise one day and then rest the next day .people at the intermediate and advanced level , they can exercise for two or three continuous days , and at other times they can take one day to rest a week .



- plays an effective role in knowing the correct and appropriate exercises for the trainee , which are commensurate with the goal for which the trainee is practicing physical exercises monitors errors during exercise { 7 } ,It also helps to correct mistakes made by the trainee during exercises , such as pressing a certain part From the body they need a professional trainer , who closely.

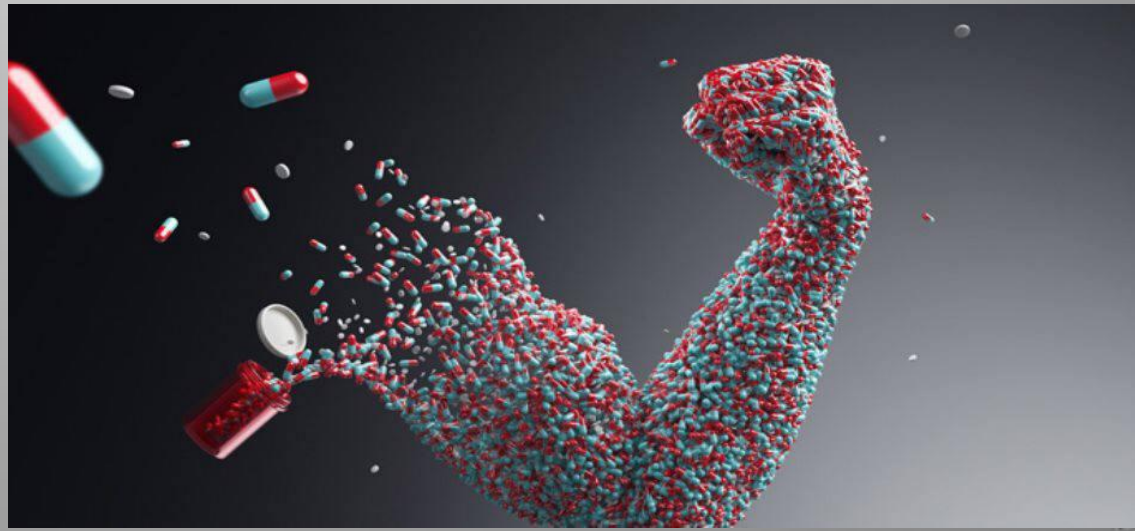


- Testosterone affects a man's appearance and sexual development . It stimulates sperm production as well as a man's sex drive . It also helps build muscle and bone mass . Testosterone production typically decreases with age . increase your risk of heart disease , infertility , high blood pressure
- Aavar (oxandrolone) is a synthetic analog of testosteroneThis it is based on testosterone , but it's been engineered to provide a higher anabolic to lower androgenic ratio.
- Winstrol (Stanozolol) Initially , it was used to treat medical conditions such as angioedema osteoporosis.
- Most bodybuilders prefer Winstrol during the preparation for a competition ; It helps them to burn their fats and gain mass You can use Winstrol alone , or you can stack them with other anabolic steroids.

- Anabolic steroids are administered several ways including intramuscular or subcutaneous injection , by mouth , pellet implantation under the skin and by application to the skin (e.g. gels or patches) the best place injections are typically intramuscular - that is , given directly into a muscle.



- Typical steroid cycle can be about three months starting with less and you could be taking steroids daily and injecting around four times a week but for much longer one injection every seven to 10 days and sometimes almost consistently . or take steroids for six weeks to 16 weeks at a time .



Conclusions

- During a study, **testosterone** is more widely used, where the number of users reached approximately **45 users**, **because of** its ability to accelerate the growth and gain of **muscles quickly**, along with exercises. It helps reduce fat mass **increase muscle size** and strength, and raise body energy levels, That's why steroids are so popular among athletes.

Recommendations

- 1-Anabolic steroids cannot be used safely except under a doctor's supervision
- 2-Limit use to a few weeks at a time, to give your body a rest,
- 3- Never inject anabolic steroids directly into the same area of your body
- 4- Do not inject them into the biceps, calf or pectoral muscles (to avoid nerve damage)
- 5-Always use clean needles to reduce the risk of HIV, hepatitis B and hepatitis C and other blood-borne viruses .
- 6- Never share needles with other people .
- 7-Do not combine anabolic steroids with caffeine or alcohol, or with other drugs such as amphetamines.

Acknowledgment

- The completion of the search end of graduation **we thank** and gratitude to all those who helped me in the output of this research thanks to them and their opinions value made by me, especially Musharraf search **Dr. samah Ahmed kadhun** to the faculty in the general section, and hoping to God that I have had more than a mistake and utilized, which made efforts, in the hope that I have given the subject of some right, and **ask God** to teach us what benefit us and benefit us as we learned.



THANK

YOU