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People assume that...

1. Testosterone builds muscle, which makes you stronger

But this is incorrect... here's why

The only problem with steroid use is getting caught

BUT...

Size ≠ Strength

A disproportionate increase in size can occur without an increase in strength of supporting tissue.

Although some studies show that...

Steroids can increase strength,

they also showed that...

- Testosterone at supraphysiologic doses may increase lean body mass and muscle size
- Testosterone at appropriately high doses may result in muscle gain
- Testosterone may result in a significant increase in muscle mass

and high levels of exogenous T can be dangerous...

and can result in psychological symptoms such as:

- Anxiety
- Depression
- Aggression
- Dependency on other drugs and alcohol

Steroid misuse can lead to permanent health issues:

- Menstrual irregularity
- Breast atrophy
- Hirsutism – excessive hair growth
- Clitoral enlargement
- Breast enlargement
- Malepattern baldness
- Gynecomastia – increase in estrogen aromatized from testosterone, resulting in enlarged breasts
- Reduction in testicular size & sperm count
- Kidney failure
- Liver damage
- Increased heart & stroke risks
- Increased risk of blood clots

so think twice before using steroids, because that can happen to you.

SOURCES...


image links...

https://pixabay.com/images/search
https://www.dreamstime.com/illustration/strong-cartoon-guy.html
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