

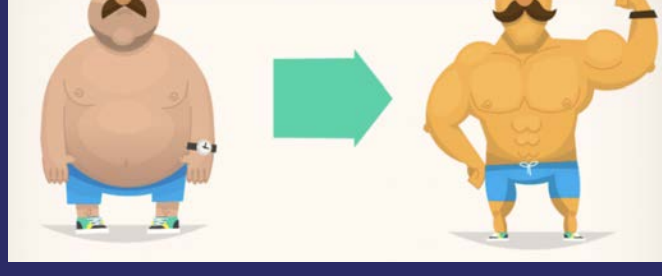
# the common misconceptions of



By: Amanda Tran

## People assume that...

1 T builds muscle, which makes you stronger



2 The only problem with steroid use is getting caught

## But this is incorrect... here's why

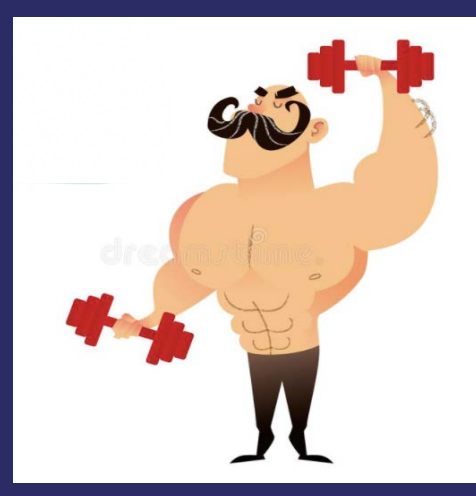
Testosterone is an **anabolic** catalyst for building more complex tissue such as **muscle mass**



**BUT...**



**SIZE**



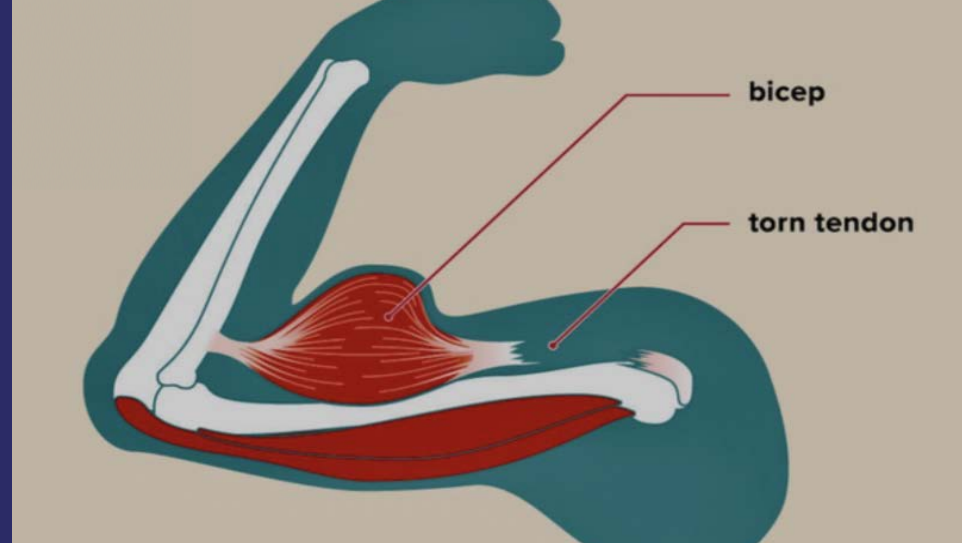
**STRENGTH**

## and the problem is that...

A **disproportionate** increase in muscle mass without an increase in strength of supporting tissue



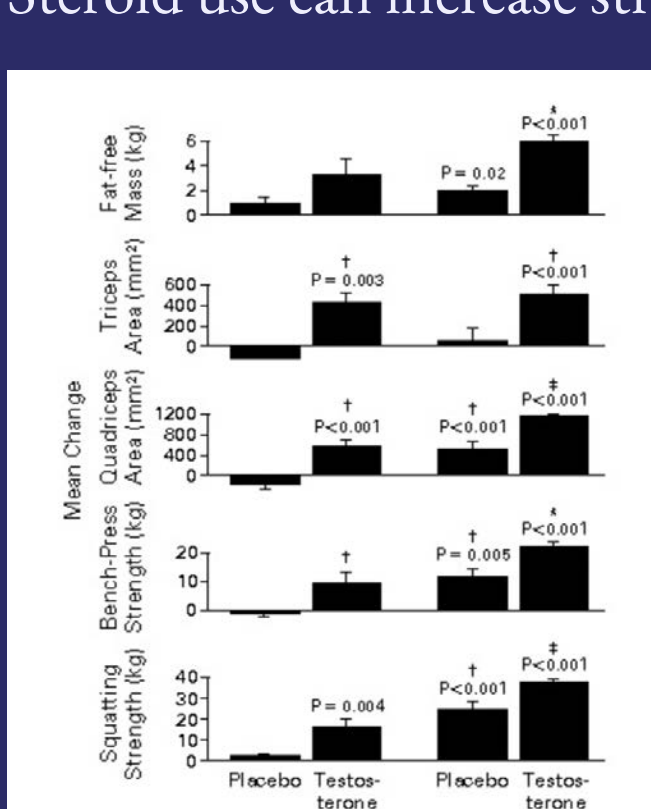
false perceptions of strength lead to **frequent** muscle ruptures, and tendon and ligament injuries



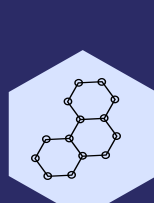
## Although some studies show that...

Steroid use can increase strength,

they also showed that...



1 Exercise is necessary to significantly increase muscle size and strength



2 An unnaturally high dosage of anabolic steroids must be used



3 Psychology plays a role in that much of it is mental

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



IN MEN

AND



IN WOMEN

+ Reduction in testicular size & sperm count

+ Gynecomastia – increase in estrogen aromatized from testosterone, resulting in enlarged breasts

+ Breast atrophy

+ Hirsutism – excessive hair growth

+ Clitoral enlargement

+ Menstrual irregularity

## Steroid misuse can lead to permanent health issues:



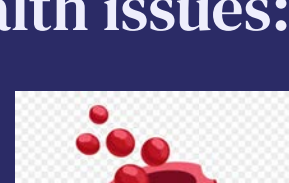
Kidney failure



Liver damage

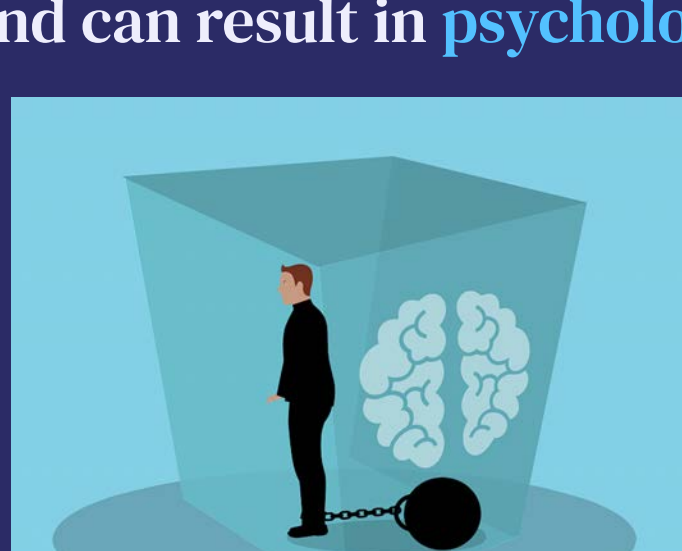


Increased heart & stroke risks



Increased risk of blood clots

## and can result in psychological symptoms such as:



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

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

### sources...

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