

Anabolic agents in sport

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Introduction

To improve the efficiency of world-class athletes training special attention is paid to recovery processes after significant muscle loads. Such methods as massage, electrical stimulation and anabolizers are used. Too frequent use of anabolic steroids by athletes nowadays has led to problems of overdose and side effects.

Aim

The aim is to study positive and side effects of anabolic steroids, to examine separate substances and their specific effects

Materials and methods

According to the Food and Drug Administration (FDA) there are over 1 million people who have problems due to abuse of steroids, (heroin addicts are only 500,000). Scientific information about steroids is very small, especially the ways in which athletes use steroids

Results

No doubt steroids promote athletic effectiveness. The occurrence of side effects varies from athlete to athlete. An important role is played by factors such as age, sex, genetic predisposition, physical and mental constitution, as well as dosage, duration of administration, and the type of steroid

Conclusion

Realization of these drugs in pharmacies must be strictly controlled, educational activities for teens should be carried out, because the use of steroids at a young age can seriously impact their health in the future.