

*Struk N.*  
**THE INFLUENCE OF ANABOLIC STEROIDS ON THE MALE  
REPRODUCTIVE SYSTEM**

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The anabolic steroids are often used by athletes and sports enthusiasts to increase muscle mass and strength, as well as to improve athletic performance. But this improvement in results has its side effects. The constant use of steroids leads to dysfunctions of the liver, immune and endocrine systems, and also negatively affecting the ability to conceive.

Steroids are testosterone-based drugs. Testosterone is the main male hormone, which has an effect on the male reproductive system, and as well as on muscle growth.

The anabolic steroids imitate the testosterone action in the male body, and because of this they are used to increase muscle mass in professional athletes. They also affect the pituitary gland, giving the impression, that the seminal glands are working too hard. The pituitary gland reduces the production of two hormones - follitropin and lutropin, most actively involved in sperm production.

It is manifested by decreased libido, the testicles atrophy and sperm formation various disorders. The spermatozoa lose vitality and mobility, or they may not exist at all, which can naturally lead to infertility. These changes are often reversible, but can be present for many years. Sometimes the body doesn't recover at all. The use of anabolic steroids is particularly harmful in adolescence, as their use can cause growth to stop, leading to stunting.

The use anabolic steroids can cause significant harm to health, in particular the male reproductive system, and there is a need to reduce their use.