

How Addictive Are Anabolic Steroids: Impacts To Your Brain & Body

By The Professionals At Findlay Recovery Center



This article will discuss what anabolic steroids are, how addictive they are, and how they affect your brain and body. We will also talk about the health risks associated with using these substances and discuss why people should seek help to stop the use of these steroids immediately.

How Addictive Are Anabolic Steroids?

Anabolic steroids are a synthetic derivative of the hormone testosterone, which men and women naturally produce. Anabolic steroids stimulate muscle growth, accelerate bone maturation, and increase blood cell production to enhance athletic performance. Unfortunately, in addition to increasing endurance levels, anabolic steroid use can also cause numerous side effects, including acne, hair loss in both sexes, and infertility in males. More importantly, several studies have shown how these drugs affect your brain chemistry from taking them even for a short period leading to severe damage with long-term abuse.

Anabolic Steroids are synthetic hormones that mimic the effects of testosterone, the male sex hormone. They can be taken orally, injected, or applied to the skin as a gel or cream.

The question "how addictive are anabolic steroids" can be somewhat tricky to answer, but the short answer is that **they are very addictive**. However, the more important question would be how do these hormones affect your brain and body?

How Do Anabolic Steroids Impact Your Brain?

When Anabolic Steroids enter the brain, they attach to specific receptors called androgen receptors. This causes an increase in dopamine levels, which is responsible for feelings of pleasure and euphoria. Unfortunately, the increased dopamine levels caused by Anabolic Steroids can lead to **addiction and cravings** for the drug.

Anabolic Steroid use can also cause changes in brain structure and function. For example, one study showed that long-term Anabolic Steroid use was associated with reduced grey matter volume in certain areas of the brain. These changes in brain structure may account for some of the adverse cognitive effects associated with Anabolic Steroid use.

Anabolic Steroids can also impact mood and behavior. For example, one study showed that long-term Anabolic Steroid users were more likely to experience symptoms of depression and anxiety than non-users. Another study showed that Anabolic Steroid use was linked to increased aggression and hostility. These behavioral changes may be due to the changes in brain function caused by Anabolic Steroids.

Anabolic steroids can also impact your brain in ways similar to how other drugs affect the brain (e.g., amphetamines) and sometimes through unknown mechanisms. Anabolic steroid abuse may lead to changes in memory; mood problems such as depression; increased aggression/ violent behavior; paranoia; delusions of grandeur or power; impaired judgment about personal relationships with others, including sexual partners and family members; loss of interest in activities like school, sports, work or spending time with friends that were once enjoyed previously. Additionally, some people who use anabolic steroids may develop a form of social anxiety called performance anxiety. They become increasingly anxious and self-conscious about interacting with others in a social setting (especially if people are watching them).

How Do Anabolic Steroids Impact Your Body?

Anabolic Steroids mimic the effects of testosterone, which is a male sex hormone. When you take anabolic steroids, your body responds by increasing its production of testosterone. This can lead to several **unwanted side effects**, including:

- **Acne and Oily Skin:** Anabolic Steroids can cause your sebaceous glands to produce more oil. This extra oil is what causes the increased acne you may experience while taking anabolic steroids.
- **Hirsutism (Facial Hair):** Excessive facial hair growth, including on the face or neck, chest, arms, or back, can occur in women who are taking large doses of testosterone over a long period.
- **Deepening of the Voice:** Long-term use of anabolic steroids can cause your voice to deepen.
- **Unwanted Hair Growth in Women and Men:** The overproduction of testosterone can lead to increased body hair, including pubic hair, underarm hair, leg hair removal for a woman may become difficult or impossible without extensive treatment.

In addition to these side effects that are related to sex hormones, it's also common for people who take high doses of anabolic steroids long term for non-medical purposes (as opposed to therapeutic medical treatment) to experience changes in their cholesterol levels; increases in bad LDL cholesterol and decreases in good HDL cholesterol; increase fluid retention/swelling; high blood pressure; liver damage (which could lead to liver cancer); and tendon ruptures.

Why Should You Seek Help To Stop The Use Of Anabolic Steroids?

Anabolic steroids are addictive and can have a negative impact on your brain and body. When you use anabolic steroids, you may experience dependence and addiction. This means that you will likely need to take the drug for more extended periods to get the same effects, leading to dangerous health consequences. If you are currently fighting the **battle against drug abuse** (anabolic steroid use), you should immediately seek help to stop using this highly addictive substance.

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Hours of Operation

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About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential treatment at an affordable rate.

