

In both sexes, steroids can cause male pattern baldness, cysts, acne, and oily hair and skin. Steroids affect your mood. Steroids can make you angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use.

Steroids increase your risk of infection. Sharing needles or using dirty needles to inject steroids puts you at risk for disease such as HIV/AIDS and hepatitis.

Steroids can cost you your life. As with Efrain and others, the emptiness and depression caused by the use of steroids can create a world of despair so great that the only option you feel you have is take your own life.

No league championship, banner in the gym or college scholarship is worth using steroids. If you are thinking about using steroids consider this, once you stop using this drug your body reverts back to the way it was before you started.

Muscle mass is gone, added strength is gone and whatever competitive edge you think you

had is gone.

All that is left is the damage to your body. Steroids give you a short-term false advantage with long term, permanent, negative affects.

Work hard, in fact, work very hard to be the very best you can be. You were made to be special and using steroids could take all of that away.

If you are interested donating to our organization, please contact us or simply mail your donation to the address on this brochure.

The Efrain Anthony Marrero Foundation

2010-A Harbison Dr., Suite 198
Vacaville, CA 95687
Phone: 707-447-1058
Fax: 707-646-7150

For more information visit
www.efrainmarrero.org



The Efrain Anthony Marrero Foundation



**Fighting
Against
Steroids
Together**

STEROID INFO

STEROIDS

What you need to know

Anabolic steroid use can lead to psychological and physical dependence. This can make it difficult for people to stop using anabolic steroids despite the fact they may be suffering from negative side effects and wish to do so. Some of the side effects associated with steroids can be very serious. Medical research has proven that side effects do exist, but researchers often cannot increase the steroid levels in test patients due to the extreme danger of doing so. Therefore, many adverse side effects from steroid use are still unknown

Professional athletes generally get steroids from a trainer or doctor in a very controlled environment. The rest of society must trust that the steroids purchased from a “dealer” are not being manufactured in a third-world country or a “lab” in someone's garage. One can never be sure how steroids will affect his or her health. However, we do

know that negative consequences often change lives forever. Here are some facts you might not know:

What you can see

Here are some of the physical signs associated with the use of steroids:

For Men:

- Baldness
- Increase in nipple and breast size (gynecomastia)
- Shrinking of testicles
- Enlarged prostate (gland that mixes fluid with sperm to form semen)
- Reduced sperm count
- Impotence

For Women:

- Reduced breast size
- Growth of facial hair
- Enlarged clitoris
- Increase in facial and body hair
- Deepened voice
- Menstrual problems

For Both:

- Jaundice (yellowing of the skin)
- Swelling of feet or ankles
- Bad breath
- “Roid rage” – severe, aggressive behavior that may result in violence, such as fighting or destroying property
- Severe mood swings – including anger, hostility and irritability
- Hallucinations – seeing or hearing things that are not really there
- Paranoia – extreme feelings of mistrust and fear
- Nervousness
- Depression and thoughts of suicide

What you can't see

Steroids affect your heart. Steroid use has been associated with cardiovascular disease, including heart attacks and strokes. These heart problems can even happen to athletes under the age of 30.

Steroids affect your appearance.