

08 - NEGATIVE EFFECTS OF USING ANABOLIC ANDROGENIC OF STEROIDS IN MEN AGED 20 TO 35 YEARS IN SANTIAGO, CHILE

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INTRODUCTION:

The anabolic androgenic steroids, belong to the ergogenic drugs, also called performance drugs. They are synthetic substances derived from testosterone, a natural male hormone. "Anabolic" means "builder" or "manufacturer" and "androgenic" means "masculinizing", ie granting masculine characteristics. The steroid hormones are derived from, in turn, anabolic steroids are a group within these hormonal drugs. A healthy man produces between 2 and 10 milligrams of testosterone per day (women also produce it, but in trace amounts). Anabolic hormones help the body absorb proteins, are conducive to building muscle, bone and skin. The androgenic properties of testosterone are associated with masculinity during puberty allows male sexual development, hair growth in the body and the deepening of the voice.

These substances are designed to mimic the functions of growth of testosterone, but hardly affects its masculinizing effects. There are many kinds and combinations of properties anabolic - androgenic. These products are used from relatively recent times: in 1930, testosterone was first synthesized, and entered the sport in the 40s. In the 1952 Olympics, the Russians swept the medals in weightlifting because of its use, since that time he became massive. Parallel to its use, doctors noticed side effects. However, its use has been increasing until 1975, when they were banned. To date, the International Olympic Committee included 17 types of anabolic steroids and related compounds in banned substances lists. During the '80s, many young athletes not used by the body-building properties, creating a thriving illegal market for both production and sale of these drugs. At present, it was discovered that the South African athlete Caster Semenya released more testosterone than normal, naturally, thereby placing it in parallel advantage of their rivals. Not only athletes use anabolic steroids. Thousands of young people use these drugs to increase muscle strength, or just for "cosmetic reasons, to improve their appearance and self esteem. Furthermore, this consumption is not limited to men but includes a growing number of women.

The question for this research is: What effect does the use of anabolic androgenic steroids in men 20 to 35 in Santiago de Chile in 2009?

The hypothesis that arises with the question above is: The consumption of anabolic androgenic steroids and negative effects on the health of men 20 to 35 years in Santiago, Chile.

The main objective is: To determine the negative effects that the use of anabolic androgenic steroids in men 20 to 35 years in Santiago, Chile.

METHODS:

Objectives:

General:

To determine the negative effects that the use of anabolic androgenic steroids in men 20 to 35 years in Santiago, Chile.

Specific:

- Identify data collection points (gym, clinic)
- Observe men between 20 and 35 years with excessive muscular development.
- Analyze muscular development of men selected for the study with the respective coaches and physicians.
- Apply directly to the selected survey.
- Tabulate and analyze the data.

HYPOTHESIS:

Ho: The consumption of anabolic androgenic steroids and negative effects on the health of men 20 to 35 years in Santiago, Chile.

Hi: The consumption of anabolic androgenic steroids and do not produce adverse health effects in men 20 to 35 years in Santiago, Chile.

POPULATION AND SAMPLE:

The study population consists of a group of 30 men whose ages range between 20 and 35. These were observed, noticing excessive growth of your muscles to talk to their staff's training in which they were asked if their students were using some type of increased muscle mass, then retrieve the response from the coaches proceeded to surveying these men who attend fitness club, located in Greenland av. Oceanic 6500 in the commune of central station in Santiago de Chile. In addition to surveying people at a gym in Santiago attended a urology clinic, located at Avenida Salvador 3245 Providencia district, where they met men with urogenital - sexological produced by macro dose consumption of these substances.

VARIABLES:

Dependent: adverse effects

Independent: consumption of anabolic androgenic steroids

DATA COLLECTION:

First we proceeded to go to the gym for 1 month club Greenland, where attendees were seen after it was identified with the naked eye men with excessive muscle development, we proceeded to talk with the coaches of them, where they captured the information of interest whether or not using anabolic androgenic steroids. After having identified the male consumers of these products were conducted in a survey which asked what type of substance consumed and how much, if at sometime in their life after intake of anabolic had felt any symptoms noted in the survey, to be correct with what frequency, etc.. The information

obtained through the survey were tabulated and results were expressed and analyzed below.

Besides making observations and collecting data in a gym, they proceeded to gather more background in a urological clinic. This also went to observe a period of two weeks, came to this clinic men of varying ages and build. First select the public interest as ages 20 to 35 years later was selected for developing muscular body, after that they were surveyed using the same data collection method used previously intervened in the gym. To conclude the survey data we proceeded to talk to the physician to anabolic androgenic steroids and their effects in these patients, kicking out the observations and data collected over the expert opinion of a conclusion to the research hypothesis.

RESULTS AND DISCUSSION:

After applying the checklist (Annex 1) in the gym and fitness Greenland urological clinic uromed the 15 men tested yielded the following results:

- The 66.7% of men surveyed have extreme swelling of tissues by water retention.
- 53.4% of men surveyed swelling and hardness in the face specifically on the cheeks and around the eyes.
- The 73.4% of men surveyed presents an abnormal growth (too) of the mammary glands.
- The 86.7% of men consuming these substances acquire or create get stronger and toughness.
- 53.4% of men surveyed post consumption of these substances has had an increase in levels of LDL (bad).
- 60% of men surveyed have delayed blood clotting with respect to the degree of normal clotting before consumption.
- 60% of men surveyed have headaches from scratch, these are caused by the great stress that causes testosterone overdose of respondents are eating.
- 53.4% of men tested have more cramps and muscle tears than normal physical activity.
- 60% of men surveyed consumed anabolic androgenic steroids from adolescence does not have a normal bone and muscle development, causing a stagnation in body growth.
- 53.4% of men surveyed post consumer has made a significant low defenses.
- 53.4% of respondents had experienced insomnia.

CONCLUSIONS

In the previous study was carried out in a checklist which described negative effects on men's health product consumption of anabolic and androgenic steroids. The list consists of 21 effects of which 2 were unsuccessful 0% which nullifies the question have no answer.

So is the checklist with 19 questions of which 12 of these have hit more than 50% of respondents. This means that these 12 questions are the 63.16% of positive responses of the entire checklist.

So to be about 60% of assertiveness in the data collection instrument accepting the hypothesis. H0: The consumption of anabolic androgenic steroids negative effects on the health of men 20 to 35 years of age in Santiago de Chile.

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SUMMARY:

Testosterone and its derivatives are hormones that have effects on different body parts and tissues and can be classified into two groups according to the effect they produce: androgenic and anabolic. In this paper we examine whether those using these substances in macrodosis symptoms of adverse health effects of anabolic product and steroids. This was surveyed 15 men who were studied in a gym and a clinical urological obtaining resulting from the survey taken that 63.16% of respondents presenting more than 50% of the negative effects caused by consumption of anabolic and steroids, that test the hypothesis: The consumption of anabolic and androgenic steroids cause adverse health effects of men 20 to 35 years in Santiago, Chile.

KEYWORDS: consumption - Anabolic - Testosterone

RÉSUMÉ:

Testostérone et ses dérivés sont des hormones qui ont des effets sur différentes parties du corps et les tissus et peuvent être classées en deux groupes selon l'effet qu'ils produisent: des androgènes et des anabolisants.

Dans cet article nous examinons si ceux qui utilisent ces substances dans les symptômes macrodosis des effets néfastes sur la santé de produits anabolisants et de stéroïdes. Cela a été arpentée 15 hommes qui ont été étudiés dans un gymnase et un obtiend urologiques cliniques résultant de l'enquête réalisée que 63.16% des répondants présentant plus de 50% des effets négatifs causés par la consommation d'anabolisants et stéroïdes, de tester l'hypothèse: La consommation d'androgènes anabolisants et corticoïdes cause effets néfastes sur la santé des hommes âgés de 20 à 35 ans de Santiago, Chili.

MOTS-CLÉS: consommation - anabolisants - Testostérone

RESUMEN:

La testosterona y sus derivados son hormonas que tienen efectos en diferentes zonas y tejidos del organismo y que podemos clasificar en dos grandes grupos, según el efecto que producen: androgénico y anabólico.

En este trabajo se estudiara si las personas consumidoras en macrodosis de estas sustancias presentan síntomas de efectos negativos para la salud producto de los anabólicos y esteroides. Para ello se encuestó a 15 hombres que fueron estudiados en un gimnasio y en una clínica urológica, obteniendo como resultado a la encuesta aplicada que el 63.16 % de los encuestados presenta mas de un 50% de los efectos negativos producidos por el consumo de anabólicos y esteroides, esto comprueba la hipótesis: El consumo de A.A.E. (anabólicos, androgenicos y esteroides) producen efectos negativos para la salud de

hombres de 20 a 35 años en Santiago de Chile.

PALABRAS CLAVE: consumo – anabólicos – testosterona

RESUMO:

A testosterona e seus derivados são hormônios que têm efeitos sobre diferentes partes do corpo e tecidos podem ser classificados em dois grupos de acordo com o efeito que produzem: androgênicos e anabolizantes.

Neste trabalho, analisar se os que utilizam estas substâncias em macrodosis sintomas de efeitos adversos para a saúde de produtos anabolizantes e esteróides. Esta foi pesquisado 15 homens que foram estudados numa academia e em uma clínica urológica resultante da pesquisa realizada que 63,16% dos entrevistados, com mais de 50% dos efeitos negativos causados pelo consumo de anabolizantes e esteróides, que testar a hipótese: O consumo de anabolizantes e esteróides androgênicos causam efeitos adversos para a saúde dos homens 20 a 35 anos em Santiago, Chile.

PALAVRAS-CHAVE: consumo - anabolizantes – Testosterona

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