

Quiz: Anabolic Steroids

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Instructions: After reviewing **Facts on Drugs: Anabolic Steroids** on *the NIDA for Teens* website (<http://teens.drugabuse.gov/>), take this short quiz to test your knowledge.

1. Steroids are synthetic versions of _____.
 - a) bacteria
 - b) testosterone
 - c) estrogen
2. The practice of taking more than one kind of steroid at a time is called _____.
 - a) cycling
 - b) pyramiding
 - c) stacking
3. Steroid abuse can cause _____ tumors.
 - a) brain
 - b) liver
 - c) heart
4. Gynecomastia, a condition that can be caused by steroid abuse, is _____.
 - a) breast development in men
 - b) fat deposits in arteries
 - c) baldness
5. "Roid rage" refers to _____.
 - a) emotional changes brought on by steroid abuse
 - b) drivers on steroids
 - c) steroid-induced strength

6. Steroids, or synthetic versions of the hormone testosterone, _____.
- a) stimulate muscle growth
 - b) cause eyesight to improve
 - c) increase intelligence
7. In addition to stacking, steroid abusers have been known to take doses up to _____ times higher than what would be prescribed by a doctor.
- a) 5
 - b) 500
 - c) 100
8. Liver tumors and blood filled cysts brought on by steroid abuse can rupture and cause _____.
- a) strokes
 - b) internal bleeding
 - c) heart attacks
9. While males can develop breasts, female steroid abusers become more masculine. Among other things, their voice _____.
- a) gets hoarse
 - b) deepens
 - c) gets higher
10. Roid rage, or the violent aggression brought on by steroids, is a result of _____.
- a) painful clogged arteries
 - b) embarrassing acne
 - c) the drug acting on the limbic system

Answer Key: Anabolic Steroids Quiz

1. **B:** Steroids are synthetic versions of testosterone. Testosterone is a male sex hormone. Estrogen is the female sex hormone.
2. **C:** The practice of taking more than one kind of steroid at a time is called stacking. Many steroid abusers do this, because they believe it will get them bigger faster. "Pyramiding" and "cycling" refer to the practice of gradually increasing and then gradually decreasing doses over a period of time.
3. **B:** Steroid abuse can cause liver tumors. This means liver cancer can develop. Steroid abusers may also develop a rare condition called peliosis hepatis in which blood-filled cysts form on the liver. Both the tumors and cysts can rupture and cause internal bleeding.
4. **A:** Gynecomastia, a condition that can be caused by steroid abuse, is breast development in men. This condition is caused by a disruption in the normal production of hormones. In guys, the disruption can also cause reduced sperm count and shrunken testicles. In females, it can cause voices to deepen, body hair to grow, and breast size to decrease. The term for fat deposits in arteries is atherosclerosis.
5. **A:** "Roid rage" refers to emotional changes brought on by steroid abuse. Steroids act on the limbic system, the part of the brain that deals with emotions and moods. Abuse can cause irritability and mild depression. It can also cause mania, delusions, and violent aggression.
6. **A:** Steroids, or synthetic versions of the hormone testosterone, stimulate muscle growth. So, users look big and strong on the outside. But they may be creating weaknesses on the inside.
7. **C:** The answer is c. In addition to stacking, steroid abusers have been known to take doses up to 100 times higher than what would be prescribed by a doctor. This just shows how desperate some people are to get big fast.
8. **B:** Liver tumors and blood filled cysts brought on by steroid abuse can rupture and cause internal bleeding. A condition called atherosclerosis, in which fatty substances clog arteries, can lead to heart attack or stroke.
9. **B:** While males can develop breasts, female steroid abusers become more masculine. Among other things, their voice deepens. Females can also experience excessive growth of body hair and decreased breast size.
10. **C:** Roid rage, or the violent aggression brought on by steroids, is a result of the drug acting on the limbic system. The limbic system is the part of the brain that's involved in emotions and moods. Other results of steroids acting on the limbic system are irritability, depression, euphoria, mania, and delusions.