

Anabolic Steroids Pt. 1

Pt. 1 and Pt. 2 of Anabolic lectures are in defense of ethical use for steroids in sports

Referring to list generates on Lecture 24 notes.

#8: They Don't Work

Wilson:

- >"Effects of androgens are psychological:
- >"Androgen receptors are saturated and downregulated"... meaning, they have no where to bind to

Defense:

- >The amount of dose given in the studies is not significant
  - Why?
    - >Studies on humans is not considered ethical at this time and therefore is not approved for research
- >No one cares about mice—
  - Animal models have illustrated significant effects
    - >Myosatellite cells: multipotent progenitor cells that donate myonuclei to skeletal muscles
- >Benefits are situational
  - Must bind to androgen receptors

Androgens are a set of chemicals that can produce great effects (and side effects)  
ie: They can be abused (just like booze, water, sugar, OTC drugs)

#1: The Athlete's Health

Every human is entitled to their own habits and decisions

- >Is it unethical to make decisions for them?
  - ie: Abortion, education, freedom of speech, religion

Legal nutrition is arguably more dangerous and harmful than injectable steroids

- >Sugar, water, Tylenol, alcohol
- >Key: Generate awareness (smoking is bad— we do it anyways because we can) to eliminate the fear of the unknown

Injectable testosterone (unlike oral) maintain HDL levels (good) while decreases LDL levels (bad). \*\*Quotations indicate the good vs bad CHOLESTEROL, based on health standards

>Left ventricular hypertrophy

- Requires a significant amount (over 40x the recommended amount for enhancement)
- Consistent weight training also increases the left ventricle, but both are not considered to be an impairment.... Key word.. not impairing