

BRONX Times Reporter

SERVING

Throggs Neck
Morris Park
& Boroughwide

THE LARGEST COMMUNITY
NEWSPAPER IN THE BRONX

BRONX TIMES

click
banner

ADVERTISE WITH THE
LARGEST
IN THE BRONX!

Time 09:18:49 AM

Date 03/06/2008

e've been involved in our community for over 25 Y

Archives News School News Sports News Calendar Police Blotter Letters Message Board Subscribe

SPORTS NEWS: February 28, 2008



SPORTS DOCTOR WARNS ABOUT STEROID DANGERS

The steroid saga is not going away.

Roger Clemens and Andy Pettitte are the new poster children for steroid use, surpassing Barry Bonds and Jose Canseco. And now, a new face is emerging, as a potential user.

For high school and college students, it has become a case of the risks being worth the rewards with a recent ATLAS (Adolescents Training and Learning to Avoid Steroids) study uncovering that an estimated 4 - 12% of high school males have used steroids and that 15 - 20% of college athletes use steroids.

Now, one Bronx doctor is doing what he can to provide students with the essential, albeit well known, information that bears repeating to help students stay away from the pratfalls their idols can't seem to avoid.

"Steroids prevent natural muscle breakdown and causes increased muscular growth. Anabolic steroids mimic testosterone in the body and may improve endurance, strength and muscle mass," says Arnold Wilson M.D., head of Wilson Orthopaedics in the Bronx .

"Unfortunately, most users do not realize the potential harmful side effects of steroids," he adds.

Anabolic steroids are drugs that resemble the chemical structure of the body's natural sex hormone testosterone, which is made naturally by the body. Testosterone directs the body to produce or enhance male characteristics such as increased muscle mass, facial hair growth, and deepening of the voice, and is an important part of male development during puberty.

"When anabolic steroids increase the levels of testosterone in the blood, they stimulate muscle tissue in the body to grow larger and stronger," Wilson said. "However, the effects of too much testosterone circulating in the body can be harmful over time."

Wilson, who studied medicine at the Insall Scott Kelly Institute of Orthopaedics and Sports Medicine and received specialized training in sports medicine and knee replacement surgery during his fellowship, notes that several adverse effects of steroids include premature balding, mood swings, nausea and vomiting, trembling, increased risk of tendon ruptures, shortening of final adult height, acne and oily hair.

According to Wilson , males are specifically at risk for testicular shrinkage, breast development and nipple enlargement medically known as gynecomastia, impotence, and sterility. Females risk facial hair, breast shrinkage, menstrual cycle changes, and enlarged clitoris, male-pattern baldness, deepening of the voice and problems with fertility.

Mental effects of steroids include "roid rage," which is severe, aggressive behavior that may result in violence, such as fighting or destroying property, irritable moods, severe mood swings, hallucinations, paranoia, anxiety and panic attacks, as well as depression and suicidal thoughts.

"These are potentially serious side effects which may not be reversible," adds Wilson . "The long term effects of steroids are not entirely known.

"Steroids can be addictive and people may have a hard time stopping their use," he continued. "Young people who use steroids are more likely to use other addictive drugs and alcohol."

Finally, Wilson emphasizes, " Using steroids at any age is not smart. Young athletes should understand that trying steroids is a bad way to improve performance. The best way to improve performance is through regular conditioning, intense practice and a healthy diet."

More Sports News

- Knowing the Score: At a loss for words [READ]
- Pipe Dreams Column [READ]
- Preparing for March Madness [READ]
- Sports doctor warns about steroid dangers [READ]
- Monroe Campus to expand sports [READ]

CLASSIFIEDS
LEGALS
PHOTO GALLERY
SPECIAL ISSUES
CONTESTS

Columns

- AROUND TOWN
- AMERICAN LEGION
- DO YOU REMEMBER?
- MORRIS PARK COMMUNITY ASC.
- NORTHEAST BRONX. ASC.
- FELHAM BAY TAXPAYERS & CIVIC ASC.
- SPENCER ESTATE CIVIC ASC.
- THROGGS NECK HOME OWNERS ASC.
- WATERBURY/LASALLE COMMUNITY ASC.
- CHESTER CIVIC IMPROVEMENT ASC.
- VAN NEST COMMUNITY ASC.

Ent. Columns

- ROCK ON THE BRONX
- JUST ABOUT TAVERNS
- LOTTLRY
- HOROSCOPES

For Your Health DENTAL DIARY

SPORTS

- WARRIORS FOOTBALL
- PIPE DREAMS
- AFC RAPID SOCCER

Bi

Get the

3

Part

Feels Like: 33°F
Humidity: 60%
Wind: ENE at 8 n
Enter city/zip

Download Desk

