



AKA: A'S, ANABOLIC-ANDROGENIC STEROIDS (AAS), ANDRO, ARNIÉS, CASEYS, GYM CANDY, HGH, HUMAN GROWTH HORMONE (HGH), PEIDS, PERFORMANCE AND IMAGE ENHANCING DRUGS (PIEDS), PUMPER, ROIDS, STEROIDS, VETS' DRUGS, WEIGHT TRAINERS

STEROIDS

This resource is produced by Hi-Ground

In an unregulated market it's impossible to know the purity or dose of any substance, educate yourself and practice harm reduction to reduce this risk.

For more information visit:

www.hi-ground.org

Hi-Ground is a program of QuiVAA

Hi-Ground

Anabolic-Androgenic Steroids (AAS) are primarily used medically to treat certain types of anemia and to stimulate sexual development in hypogonadal males. Additionally, they are known for enhancing muscle growth and strength, with studies consistently showing increased strength in weightlifters using AAS beyond what can be achieved through training alone.

Compound: 17-ALPHA-METHYL, 17-ALPHA-ETHYL, ESTERS OF 19-NORTESTOSTERONE

ADMINISTRATION

AAS - Injected Intramuscularly, Taken Orally.

Human growth hormone (HGH), other peptides and hormones (e.g., insulin) – Subcutaneous.

MOST COMMON EFFECTS

COMMON (Physical): Anabolic (muscle-building) effects, shutdown of testosterone production, hair loss or growth, erectile dysfunction, increase or reduction of sex drive, infertility, breast tissue development (gyno), prostate enlargement, acne, blood pressure changes, changes in liver enzymes, increase in developing cardiovascular complications, changes in HDL and LDL cholesterol, joint pain.

COMMON (Psychological): Mood swings and changes in emotions (generally increases in aggression, although this may not necessarily translate to violence), paranoia, depression, psychosis.

Longer-term Effects: Individuals may develop steroid dependence through anabolic effects that represent the major motivation for most individuals to begin using steroids.

HALF LIFE

The half life of AAS varies and is generally dependent on the length of the ester. For example, the half life of testosterone enanthate is 10 days while the half life of testosterone propionate is 4 days. Details of the half life of different AAS can be found below.



SAFER HANDLING

In Australia, increases in the detection of PIEDs at the border in combination with concerns about the substances links to organised crime, has led to increased law enforcement efforts. Queensland reclassified steroids a schedule-one drug in 2014 and under this legislation, the maximum penalty for possession or supply of steroids is 25 years' imprisonment. Similar tough penalties apply in New South Wales and Victoria.

SAFER USING

Monitoring your health is very important, with a medical professional as well as a coach. Things to get monitored include liver function, testosterone and cholesterol levels with full blood tests. Keep an eye on blood pressure as well. Also talk about how much, how long, and how many combinations of substances you are using.

Injecting: When using steroids, or other drugs like human growth hormone, this is likely going to be the primary mode of use. For steroids (intramuscular) are generally suspended in oil or water, and these are injected into the muscle, where they are then released into the blood gradually. For growth hormone and other peptides, these are injected subcutaneously (e.g., 'belly fat').

Before starting the injection process, thoroughly wash your hands with soap and water and clean the injection site. Swab the top of the vial before extracting the substance. Prior to injecting, clean the injection site with a swab and allow it to dry. After the injection, use a cotton ball or band-aid to control bleeding and treat the wound like a regular cut or puncture. Avoid swabbing the injection site after the injection to prevent further bleeding. Monitor old injection sites for signs of infection and seek medical attention if necessary.

Equipment:

You will need barrels, needles, swabs, sharps container.

Selecting the correct needles:

SIZE	Use
GREY 19G	Drawing up oils from vials
GREEN 21G	Drawing up oils from vials (can be used for larger muscle injections)
BLUE 23G	Injection into larger muscles (Glutes, Quads)
ORANGE 25G	Injection into smaller muscles (Deltoid)
27-29G 1 MIL	Subcutaneous injections (fatty tissue)

INJECTABLE STEROIDS

Boldenone Undecanoate: 14 days

Drostanolone Propionate: 3 days

Methenolone Enanthate: 10 days

Nandrolone Decanate: 8 days

Nandrolone Phenylpropionate: 4 days

Stanozolol: 1 day

Sustanon 250: 15 days

Testosterone Cypionate: 12 days

Testosterone Enanthate: 10 days

Testosterone Propionate: 4 days

Testosterone Suspension: 1 day

Trenbolone Acetate: 3 days

Trenbolone Enanthate: 10 days

Trenbolone Hexahydrobenzylcarbonate:
10 Days

ORAL STEROIDS

4-chlorodehydromethyltestosterone: 7HRS

Fluoxymesterone: 8HRS

Methandrostenolone: 6HRS

Mesterolone: 12HRS

Oxandrolone: 9HRS

Oxymetholone: 8HRS

Stanozolol: 9HRS

