

READING EAGLE

December 2, 2008

Study shows teens are no fans of athletes who use *steroids*

By Matt Walsh
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We have all heard of steroids by now. The National Institute on Drug Abuse estimates that more than half a million high school students are currently using dangerous drugs. Some of them don't even think that steroids are risky at all. It's an ongoing problem. No matter where you go there's always going to be someone taking steroids.

According to the recent "State of Our Nation's Youth" survey, only four percent of teens consider an athlete to be their role model. It is possible that could be due to illegal steroid usage. Three out of four teens responded that if they realized a professional they admired took steroids, it would make them admire that person less.

Anabolic steroids are synthetically produced variants. Athletes abuse them because they feel the steroids give them an edge. They increase a person's muscle size, strength, and endurance. Doctors prescribe patients steroids for medical purposes such as treating cancer.

Steroids can be consumed in multiple ways including by mouth, injection, and pellet implantation (gels or patches). Dosage of steroids can vary by the abuser. They might use a high amount of drugs one day and not use any the next.

There are a lot of side effects to taking steroids. They include severe acne, high blood pressure, high cholesterol, liver damage, prostate enlargement, risk of contracting HIV, mood swings, depression, de-

lusions and aggression.

Anabolic steroids are banned in all professional sports. Officials feel that steroid usage gives the abuser an unfair advantage in competition.

I believe an athlete shouldn't be tested for illegal steroid use unless there is probable cause. Otherwise it would be an invasion of privacy. You shouldn't jump to conclusions.

Random drug testing is also unfair. I would feel uncomfortable if someone wanted to test me for steroids and I knew for a fact that I didn't use them. Every person should be treated equally.

It's not the school's job to police your activities outside the sports zone.

(Matt Walsh is a junior at Exeter High School.)



Leicester County native Flood Landis celebrates his win in the 2008 Tour de France in Paris. He later was stripped of his title after officials found he had used synthetic testosterone.