



Effect of Performance-Enhancing Drugs in Sports

Hermundur Sigmundsson *

Department of Psychology, Norwegian University of Science and Technology, Norway

***Corresponding Author:** Hermundur Sigmundsson Department of Psychology, Norwegian University of Science and Technology, Norway, E-mail: hermund329@gmail.com

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Steroid

A steroid may be a biologically active compound with four rings arranged during a specific molecular configuration. Steroids have two principal biological functions: as important components of cell membranes which alter membrane fluidity; and as signaling molecules. Many steroids are found in plants, animals and fungi. All steroids are manufactured in cells from the sterols lanosterol (opisthokonts) or cycloartenol (plants). Lanosterol and cycloartenol are derived from the cyclization of the triterpene squalene. Steroids are a man-made version of chemicals, referred to as hormones, which are made naturally within the physical body. Steroids are designed to act like these hormones to scale back inflammation.

They're also referred to as corticosteroids, and are different to anabolic steroids employed by bodybuilders and athletes. Steroids won't cure your condition, but they're excellent at reducing inflammation and can ease symptoms like swelling, pain and stiffness. Usually inflammation is that the body's natural reaction to infection or bacteria. Your system produces extra fluid to fight infections or bacteria, which causes swelling, redness and warmth within the affected area. You would possibly have noticed this if you've got had a cut or wound on your skin. In some conditions, like atrophic arthritis, the system produces inflammation within the joints or other parts of the body by mistake, which may cause permanent damage if left untreated. Steroids are often wont to reduce this immune response. Oral steroids normally improve symptoms within one to four weeks, while intravenous steroids take four to 10 days. Around one in five people show no response to steroid treatment (this is understood as being steroid refractory). If your condition isn't improving, contact your IBD team. The steroid core structure is usually composed of seventeen carbon atoms, bonded in four "fused" rings: three six-member cyclohexane rings (rings A, B and C within the first illustration).

Anabolic steroids help build muscle tissue and increase body mass by acting just like the body's natural male hormone, testosterone. However, steroids cannot improve an athlete's agility or skill. Many factors determine athletic ability, including genetics, body size, age, sex, diet and the way hard the athlete trains.

Using steroids to enhance athletic performance is taken into account cheating, and may cause athletes being penalized or banned from participating in sports. More importantly, using performance-enhancing steroids can have serious, long-term health consequences. Anabolic steroids stimulate muscle tissue to grow and "bulk up" in response to training by mimicking the effect of naturally produced testosterone on the body. Anabolic steroids can remain within the body anywhere from a few of days to a few years. Steroid use for over fortnight can decrease the power of your body to reply to physical stress. A better dose of steroid could also be needed sometimes of major stress, like surgery or very extensive dental work or serious infection. This might be needed for as long as a year after you've got stopped steroids.

Steroids like prednisone used for several chronic inflammatory disorders end in low serum testosterone which reduces concupiscence and causes male erectile dysfunction. A number of unhealthy and damaging effects may result from the utilization of anabolic steroids which will cause both emotional and physical problems. Studies have shown that abuse of steroids can increase aggressive behavior, because mood swings, and impair judgment. Other reported effects include male-pattern baldness, acne, and liver damage. Using steroids can increase the danger of heart condition, stimulate the expansion of certain cancers, and worsen other medical problems.

Steroids taken orally (by mouth) are linked to disease. Steroids taken by injection (by needle) can increase the danger of infectious diseases like hepatitis or AIDS. In one study, 25% of steroid users shared needles.

Possible health effects of steroid use:

- Increased risk of liver, kidney, and prostatic adenocarcinoma
- Premature stopping of bone development and linear growth
- Damage to the liver, including the formation of blood filled liver cysts which will rupture, causing death.

Steroids also can be more radically modified, like by changes to the ring structure, cutting one among the rings. Studies have shown that abuse of steroids can increase aggressive behavior, because mood swings, and impair judgment. Other reported effects include male-pattern baldness, acne, and liver damage. Using steroids can increase the danger of heart condition, stimulate the expansion of certain cancers, and worsen other medical problems.