

Steroids are most commonly used and the number of people using steroids for bodybuilding purpose is increased significantly over the years. Many users use steroids for the bulking purpose, some use for cutting purpose and there are some users who take steroids for burning excess fat from their body. There are some pros and cons of steroids which are stated below:

### **Pros**

- Enhances the athletic ability and gives advantage during a competition
- Allows the individuals to lose weight quickly
- Increases muscular power and performance
- Provides more oxygen in the muscles and increases the mass of muscles
- Improves the visual appearance of the body
- Increases strength capability

Above are some pros stated of the steroids. There are some cons of steroids as well that can overshadow the positive effects of the steroids and make the pros temporary.

Some cons or disadvantages of steroids are listed below:

### **Cons**

- Many people can get liver cancer, have their organ damaged, defects in their psychological as well as physiological characteristics, discrepancy in their hormones, and impotence after using steroids.
- The risk of getting Hepatitis B and C is increased.
- Upsurge the risk of tearing the body muscles
- Growth of breasts/boobs for men and significant increase in facial hair in women
- Increase in the aggressiveness in the personality
- Growth can be inhibited at a young age
- Steroids can harm veins of the human body
- If you are an athlete and you are taking steroids, then you can be suspended from games and even be disqualified from the league through the dope test.

Some major and long term problem that the steroid users can face are:

- Balding and loss of hair
- Anger and Downheartedness
- Obsession and Sleeplessness
- Nausea and Queasiness
- Escalated Blood Pressure level
- Pain in joints
- Jaundice or damaged liver
- Trouble in urinating
- Heart Sickness or Cancer
- Vulnerability to HIV and other diseases.

Using of steroids have significant impact on your life in multiple ways and there might be some concerns aroused in your normal life. Therefore, you must use any steroid under proper guidance of a medical professional in order to keep yourself safe from health problems.