

3. VALUING

As a result of isolation of testosterone in 1935 by David with co-workers, and its synthesis in laboratory by Ruzicka and Butendant in 1939, mass production of derivatives have been available for public consumption. Anabolic androgenic steroids are a class of related compounds that could be used to enhance athletics performance and well-being. It has been used by Russian weightlifters in Vienna Olympics in 1954, and thus popularized in other arenas of sports including, but are not limited to body building, track and field, boxing and football. In mid 1960's the International Olympic Committee banned the use of performance enhancing substances by any participant of the Olympics, and use of such substances may lead to disqualification. The use of anabolic steroids among high school students in the U.S. and other parts of the world has become prevalent as many of such individuals started working out in the gym and were introduced to these drugs of potential abuse. As what has been previously discussed, steroid hormones are hydrophobic and pass through the cell membrane, interact with their cytoplasmic receptor and translocate into the nucleus to stimulate gene expression. The effects of steroids on muscle tissues is the most observable one. Despite the capability of steroids to improve one's appearance and physique, prolonged use of such drugs may lead to impose adverse effects to the body. Anabolic steroids could affect the cardiovascular system, leading to myocardial infarction (heart attack) and hypertension, increased lipid levels of blood, enlargement of breast in males (gynecomastia), result to smaller testicles and shifts toward aggressive and violent behaviour. Considering the mechanism of action and effects of using steroids in sports, should we use these substances to attain a muscular physique?

