

Types of Anabolic Steroids

Types of anabolic steroids depend on the way the drug is administered into human body. Three common means to apply anabolic steroids are oral, transdermal and by injection. While oral administration is in the form of pills, transdermal application is done by gently rubbing crèmes on skin or using transdermal patches. For these 2 types of anabolic steroids, expert medical help may not be necessary except for mandatory consultation with doctor prior to using them.

However, if one intends to use injecting type of anabolic steroids, consulting a qualified doctor is a must. These steroids are commonly injected intramuscularly - hence the term IM anabolic steroids - at places like buttocks, outer thighs and shoulders. People are known to have the steroid injected in triceps and biceps among other areas of body, but this can prove dangerous in the event of so doing.

Injecting type of anabolic steroids is administered with the help of 1-1.5" 18-25 gauge needles, and the person who is administering is expected to be cautious so as not to affect blood vessels.

There are several proven techniques, so to say, of using anabolic steroids. One, that is quite popular, is what is termed as 'cycling'. A typical example is where the drug is used in cycles of weeks or months rather than continuously. Cycling thus refers to cases when multiple doses of anabolic steroids are taken over a specific period of time, followed by an interlude for a while, and then commencing again.

Further, in order to derive maximum effectiveness from their usage even while minimizing negative effects, users often take recourse to combining several different types of anabolic steroids, referred to as 'stacking'.

Because of prevalence of usage of steroids among college-going youth, often to their detriment because of lack of sufficient knowledge, the NCAA (National Collegiate Athletic Association) has banned many types of anabolic steroids, some of which are given below:

1. Boldenone
2. Androstenedione
3. Testosterone
4. Dromostanolone
5. Dihydrotestosterone
6. Methenolone

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