

# Livingston Youth and Community Services (LYCS)

MONMOUTH COURT COMMUNITY CENTER

P.O. BOX 822

LIVINGSTON, NJ 07039

[www.livingstonlycs.org](http://www.livingstonlycs.org)

E-mail: [lycs@livingston.org](mailto:lycs@livingston.org)

Phone: 973-535-2646 Fax: 973-992-9318

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Dear Leaders Parents,

With the news of NY Yankee superstar Alex Rodriguez's steroid use, now is the time to speak to your children about the dangers of steroids. It's a teachable moment! Here are some facts to share with your family. Please use your discretion in sharing this information with your children.

**Why are steroids dangerous?** Medically legitimate uses for steroids are rare. For adults, Steroid use is directly linked to numerous diseases from cancer, to high blood pressure to acne. However for adolescents the danger is extreme. For boys, the use of steroids leads to irreversible side effects, including stunted growth, accelerated puberty changes and abnormal sexual development. Girls in particular may suffer from severe acne, excessive body and facial hair, deepened voice and permanent infertility.

**What do steroids look like?** They come in tablets or injectable liquid form.

**What are the common names for steroids?** Juice, Roids, Gym Candy and Pumpers.

**What exactly are steroids?** They are chemical compounds closely related to the male sex hormone testosterone.

**What about Human Growth Hormone?** This hormone, HGH, does have more legitimate medical uses. However, there are a number of serious side effects associated with HGH use. HGH can cause swelling in the arms and legs, arthritis-like symptoms, carpal tunnel syndrome, headaches, bloating, and muscle pain. Long-term HGH use can lead to diabetes, abnormal growth of bones and organs, hardening of arteries, and high blood-pressure.

**For more information:** Our website [www.livingstonlycs.org](http://www.livingstonlycs.org) Partnership for a Drug-Free America, [www.drugfree.org](http://www.drugfree.org) Or feel free to phone our office, 973-535-2646.

Yours truly,

*Steve Gegner*

Steven Gegner, Program Director

Source: Partnership for a Drug-Free America, [www.drugfree.org](http://www.drugfree.org)