



## **Anabolic Steroids in Sport and Exercise**

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# Anabolic Steroids in Sport and Exercise

## Anabolic Steroids in Sport and Exercise

This is a comprehensive and objective look at the ergogenic properties of anabolic steroids, their physical and psychological effects, and the medical implications of anabolic steroid use by athletes. The book also details alternatives for solving the problem of steroids in sport. This book is written in an accessible style designed to make it equally valuable to researchers and practitioners. The authors are leading experts in steroid research, clinical sports medicine and journalism. Many of the contributors have also assisted sport federations and the US government in addressing the problem of drug use in sport. The contributors examine the history and definition of anabolic steroids, anabolic steroid use among amateur and professional athletes, what anabolic steroids are purported to do and whether or not they do it, the health implications of anabolic steroids, and the history and problems of drug testing. The book also covers the future of steroid use in sports and discusses ways of addressing the problem of steroid and performance-enhancing drug use, including legalization, interdiction, drug testing, education and value change.

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