

Chapter 11 Lesson 3: Lifelong Nutrition

Introduction:

To perform at their best, athletes need to eat a nutritious, balanced diet that supplies all the nutrients and calories their active bodies need. They also need to drink plenty of water, get enough sleep, and avoid harmful performance enhancers. You have probably heard about professional athletes who abuse anabolic steroids to improve their performance. Check out the link below to find out more about steroids and their dangers.

Links to Explore:

InfoFacts: Steroids (Anabolic-Androgenic)

<http://www.nida.nih.gov/Infofacts/Steroids.html>

Directions:

- Click on this link and read the fact sheet about anabolic-androgenic steroid use.
 - After you've finished reading the fact sheet, answer these questions:
1. Name three conditions for which doctors prescribe anabolic steroids.
 2. Why do athletes and others abuse anabolic steroids?
 3. What are three gender-specific side effects of anabolic steroids for men?
 4. What are three gender-specific side effects of anabolic steroids for women?
 5. What specific side effect do adolescents risk if they abuse anabolic steroids?

Answers:

1. Delayed puberty, some types of impotence, and body wasting in patients with AIDS and other diseases that result in loss of lean muscle mass
2. To enhance performance and improve physical appearance
3. Any three of the following:
 - Shrinking of the testicles
 - Reduced sperm count
 - Infertility
 - Baldness
 - Development of breasts
 - Increased risk for prostate cancer
4. Any three of the following:
 - Growth of facial hair
 - Male-pattern baldness
 - Changes in or cessation of the menstrual cycle
 - Enlargement of the clitoris
 - Deepened voice

5. Prematurely halted growth. This means that adolescents risk remaining short for the remainder of their lives if they take anabolic steroids before their growth spurt.

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Anabolic Steroids

<http://www.steroidabuse.gov/>

Anabolic Steroid Abuse

<http://www.drugabuse.gov/ResearchReports/Steroids/AnabolicSteroids.html>

Tips for Teens: The Truth About Steroids

<http://ncadi.samhsa.gov/govpubs/phd726/>