



Can injecting steroids make you sick?

What are 4 physical side effects of steroids?

General Physical Side Effects of Steroids

- liver damage.
- kidney damage.
- increased blood pressure and cholesterol (risk for heart disease)
- depressed immune system (risk for infections)
- headache and stomach ache.
- nosebleeds.
- severe facial and body acne.
- decreased joint flexibility.

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Do steroids mess up your body?

Possible Health Effects of Steroid Use:

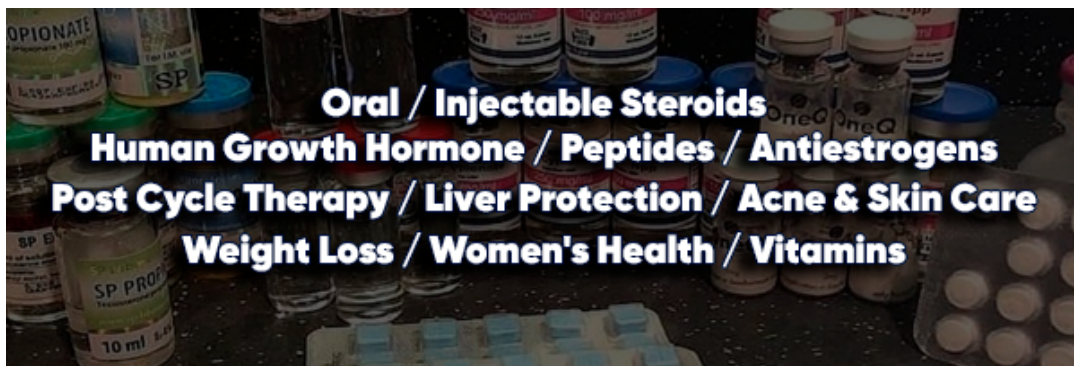
Increased risk of liver, kidney, and prostate cancer. **High** blood pressure, which increases the chance of heart attack and stroke. Abnormal cholesterol levels, which increase the chance of heart attack and blood vessel disease.

How long do injectable steroids stay in your system?

If taken orally, steroids can show up in a urine test for up to 14 days. If injected, steroids can show up for **up to 1 month**.

Can steroids damage your heart?

This study shows that taking steroids, even for a short period **of time, may cause permanent damage to the heart**. Findings also suggest that the more steroids a person takes over time, the worse the heart damage will be.



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What are the worst side effects of steroids?

Both men and women who take anabolic steroids may:

- Get acne.
- Have an oily scalp and skin.
- Get yellowing of the skin (jaundice)
- Become bald.
- Have tendon rupture.
- Have heart attacks.
- Have an enlarged heart.
- Develop significant risk of liver disease and liver cancer.

What are 5 common side effects of steroids?

What Are Side Effects of Prednisone?

- headache,
- nausea,
- vomiting,
- acne, thinning skin,
- weight gain,
- restlessness, and.
- trouble sleeping.

What are the side effects of a steroid shot?

Potential side effects of steroid injections include:

- pain around the injection site, ranging from minor to intense pain, which is often called a cortisone or steroid flare.
- bruising around the injection site.
- face flushing for a few hours.

- thin or pale skin around the injection site.
- insomnia.

Are steroid injections safe?

There's concern that repeated cortisone shots might damage the cartilage within a joint. So doctors typically limit the number of cortisone shots into a joint. In general, you shouldn't get **cortisone injections more often than every six weeks** and usually not more than three or four times a year.

What is moon face?

If your face has gradually swollen into a rounded shape, you may have moon facies. Also called moon face, this is usually not serious. But it may make you feel self-conscious. Moon facies **occurs when extra fat builds up on the sides of the face**. It is often related to obesity but can be from Cushing's syndrome.

How do steroids make you feel?

Some people who take steroids say the drugs make them feel **powerful and energetic**. However, steroids are also known to increase irritability, anxiety and aggression and cause mood swings, manic symptoms and paranoia, particularly when taken in high doses.

How long does steroids take to work?

Oral steroids normally **improve symptoms within one to four weeks**, while intravenous steroids take four to 10 days. Around one in five people shows no response to steroid treatment (this is known as being steroid refractory).

Can you stay on steroids forever?

You **should NOT stop on your own accord** even if you are feeling better. If you have been using steroids for more than a few weeks (or a week in the case of prednisone 40 mg per day or more) you will need to gradually reduce the dose before stopping completely.

Do steroids cause shortness of breath?

Prednisone can cause **allergic reactions** (chest tightness, trouble breathing, rash, itching, facial swelling, hives or swelling in the mouth or throat), which warrant immediate medical attention.

Can steroids cause chest pain?

If you are taking prednisone and begin to experience chest pressure or pain, shortness of breath, or have a heart rate lower than 50 beats per minute that is accompanied by symptoms such as feeling faint or passing out, seek emergency medical attention.

Can steroids cause palpitations?

Cardiac arrhythmias have been reported to occur in 1% to 82% of patients receiving high doses of corticosteroids. These adverse effects, which include atrial fibrillation/flutter, ventricular tachycardias and sinus bradycardia,⁵ are usually associated with the intravenous route of administration.

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