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Diagnosis and Management of Steroid Abuse

Anabolic Steroids abuse is common and during my talk I will present scientific basis of diagnosing and managing this important addiction disease with broad social and endocrinological consequences but I think it is important from educational stand point to hear the patient story.

This is a story written by one of my patients whom I will use as a case study. Patient agreed to share his story and wrote it specifically for AACE. This story has not been edited by me in any way.

DC

“My life during the past 10 years on anabolic steroids”

The following is a synopsis of the last 10 years on and off anabolic steroids. Throughout my teenage years I was skinny and tall, in other words, “lanky”. In my junior year of high school, I clearly remember my peers in gym class shocked at the fact that I was 6 feet tall and only weighed 128 pounds. I wouldn’t say I was bullied during this time, but I was definitely teased by my “friends” who were just beginning to experiment with steroids, specifically, Dianabols. Trying anabolic steroids was not a thought on my mind as I truly felt that my body was not finished growing just yet and I believed I did not need it as I was still very strong for my size/BMI. During this time I was also more focused on getting into a good college and finishing out my high school career in the Top 5% of the graduating class, which I did (Senior year grades were not included in calculating the “Top 5%). Moreover, I began to work out as a way to build muscle naturally; this is where I was at a point of no return for what was coming.

I first came in contact with steroids during the summer of 2006 when I was just 17 years old. As I mentioned, I was pretty strong for my size, but wound up experimenting myself with the drug, as I began to see the quick results my friends were attaining; I wanted to be bigger, better, and stronger than them- and I was, but I didn’t think my usage would’ve went longer than that summer. This is what my dosing looked like over the next 8 years:

Summer 2006 (approximately 10 weeks): 1cc of Deca Durabolin weekly and 2 tabs of 25mg Dianabol daily.

My major /noticeable Side Effects: Erectile Dysfunction (severe) during and after usage; bloat (reached 145lbs, 17lbs of water weight and fat); depleted right after usage

November 2006 to January 2007: I wound up doing a bit more research at this point; I was told that I shut down my natural testosterone- wasn’t sure if this was true or not. With this, I wound up running 2ccs of Testosterone Cypionate for 12 weeks. I barely had time to work out; again all water weight by the end of this cycle. However, I did take some HCG during the next 4 weeks following the end of January 2007.

My major /noticeable Side Effects: Erectile Dysfunction, low energy/stamina, mood swings during and after testosterone use and post cycle therapy.

During the rest of 2007 through the spring of 2009, I limited my steroid usage. I was in college and had girlfriends during this time. However, I noticed a direct correlation with the use of steroids, my grades and frequency of arguments with girlfriends. It basically played out like this: steroid usage began, then arguments with girlfriends increased; as I attempted to make things better by coming off, I became

emotional/depressed and grades in college tended to fluctuate down. It was just one emotional roller coaster for 2 years that could've been avoided. Let's keep in mind, these girlfriends didn't know that my reason for taking steroids at this point in my life was solely because I could not get an erection while off- I was happy with my body at this point and didn't have much "impressing" to do.

My "cycle" typically looked like the following: 5-10 weeks of testosterone Sustanon at a time, 2ccs/week (500mg); 2 Anadrol daily (100mgs); no HCG or clomid for PCT.

Summer of 2009: I don't remember exactly what I took here, but this was the summer where I went over the top. I was running multiple anabolic steroids at a time, including a dose of up to 3ccs/wk (750mgs) of testosterone and 2 ccs a week (600mgs) of Equipose, which was supposed to be a mild steroid. I was sporadically, ingesting Anadrol, Dianabols, and Cialis during the 12 weeks or so. This equates to 3 times the normal/natural testosterone levels of a male my age (20 yrs old at the time). Body weight by the end of this period= approx. 170 lbs

My major /noticeable Side Effects: Erectile dysfunction (if I didn't get my hands on Cialis), severe aggression, bloat, headaches, heart palpitations, severe bloody noses (which I always had since a child, just worse), noticeably less semen, acne, in-grown hair/cysts, heartburn, reduced stamina.

From Fall of 2009 through Summer of 2010, I would take testosterone 5 weeks at a time/as needed to aid erectile dysfunction and depression that started to take place while coming off of the "abused" summer 2009 cycle/use. From 2010 forward is the period of time I would consider myself an Anabolic Steroid Abuser. This is the period of time where I believe anabolic steroids truly harmed me in a way that I would need long-term medical attention to bring me back to normal one day, if possible.

Summer 2010 through Fall 2010 (approx. 14 weeks):

3ccs (750mgs)/wk; Cypionate

1cc (100mg)/eod; Propionate

Insulin (short acting)- 4 iu/day Mon-Fri

Creatine. Celltech 70mgs of Dextrose per serving

Protein 50mg/day

Began taking Adderall to keep me focused in college as my grades seemed to decline a bit

Cialis/OTC male enhancements

2 tabs (100mgs)/day; Anadrol

2ccs (500mgs)/wk; Deca Durabolin

No PCT

I continued to take Testosterone Propionate over the next few months until the following summer's big 'cycle'. Typically, my cycles looked like this year over year from 2011 until March of 2014 when I was introduced to Dr. Paduch by my father. On a good note, I finished college with a GPA of 3.54, but only with the help of Adderall added to the mix to aid in reduction of the volatile emotions and aggression that would tend to make me lose my concentration.

From 2011 to 2014, I abused anabolic steroids and continued to have all of the side effects above including insomnia, bad breath, hair loss, and worst of all a zero sperm count, which was tested by Dr. Paduch in 2014/2015. Moreover, I have had the cops called on me throughout this time because of my aggression, resulting in 4 jail visits, difficulty getting a good job, as I was not concentrating on my future, and ultimately, the mild depression that lasted over the last 2 years (2015 to 2016) because of the possibility of not having kids one day.

However, I am greatly appreciative today, for the guidance and treatment Dr. Darius Paduch has given me; it has led to nothing but happiness and hope for my future. Over the last 2 years, he has taken me off anabolic steroids through intensive medical attention, including surgery of my varicocele, hormone therapy (HCG/Arimidex/Clomid), Cialis for daily use, and Testosterone to keep all of my levels stabilized and within normal range. He has not only helped me physically, but mentally and financially as well, as finally I didn't have to spend so much money on anabolic steroids.

He has successfully increased my sperm count leading to my first child, which will be born in November 2016. He has helped me stay motivated throughout his treatment, allowing me to pursue my career and successfully pass exams in the financial industry. I am now one of the top Financial Advisors at a well-known Financial Institution.

Without the professional help from Dr. Paduch, I wouldn't have made it this far and wouldn't have been able to get my life back on track. I am also getting married to my girlfriend/fiancée of 4 years (who has been through it all), as well as, hopefully, moving into our first home with our new family by the middle of 2017.

My story is not only to let others know the risks involved when experimenting with anabolic steroids; my story is to let others know the facts of the dangerous lifestyle that could potentially last forever. It is a drug; therefore, professional and medical attention will highly be likely if you ever want your life back.

Below is a picture of me prior to meeting Dr. Paduch (195 lbs) and me in Aruba in November 2015 (182 lbs). And below that is a picture of my child at 11 weeks- still waiting on what it is!

