

Powered by ME!™

A game plan for understanding
anabolic steroids and related substances



Powered by ME! is an educational campaign designed to provide information to parents, teachers, coaches and health care professionals about the side effects of anabolic steroids and performance-enhancing substances on youth. Our goal is to encourage healthy, safe and fair physical and athletic development.

The campaign was created through the partnership of:

- Congressman Elijah Cummings
- The Maryland Department of Education
- Orthopaedic Associates
- Sheppard Pratt Health System
- Towson Sports Medicine
- St. Joseph Medical Center

Our ongoing work is guided by an expert panel of advisors, including physicians, addictions counselors, educators, coaches, athletic trainers, and current and former athletes.



“As a health care professional who treats athletes, I am aware of the mounting pressures on the student athlete to excel—from the coach and the parents or for financial incentives.”

*- Dr. Teri McCambridge, Orthopaedic Associates
and Towson Sports Medicine*

Anabolic Steroids

Anabolic steroids are increasingly popular with teenage athletes participating in sports requiring strength, power, speed and endurance. In fact, 25 percent of adult steroid users started as teenagers. Anabolic steroids may be used by non-athletes to improve physique and gain weight.

Today, anabolic steroids can be found in many different forms, including powders and pills that are taken orally, gels or creams that are absorbed through the skin, and liquids for injection into muscle with needles. All of these forms exist despite steroids being illegal and banned by many major sports organizations.

Performance-Enhancing Supplements

Performance-enhancing substances are substances taken in abnormal quantity for the sole purpose of increasing performance beyond the effects of training. These substances may be prescription medications, illegal drugs, over-the-counter medications or dietary supplements. The legality of these substances depends on the level of competition and sport performed.

**For more information visit www.poweredbymemd.com
or call 410-337-1337.**