

IMAGE AND PERFORMANCE
ENHANCING DRUGS
TERMINOLOGIES



IPEDs

WHAT ARE IMAGE AND PERFORMANCE ENHANCING DRUGS (IPEDS)?

IPEDs are substances used to enhance the physique/ appearance of a person and/or to improve physical capabilities such as strength or endurance. The term represents a wide range of substances, but the most common are anabolic-androgenic steroids (AAS) to aid muscular development. There are numerous types of AAS (e.g. boldenone, nandrolone and stanozolol) with different dose strengths and interactions in the body.

AAS-SPECIFIC TERMINOLOGY

WHAT ARE CYCLES?

Most people use AAS in cycles, where they take them for a set period (e.g. 8-12 weeks) termed the 'on cycle', followed by a similar period of steroid-free training termed the 'off cycle'.

WHY DO PEOPLE DO CYCLES?

Cycles may help prevent developing tolerance to the steroids and may reduce the likelihood of certain side effects associated with prolonged use.



WHAT IS A 'BLAST AND CRUISE' APPROACH?

A blast and cruise approach is continuous use of anabolic steroids involving a higher dose – the blast – for a set period, followed by a lower dose – the cruise – for a set period. This rotation can continue for an extended period (up to several years) and due to the lack of any off-cycle this approach may significantly increase health risks.



WHAT IS POST CYCLE THERAPY (PCT)?

A primary concern of AAS use is its potential to suppress natural testosterone production. In response, some users will consume other pharmaceutical substances (e.g. Nolvadex) after terminating use of AAS (i.e. post cycle) to try to help restart natural testosterone production. There is limited empirical evidence to support the effectiveness of current PCT approaches.



HOW ARE AAS USED?

AAS can be injected or taken orally, depending on the product. Both routes of administration carry risks, either via the injecting process, or from extra strain on the liver caused by oral products. Injectable AAS are injected intra-muscularly, typically into the glute, outer thigh or shoulder. It is typical to see people using a mixture of both injectable and oral products.





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