Public health and art: collaboration between health researchers and graphic designers

Developing health messages to engage with health professionals and people who use anabolic steroids

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Historically (and still) associated with elite sport

1980s: Moved into bodybuilding culture

Today

158 lbs
175 lbs
Project background

• AS are associated with a range of negative health outcomes and side effects.
• Engagement between HPs and AS populations is often poor.
• Amongst HPs knowledge & awareness about this population and their health needs, and confidence to raise issues in consultations, is often poor.
Methods

• Partnership between LJMU & Birmingham City University including academics and masters students with expertise in health, AS and graphic design.

• Public health students identified evidence-based messages that were turned into visuals by arts students; academic support throughout.

• Eight visuals were developed & presented to health professionals, academics and experts in the field who provided feedback; and are being piloted in drugs services.
Post-cycle therapy (PCT) for steroid users

**What is PCT?**
A primary concern of steroid use is its potential to suppress natural testosterone production, which can cause users to suffer from increased estrogen levels, decreased energy, mood swings, and other side effects. PCT helps to restore the body's natural hormone levels and promote recovery.

**What problems do users face?**
Where users halt access to PCT, they may enter long-term cycles of rebound steroid use rather than stopping use.

**Why is it used?**
- To prevent or reduce side effects of steroid use, including mood swings and hormonal imbalance.
- To reduce muscle wasting associated with long-term steroid use.
- To enhance muscle recovery and overall health.
- To counteract the adverse effects of steroid use, such as reduced sex drive and mood changes.
- To maintain gains (e.g., muscle and strength) and health (e.g., fertility and sex drive).

**How does PCT work?**
- It helps to stimulate the body's natural hormone production, reducing the risk of side effects.
- It promotes muscle recovery and growth.
- It improves mood and overall well-being.

**When should PCT be started?**
It is recommended to start PCT at the end of the steroid cycle to allow for proper recovery and to prevent potential issues.

**Who should consider PCT?**
Individuals who have used steroids for an extended period or at high doses, or those who are looking to reduce or stop steroid use completely.