



Help Us Stop Illegal Steroid Use

Our Mission...

End the abuse of steroids and performance enhancing drugs by our youth in America.

Our Goals...

- Educate students, parents, teachers, coaches, athletic directors and trainers about the devastating consequences of steroid abuse
- Foster an environment where our youth compete and are evaluated using only their natural abilities.
- Provide a nationwide network of resources for parents and children dealing with steroid issues.
- Stay culturally relevant through education and awareness.



Please, Help Us Stop...

We need your help to continue our fight against illegal steroids and performance enhancing drugs. Arm yourself with the latest information by visiting us at www.nosteroids.org

While you're there please consider a donation to our Foundation...it's easy, and what better cause than keeping America's youth safe from the scourge of these drugs.

...Illegal Steroid Use

The Efrain Anthony Marrero Foundation

2010A Harbison Dr Suite 198
Vacaville, CA 95687
Phone: 707.447.1058 • Fax: 707.646.7150
teamfast@sbcuc.net



www.nosteroids.org



Fighting Against Steroids Together



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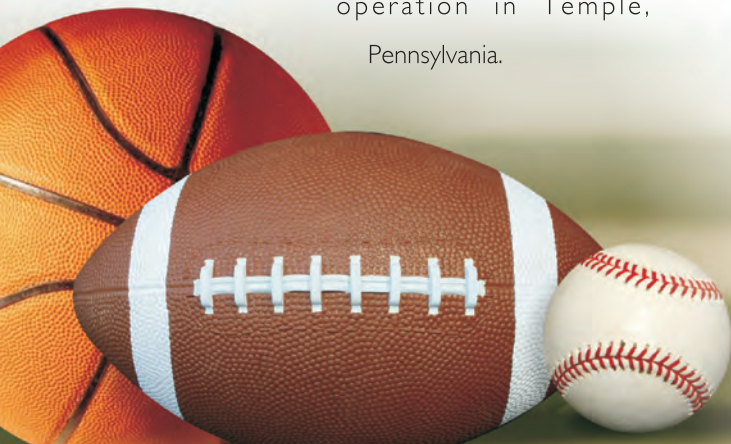
The Efrain Anthony Marrero Foundation:

... established in 2005 in loving memory of Efrain Anthony Marrero. Efrain took his own life on September 26, 2004 three weeks after he stopped using steroids.



The Efrain Anthony Marrero Foundation Fighting Against Steroids Together (or T.E.A.M. F.A.S.T.) was founded by Efrain's family and friends with the express goal of spreading the word about the overwhelming dangers of illegal steroids and preventing this tragedy from befalling other families.

The Efrain Anthony Marrero Foundation is a private, non-profit 501(c)(3) organization headquartered in Vacaville, California with an Eastern Region operation in Temple, Pennsylvania.



Signs to watch for...

Physical Signs



Steroid abuse can lead to physical dependence, as well as the following serious, unintended physical side effects:

For Men:

- Increase breast size
- Shrinking testicles
- Prostate cancer
- Reduced sperm count
- Impotence

For Women:

- Reduced breast size
- Growth of facial hair
- Increased body hair
- Deepened voice
- Menstrual problems

For Both Men and Women:

- Jaundice
- Bad breath
- Oily skin and hair
- Acne
- Heart attack/stroke
- Hair loss

Psychological Signs



Steroid abuse can lead to psychological dependence making it difficult to quit in spite of the following devastating side effects:

For Both Men and Women:

- Nervousness
- Mood swings
- Paranoia and hallucinations
- Depression
- Thoughts of suicide
- Violent outbursts called "roid rage"

Don't Throw Your Life Away!

No championship, no award, no scholarship is worth the risk of steroid abuse. Consider that once you stop "juicing" your body reverts to the way it was before you started. Muscle mass is gone...added strength is gone...any competitive edge you think you had is gone. All that's left is the irreversible, long-term damage to your body.



Don't Wait...



If you need more information, call (707) 447-1058, or visit us at www.nosteroids.org