

# Steroids in baseball

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As time has evolved and science in medicine has grown, it seems that steroid use has become more and more popular amongst baseball players. We now find our baseball players in the "Steroids Era". Steroids help athletes become stronger and more muscular, which is clearly necessary when trying to make a home run. Many people believe that using steroids is considered cheating and nothing is more "Un-American" as cheating. Steroids didn't make it to baseball's banned substance list until 1991, and testing for major league players did not begin until the 2003 season.

But, the MLB has decided that steroids use will no longer be tolerated. Steroids use has become very popular, and it seems that we have more players admitting to the use. It is impossible to know how many players actually use the drug, but players have come forward to have us assume that this drug as well as other performance-enhancing drugs have been around for a long time. According to Huff Post Sports, "In 2003, David Wells claimed that up to 40 percent of major leaguers used steroids.

Jose Canseco estimated that 80 percent of major leaguers had taken steroids and credited the drug for his entire career. "For a MLB player to credit a drug for his entire career just simply sounds insane. In 2005, Jose Canseco released a tell-all book, *Juiced*, about his experience with steroids in his career. In the book, Canseco named several other players, including Mark McGuierre, Ivan Rodriguez, Juan Gonzalez, and Jason Giambi, as steroid users. The list of baseball players associated with steroid use goes on. In our book *Envision in Depth* they explain what Canseco said about steroid use.

He says, " Different steroids do different things: if you ant Just to build muscle mass, one sort will do; if you want to run fast, there are steroids to increase your fast twitch muscle fibers"(437) Canseco claims to have used Deca-Durabolin, Winstrol, Equipoise, and Anvar. He also used human growth hormones, which explains how he put on 25 pounds of solid muscle in Just a few months. Baseball players rely on steroids use to enhance their performance. In baseball's long storied history only 25 men have ever slammed more than 500 homers, 10 joining the elite group between 1998-2009 and six of those - McGwire, Alex Rodriguez,

Manny Ramirez, Rafael Palmeiro, Gary Sheffield and MLB's all-time home run king, Barry Bonds, who have all been linked to drugs. This obviously includes being more recognized by the fans, but also more money in their pocket. The better a player is the more money they will receive. Everyone wants money we cannot deny that. Improved performances in players will elevate a players on- base percentage. According to Huff Sports, " An increase in OPS of .100 leads to an estimated salary increase of two million dollars. The athletic performance would also increase a layers product sales, and endorsement deals. With steroid use it seems that the game of baseball has become a little tougher, and more violent. Players are getting hit harder by other players running to the base and by the balls hit into the field. Players should begin to wear more protective gear. The types of injuries seen most commonly in baseball today result from muscles ripping away from tendons and joints that can no longer support them, which was typically not seen years ago. Steroids has side effects which may cause health problems.

Many athletes may be higher doses than the average in order to get better results in the game. It comes with serious side effects. According to Mayo Clinic, " Men may develop baldness, infertility, and shrunken testicles. " They may also experience high blood pressure, heart and circulatory problems, drug dependence, and psychiatric disorders such as depression. These athletes may begin to use other drugs to counter balance the side effects. Addiction may come from all of this. It is important to care about the health problems of these MLB players.

While steroids use may improve a players chance of hitting that next home run or breaking the sprint record, and players may make an extreme upgrade on their income. The use of steroids goes against the American vision of hard work because using steroids does become a way of cheating. What is this teaching the little ones looking up to all the baseball players? I dont believe that steroids use is setting a good example. I also do not believe that steroids use is beneficial in the long run. These MLB players are putting themselves through so many health risks that I do not elieve are worth it in the end.