Steroids: A dose of danger

Some athletes use anabolic steroids to stimulate muscle growth and enhance performance. Researchers say athletes risk serious side effects. Here is an overview of steroid use.

- **Effect and possible side effects**
  - **Face**: Facial hair growth and baldness in women; acne in men and women.
  - **Throat**: Deepening of voice in women.
  - **Heart**: High blood pressure, clogging of arteries.
  - **Liver and prostate**: Liver cancer in men and women; prostate cancer in men.
  - **Medical applications**: Doctors prescribe as aid to treatment for anemic and undersized people, to aid recovery from surgery or chronic, debilitating diseases.
  - **Brain**: Increased stress, lead to strokes; hyperactivity, psychological dependence.
  - **Chest**: Breast growth, increased breast cancer and decreased breast size in women.
  - **Arms, chest, legs**: Helps stimulate muscle growth; decreases recovery time necessary between workouts.
  - **Genitals**: Stenosis or atrophied testicles in men; menstrual irregularities, estrogen genitails in women.

The ABC of steroids

- **What they are**: Anabolic (constrictive) steroids are synthetic variants of the strongest male hormone, testosterone. Most common brand names: Anadrol, Deca-Durabolin and Anavar. Nicknames include "roids" and "juice."
- **What they do**: In conjunction with athletic training, steroids stimulate muscle growth by synthesizing protein and cause weight gain, partly through increased water retention. They also increase aggression, which may make an athlete train harder.
- **How they're taken**: Mainly in tablet form; may also be injected.
- **What they cost**: Dosages vary widely. Users can spend $25 - $500 a month.
- **How they're obtained**: Legally, by prescription only; otherwise, several routes exist, including mail order. Mexico is a major black market supplier.
- **Why research is skimpy**: It's considered unethical by some scientists to administer steroids in the high-dose levels taken by some athletes.
- **How dangerous are steroids?** In the June 9, 1988, issue of the Medical Tribune, U.S. Olympic Committee sports medicine and science director Dr. Robert Yard described steroid use as "a very complicated issue, a normal hormone imbalance when we take in a lot of hormone from the outside, the body becomes confused. It turns off its own system, so a lot of peculiar effects occur."

By Web Bryant, USA TODAY
How steroids affect the body

Anabolic steroids are synthetic derivatives of the natural male hormone testosterone that develop muscle mass. But the drugs also affect other parts of the body:

**How are they taken:** Orally or injected. Dosages vary and cost between $20 and 400.

**Brain:** Increases hostility, aggression and can spur depression and suicide. Use by teens can result in stunted growth.

**Face:** Can cause acne; deepens voice.

**Heart:** Causes elevated blood pressure and dangerous cholesterol levels.

**Chest:** Can cause breast development in men.

**Legs, arms:** Stimulates muscle growth; causes weight gain.

**Genitals:** Can shrink testicles; can cause prostate cancer.

**Liver:** Can cause liver cancer.

**How to obtain:** Available by prescription and generally prescribed for severe burns, breast cancer and other purposes. They are classified as "illegal controlled substance" by the Drug Enforcement Administration. But users say they are easily available on the black market. Primary sources: Canada, Mexico and Europe.

**Use:** Widespread. Former pro football player Lyle Alzado, now suffering from cancer, admits he used the drug for years. The American Heart Association says 50% of Division I college football players have used them. And a study by the Department of Health and Human Services estimates 282,000 teen-agers use them.

**Arms, chest, legs:** Helps stimulate muscle growth; decreases time needed for recovery between workouts.

**Genitals:** Sterility or atrophied testicles in men; menstrual irregularities, enlarged genitals in women.

**Face:** Facial hair growth and baldness in women; acne in men and women.

**Throat:** High blood pressure; clogging of arteries.

**Chest:** Breast growth in men; breast cancer and decreased breast size in women.

**Liver and prostate:** Liver cancer in men and women; prostate cancer in men.
1. Anabolic steroids are nature's way of producing muscle mass and power in men. They are extracted (removed) by a doctor working with a male donor.
   a. True  
   b. False

2. Which one of the following results of steroid use, by males, is desired by the user?
   a. acne
   b. breast enlargement
   c. testicle shrivelling
   d. increased muscle

3. Which one of the following results of steroid use, by females, is desired by the user?
   a. facial hair
   b. baldness
   c. acne
   d. increased muscle

4. All of the following are mental/psychological reactions to steroid use EXCEPT
   a. aggression
   b. hostility
   c. cancer
   d. depression

5. A steroid user who became a reverse anorexic would
   a. eat much more
   b. eat much less
   c. eat about the same
   d. sell steroids

6. Because steroids are derivatives of the male sex hormone (testosterone), female athletes who use steroids get stronger and begin to develop secondary male sex characteristics.
   a. True  
   b. False

7. The effect of steroids on the breasts of males and females is
   a. about the same; males and females increase size
   b. a reversal of normal sex differences
   c. steroids have no impact on the breasts

8. Steroids help increase power by developing bigger muscles and reducing the time between workouts needed for recovery, thus allowing more workouts than normal.
   a. True  
   b. False

9. According to D.E.A., steroids are
   a. "illegal controlled substance"
   b. "the Breakfast of Champions"
   c. "a great way to get cancer"

10. The only thing good about steroids is that they're hard to get and very few athletes use them.
    a. True  
    b. False

SYNTHETIC -- mad-made; not found in nature in present state; put together from different materials
DERIVATIVES -- something that comes from another
HORMONE -- a secretion (product) of a body gland
ORALLY -- through the mouth
STUNTED -- stopped
SHRIVEL -- shrink and dry
ANOREXIA -- disease of eating habits--refusal to eat in order to remain very thin; incorrect view of self (body)
GENITALS -- reproductive organs
Real Scandal Of Steroids Is in Football

Seoul — The tragedy of Ben Johnson isn’t about anabolic steroids and him alone. It’s about the National Football League and any other football factory where building bigger bodies gets a chemical assist, and people who imitate the cheaters.

World’s Fastest Human or World’s Fastest Cheat, the serious focus is on track and field only every four years. It’s on the NFL every day where players vow to do whatever it takes, and coaches applaud their eagerness to pay the price.

See those bodies in any NFL dressing room and you know they aren’t just unusual, they’re unnatural. Those chests and arms and thighs look as if they’ve been pumped full of hard air. TheY. didn’t get that way with good genetics, nutrition and hard work alone. They are time bombs.

As real as the cocaine problem is, the legal body-building issue is more widespread and insidious. Now that the crash of Ben Johnson has grabbed everybody’s attention, it’s time for the NFL to take the lead by testing in earnest, not merely for cosmetics. It would cause a wave that would be felt all the way down to junior high schools. It’s obscene to think that junior high school kids are doing steroids to thwart the natural limitations of their bodies so they can be bigger high school stars. That’s just what’s happening.

The fact that football players in front of our eyes on television are playing at 285 pounds when they should weigh 235 gives an air of respectability to using stickum on his hands or grease on his jersey. It’s not out of the realm of the NFL’s authority.

The NFL is 80 highlyvisible and has the resources and organization, it should take the lead.

First, the league should declare an amnesty. Nobody who is using steroids should be penalized if he stops. Give everybody the rest of this season to come off the steroids.

Next season, test at minicamps and regularly at training camps. The tests can be announced. Those drugs stay in the system long enough to be detected by today’s sophisticated tests; test before each game and test for stimulants at the same time. Every player relieves his bladder out of anxiety before a game, anyhow.

Test, that is, unless the league doesn’t want to know what testing will uncover.

The Johnson affair did two things: It demonstrated that indeed steroids can help build a record-breaking body. Just look at the change in Johnson’s body the last year and the performances that came from it. There’s no point in denying that young people already are suspicious of any prohibition they’re told is for their own good. And it cried out for a look at what’s wrong with steroid use.

Medical experts cite the danger of testicular atrophy, sterility, prostate cancer, possible genetic damage, spleen, kidney and liver damage and liver cancer, hepatitis, internal bleeding, increased blood cholesterol levels, high blood pressure and breast cancer. Steroids disturb the immune system and cause unpredictable aggression and insomnia; withdrawal causes depression, fatigue and even suicidal tendencies.

You might think that telling a macho athlete he’s destroying his sexual performance would deter him, but there is someone else telling him it’s more macho to build bigger muscles.

Look at the increase in football injuries in a generation. Players who should play at 235 and play at 285 exert unbearable force on impact. Players build muscles so strong that they pull apart their own ligaments and tendons. They are grenades with the pin pulled.

I dread the medical reports that will come 20 years from now, when those players begin to reach their 50s and 60s. Reports say the Russians changed their whole sports-medicine concept because the death rate was so high. It all began when one athlete thought he could get an edge by making himself bigger and stronger and faster. And a coach thought he could win with more of those guys. And the players across the line felt he couldn’t let the steroid users have an advantage.

The ultimate extension of the chain is that an athlete cannot compete unless he’s willing to risk his health. It shouldn’t be that way.
1. The author believes that Ben Johnson, a Canadian Football League star, should not be allowed to play in the National Football League (U.S.A.) because of his steroid use.
   a. True  
   b. False

2. Why is Steve Jacobson so critical of the NFL?
   a. the league refuses to make charitable contributions
   b. it promotes youth football, with all its dangers
   c. it encourages and overlooks steroid use

3. According to Jacobson, the use of steroids to build muscle and power is
   a. the same as cheating
   b. a personal decision for each athlete
   c. a necessary evil in order to insure success

4. Which one of the following is cynical?
   a. Steve Jacobson
   b. Toronto (CFL)
   c. Ben Johnson
   d. Dallas Cowboys

5. Which of the following is the reason Jacobson hates steroid users in sports?
   a. it's the same as using cocaine
   b. it improves performance greatly but artificially
   c. it's so expensive

6. Jacobson has a great deal of criticism for the NFL's refusal to test, but he doesn't come up with a concrete, workable plan of his own.
   a. True  
   b. False

7. When Ben Johnson was caught, which of the following was proved?
   a. steroids improve performance
   b. he's a health time bomb waiting to explode
   c. Canadians cheat

8. Approximately how many health dangers are listed in the article--dangers related to steroid use?
   a. none
   b. 3
   c. 12
   d. 20

9. Who does Jacobson mention as already having stopped steroid use by their athletes because of health problems?
   a. Russia
   b. U.S.A.
   c. Canada
   d. NFL

10. The best way to describe the last two paragraphs is
    a. steroid use among athletes causes a vicious circle
    b. health is wealth
    c. cheaters never win and winners never cheat

*BEN JOHNSON -- won the 100-meter dash at the Seoul Olympics but was stripped of his gold medal when he tested positive for steroid use, shaming all of Canada

GENETICS -- inherited characteristics (from birth)
INSIDIOUS -- beneath the surface; harmful in a sneaky way
CYNICAL -- always suspicious of human motives; never trusting
STIGMA -- a permanent mark
AMNESTY -- pardon, forgiveness
THE game is basically about intimidation. Forget about the whistles catching passes out in the open. They're out only there because some very large men are knocking down some other very large men at the line of scrimmage.

"Son, we'd like you to come in a little heavier next season." Football players start hearing this during junior high school. That mythic figure known as Coach would like the bit more bulk on their frames, in order to win the nasty little wars that make up a football game.

Football players will do almost anything to please Coach. They will play with pain and injuries, the way Mark Bavaro did, foolishly assuming that the New York Giants would keep him around or pay him for an extra year when his body broke down. In case you hadn't heard, the Giants cut Bavaro a few weeks ago. He seemed surprised.

Many players will take chemicals to build up their muscles to win a place on the team. Terry Long of the Pittsburgh Steelers, who raised his weight from 160 pounds in high school to 218 as a professional guard, apparently flunked a league steroids test recently, at a time when he was injured and being phased out by his team.

His despair at possibly losing his starting job and seeing his career jeopardized by a potential four-game suspension was so great that he apparently tried to kill himself last week, first with carbon monoxide from his car, later with rat poison from his closet. Thank goodness he failed.

The National Football League will surely claim that it is no more responsible for impulsive acts by its employees than any other industry is. The league has recently gotten around to testing for steroids, a decade after the evidence started to mount that football was leaving a human Chernobyl ticking away in players' bodies.

We might as well acknowledge that only football, of all the team sports, asks its participants to seriously alter their shapes and their dispositions. Basketball has not found a way to stretch its players; hockey players have to skate and handle a stick; baseball players who mess with steroids can usually be spotted in spring training, clumsily trying to flick their wrists at an inside slider.

But a lot of football players need to overpower somebody else for a few spasmodic seconds, a very specific act requiring bulk and aggression. Hence the stretch marks, the acne, the mood swings, the telltale signs of steroids.

"Size" is a very big word in the masculine dictionary. Check Freud. Some things men can do nothing about, but muscles can be enlarged with chemicals and weight lifting. A star quarterback in the modest football program at Hofstra University said he took steroids to look good at the beach, during spring break, more than a year ago.
1. Which of the following helped his team by "playing in pain" but whose sacrifice was soon forgotten when he was injured?
   a. Lyle Alzado  
   b. Mark Bavaro  
   c. Terry Long  
   d. Check Freud

2. All of the following probably contributed to Terry Long's suicide attempt EXCEPT
   a. 118 lb. weight gain  
   b. failed steroid test  
   c. injury  
   d. likely cut from team

3. Why are football players (except the Whippets) more likely to use steroids than athletes in other sports?
   a. they're not as smart as other sport athletes  
   b. their salaries are big enough to support the habit  
   c. the rules and skills of the game reward size rather than skill

4. What does "check Freud" mean?
   a. an illegal check writing scheme  
   b. study Freud in psychology for the answers  
   c. body check by a fast-skating hockey player named Freud

5. Which one of the following football players has a life-threatening brain tumor?
   a. Lyle Alzado  
   b. Mark Bavaro  
   c. Terry Long  
   d. Coach Chernobyl

6. Which of the following events in this article did the most good for the player involved?
   a. a Hofstra University quarterback's failed steroid test  
   b. Terry Long's failed steroid test  
   c. Lyle Alzado's never having failed a steroid test

7. Assuming they don't die beforehand, how many "young men" of 16 will eventually get to age 32?
   a. all  
   b. some  
   c. none  
   d. don't know

8. Academic Sportfolio probably asked question #7 in order to prove to you that you're no different than anyone else— you will get older and slower. Count on it!
   a. True  
   b. False

9. The author, George Vecsey, uses which two football players as examples of stars who made it "naturally" (without steroids)?
   a. Alzado and Bavaro  
   b. Long and Freud  
   c. Bavaro and Long  
   d. Dryer and Page

10. On whom does the author place the most blame for the steroid problem in football?
    a. the players themselves  
    b. the NFL  
    c. the coach  
    d. the pusher

INTIMIDATION -- threats; scare tactics
WHIPPETS -- a fast dog; wide receivers and ends in American football
MYTHIC FIGURE -- a hero (real or imagined); larger than life
FREUD (SIGMUND) -- the "father of modern psychiatry"
UNFATHOMABLE -- unknowable; hard to understand
The Alzado Alarms on Steroids

To anyone who watched that Raiders-Jets game during the Super Bowl XVII playoffs, the moment is unforgettable. In a rage, Lyle Alzado snapped the helmet off Chris Ward and flung it at the Jets' defensive tackle.

"Ward kept holding me," the Raiders' defensive end later explained.

During the next off season, the National Football League created what is known as the Alzado Rule: the removal of another player's helmet shall result in ejection and a possible fine.

But nearly a decade later, Lyle Alzado is now in an even more unforgettable moment. Once thickly bearded and bushy-haired, his frail face was pasty and a black bandanna with white skulls covered his head as he acknowledged that his inoperable brain cancer was caused by a "certain steroid": he took when trying to return to the Raiders a year ago at age 41.

"In my comeback attempt," Alzado said, "I used a certain steroid that caused me to lower my immune system." - . . .

Alzado's voice once growled. But now it almost whispered. He didn't identify the "certain steroid" that damaged his immune system and didn't supply medical confirmation. But the N.F.L.'s former drug adviser, Dr. Forest Tennant, supported the theory.

"Anabolic steroids depress the immune system and lymphocytes," Tennant told The Associated Press. "He has lymphoma. You don't have to be a rocket scientist to figure out the connection."

You don't have to be a N.F.L. player to figure out that anyone who has ever taken steroids heard the alarm that Alzado sounded. He is believed to be the first pro football player publicly to link steroids to cancer.

For years doctors have warned of steroids' potential damage. Now anyone who has ever taken steroids heard the alarm that Alzado sounded. He is believed to be the first pro football player publicly to link steroids to cancer.

The former pro football player links his steroid use to cancer.

The hardest thing I had to do was tell my son that his father isn't big and strong anymore. I'm sick. You know, at 8 years old, he understood.

Alzado had been working as an actor in Hollywood since he retired from the Raiders in 1985, and his last picture, "Neon City," will be out in September. He hasn't been able to work since he entered the hospital in March. The hospital bills have increased, and Alzado said the money had run out. His agent has started the Alzado Family Fund in Beverly Hills and the family has asked that donations be sent there.

"I had everything, I thought," said Alzado, who speaks in a whisper. "Money, friends. I didn't know the pain or strength you lose or the anger you feel. I didn't think anyone or anything could hurt me. I was a gladiator.

"If I win this battle, it will be the best one. If I can save one life by talking, if I lose this battle, whatever I've done has been real wrong."

When that unidentified "certain steroid" was added to the constant battle and the eternal quest, Alzado developed inoperable brain cancer.

But by sounding a public alarm, maybe he will alert some high school and college kids, if not N.F.L. players, to the steroid threat that doctors have been preaching for years without enough success. Until now other football players may have preferred to remember Alzado's favorite boast.

"If me and King Kong went into an alley," he once said, "only one of us would come out. And it wouldn't be the monkey."

Lyle Alzado isn't boasting now. He's too busy trying to stay alive. And anyone in steroid testing should be too busy making sure that tests can't be circumvented.

Alzado and his wife, Kathy, live in a small, one-story house on a quiet street in West Los Angeles. Kathy said she discovered needles in his bathroom before they were married, but Alzado promised her that his steroid days were over.

"I lied to her," Alzado said. "I look back at when I did it, and I can't believe it. I don't have pain from the radiation or chemotherapy. I have pain in my heart. Here I am married, and I can't even take her out dancing."

Calls From Raiders

Alzado, who undergoes chemotherapy every two days, said that all of the Raider players have called him, and that Al Davis, the president, calls every other day. But he doesn't see any friends now. He walks holding onto his wife because he often loses his balance, and he admits he forgets things from day to day.

"I don't want anyone to see me this sick," said Alzado, who weighs about 200 pounds, down 80 pounds from his playing weight. "I am in fear of my life."

The hardest thing I had to do was tell my son that his father isn't big and strong anymore. I'm sick. You know, at 8 years old, he understood.

As a defensive end, Alzado thrived on rage. He liked to say: "There's a fury in me. From the streets. From where I grew up. I'm not going to kid you. I'm a violent person and I'm playing a violent game."

He liked to say that he "grew up in Brooklyn gangs" before moving to Long Island. All that rage was renewed in 1982 when the Cleveland Browns, thinking he was through, traded him to the Raiders for an eighth-round draft choice.

"You know what an eighth-round draft choice is worth?" he roared at the time. "Nothing!"

Insulted and embarrassed, Alzado worked out harder than ever. Heavy weight lifting. Running three to six miles in the morning. Sprints and stadium steps in the afternoon. And judging by his acknowledged steroid use during "most" of his career, whatever chemical assistance he could find. But that was in keeping with his desperation to maintain his N.F.L. reputation.

"Lyle's primary emotion, like mine, is insecurity," his Raiders' teammate Howie Long once said. "Lyle's primary emotion, like mine, is insecurity," his Raiders' teammate Howie Long once said. "Lyle's primary emotion, like mine, is insecurity," his Raiders' teammate Howie Long once said. "Lyle's primary emotion, like mine, is insecurity," his Raiders' teammate Howie Long once said.

"I'm clean," Alzado had told Shriver during his comeback a year ago when asked about steroids. "I've always been clean."

But during Saturday night's interview, Alzado, who reportedly had lost 60 pounds from the bulky 265 he weighed a year ago, resembled a feeble old man. When he walked, one arm was held by Shriver or by his wife, Kathy.

"I'm half the man I was," he said. "Not everything works all the time. My personality is different. I'm a lot calmer."

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"If I win this battle, it will be the best one. If I can save one life by talking, if I lose this battle, whatever I've done has been real wrong."
1. According to this article, how would you describe Lyle Alzado's present condition as compared to his playing days?
   a. about the same.
   b. frail
   c. savage
   d. joyful

2. Why has Alzado's confession of steroid use "sounded the alarm" among other steroid users?
   a. they now know steroids can cause acne
   b. they now know steroids can cause baldness
   c. they now know steroids can cause cancer

3. Why is Lyle Alzado's condition and confession more powerful than years of warnings from doctors?
   a. Alzado has a degree in chemistry
   b. Alzado was one of them and a user
   c. Alzado was a player, a user, and he has cancer

4. All of the following are descriptive of Alzado at the present time EXCEPT
   a. regretful
   b. ashamed
   c. calmer
   d. destructive

5. The best description of Alzado in this article is that he's a sickly, feeble, frail, old man who has to be supported by his wife.
   a. True
   b. False

6. Which of the following character traits was missing from Alzado and his teammate, Howie Long?
   a. aggressiveness
   b. high self-esteem
   c. willingness to work
   d. insecurity

7. Based on his present condition, who would "come out of the alley" now?
   a. Alzado
   b. King Kong
   c. both of them
   d. neither of them

8. What did Alzado feel about his relationship with his wife?
   a. anger
   b. embarrassment
   c. envy
   d. joy

9. What are Alzado's feelings toward his son?
   a. shame
   b. hatred
   c. envy
   d. fear

10. The last sentence of the article probably means that Alzado realizes he caused his own death and hurt everyone around him in a selfish pursuit of football glory.
    a. True
    b. False

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FRAIL -- weak; unhealthy
IMMUNE SYSTEM -- the body's defense system against infection
POTENTIAL -- possible; in the future; not yet realized
KING KONG -- fictional ape that was nearly indestructible
Alzado dies of cancer

Ex-NFL star fought against steroids use

By Gary Mihoces
USA TODAY

Lyle Alzado, a former NFL star who linked his brain cancer to two decades of steroids use, died Thursday at home in Portland, Ore., at age 43.

Fiercely competitive as a defensive end with the Denver Broncos, Cleveland Browns and Los Angeles Raiders, Alzado campaigned against steroids use after his April 1991 diagnosis.

"He went down giving it his all again," said former Denver quarterback Craig Morton.

"I saw him so many times on TV as he deteriorated. It was tough. . . . But you've got to learn from people who are willing to come out and say, 'Look at what it's done to me. Don't do this.'"

Some researchers dispute whether Alzado's cancer was steroids-related.

"The consensus among our group is that his problem had nothing to do with anabolic steroids," said Penn State professor Charles Yesalis. "I know of no case of central nervous system lymphoma that's been linked to the drug."

However, Yesalis said there is a clear message in the Alzado case: "Mr. Alzado is a good example. not of the disease that killed him, but because he never quit using that drug. He admitted he just couldn't live without it. . . . These drugs can create psychological dependence."


Oregon Health Sciences University said it discharged Alzado April 23 after treating him with a new form of chemotherapy and "then for pneumonia, a common complication of chemotherapy."

Dr. Thomas DeLoughery, a blood cancer specialist who treated Alzado, said no autopsy was planned "out of respect for the family and our feeling that little could be gained."

Alzado's third wife, Kathy, whom he married days before his diagnosis, was with him when he died.

A private service was set for Friday in Portland.

GAVE IT HIS ALL: Lyle Alzado linked his brain cancer to years of steroids use, but some researchers dispute the connection.

A look at Alzado's football, acting careers

- Born April 3, 1949, in Brooklyn, N.Y., Alzado attended Lawrence High in Cedarhurst, N.Y., and Yankton College in South Dakota.
- His 14-year NFL career began as a fourth-round pick of Denver in 1971. He was voted the NFL Defensive Player of the Year in '77 and was a two-time Pro Bowler (77, 78).
- After seven seasons with the Broncos, he played three years with the Cleveland Browns. In April of '82, he was traded to the Los Angeles Raiders and helped them to the Super Bowl in 1983. He also was voted the 1982 NFL Comeback Player of the Year.
- He retired from the NFL in '86 and launched an acting career, beginning with commercials. He was an NFL announcer for ESPN and NBC, and had a role in the '88 movie Shadow of Death, and starred in his first TV sitcom, Learning the Ropes.
- In May, 1990, Alzado went to the L.A. Raiders' training camp, but retired from the NFL for good Aug. 27, 1990.
1. For how long did Lyle Alzado use steroids?
   a. 43 years  
   b. 20 years  
   c. 10 years  
   d. 1 year

2. Which of the following axioms best captures Craig Morton's view of what Alzado taught us?
   a. no pain, no gain
   b. don't do as I do; do as I say
   c. don't do as I say; do as I do

3. If you wanted to "play it safe" with respect to the link between steroids and cancer, who would you believe?
   a. Lyle Alzado  
   b. Charles Yesalis  
   c. Thomas DeLoughery  
   d. Kathy Alzado

4. Charles Yesalis feels that steroids pose a danger because
   a. they eventually cause CNS lymphoma
   b. they cause acne and baldness
   c. they can create psychological dependence

5. Why is psychological dependence (like an addiction of the body) so dangerous?
   a. you keep using it until it hurts you
   b. it ruins your athletic performance
   c. it's bad public relations for the team

6. Alzado was about the same age as which member of your family?
   a. yourself  
   b. your brother  
   c. your father  
   d. your great grandmother

7. How many years did Lyle Alzado play in the NFL?
   a. 43  
   b. 20  
   c. 14  
   d. 5

8. After he retired in 1986, he started a second career as
   a. an actor  
   b. a coach  
   c. a steroid dealer  
   d. a truck driver

9. Considering that the article was written in 1992, at what age did Alzado try to make a comeback in football?
   a. never  
   b. 43  
   c. 41  
   d. 37

10. Which one of the following might have been most interested in an autopsy of Lyle Alzado?
    a. Alzado himself  
    b. Charles Yesalis  
    c. Thomas DeLoughery  
    d. Craig Morton

**CONSENSUS** -- agreement by all members  
**CHEMOTHERAPY** -- chemical treatment used to shrink cancerous tumors  
**AUTOPSY** -- a cutting open of a corpse to determine the exact cause of death