

Steroids (anabolic-androgenic) make your voice deeper by affecting the vocal fold's muscle mass. It's a common irreversible side-effect of anabolic steroid abuse. The proportion of voice transformation depends on how much steroid is absorbed and the duration of use.



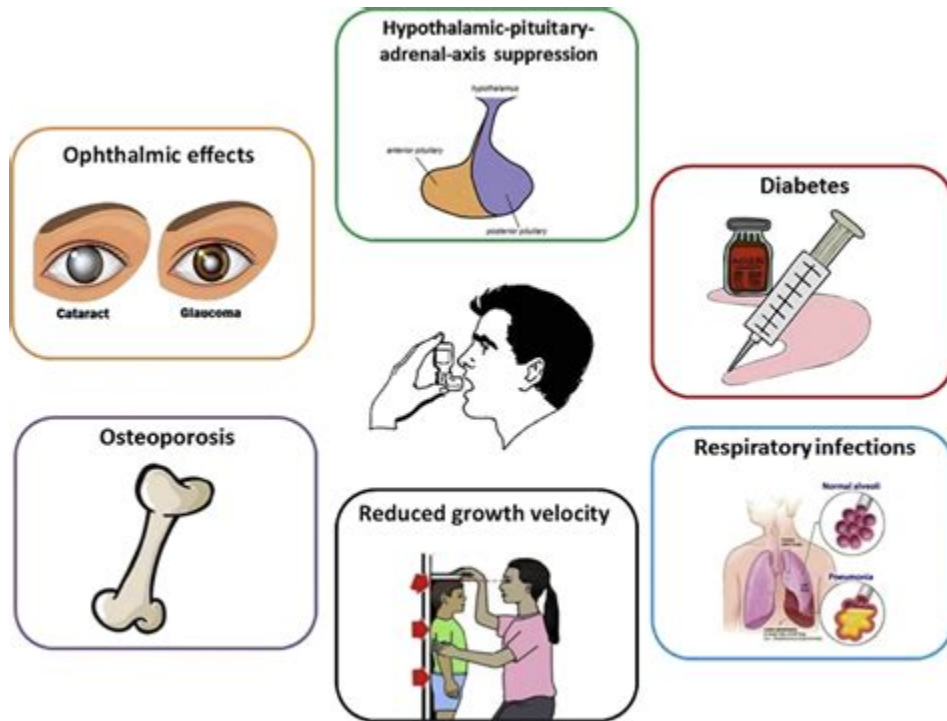
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**Do Steroids Affect the Male Voice in any way? : r/nattyorjuice - Reddit**



Been using testosterone for about 2 years (150mg/wk cruise and 400mg/wk blast) blasted around 2 times a year for about 3 to 4 months each (usually winter/summer) never got more than a gram of PEDs combined, used EQ, Var, Deca, Anadrol, Dbol, Primo, Mast and Winny so far in these past years (not all together obviously lol).

## The Effects of Inhaled Corticosteroids On the Voice



Oral contraceptives contain estrogen and may cause fluid retention (edema) in the vocal cords. Estrogen replacement therapy post-menopause may have a positive or negative effect on the voice. Testosterone and other androgen-like hormones: These medications deepen the voice; accordingly, women should consult with their physician carefully before .

## Medical Treatment | Sean Parker Institute for the Voice



According to David Puts, anthropologist and specialist in the study of human voice preferences, the deep-pitched voices of men are largely due to high testosterone levels. High testosterone levels cause the vocal cords to thicken and vibrate at a lower frequency.

## Can Steroids Change Your Voice? - Pharma / TRT - T NATION



There is increased risk of voice change with higher doses or strengths of inhaled steroid. . of daily inhalations and have reaped the rewards of good asthma control but later learn the wonder drug is weakening your voice—James Thompson, MD. Journal of Voice, "Inhaled Corticosteroids: Hazardous Effects on Voice—An Update, January 2007:

# Effects of Medications on Your Voice - Atlanta Institute for ENT



The slower you blow into the whistle the lower the tone. The more pressure you put into the whistle, the higher the tone. So slow down the speed and pressure of speaking. Part of that is by breathing from your chest. The best way to have the voice you want is to practice mimicking peoples voices that you like.

# Case report: The long-term effects of anabolic steroids on the female .

Received: 29 August 2018 | Revised: 29 December 2018 | Accepted: 16 February 2019  
DOI: 10.1002/ccr3.2084

CASE REPORT

WILEY Clinical Case Reports

## Case report: The long-term effects of anabolic steroids on the female voice over a 20-year period

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### Key Clinical Message

Anabolic steroids and androgenic steroids (AAS) can have long-term effects on the female voice. These changes are clinically relevant since they are difficult to treat and therefore should be disclosed to patients using AAS or receiving androgenic steroid therapy.

### KEYWORDS

anabolic steroids, androgenized voice, laryngology, testosterone insufficiency, voice

## 1 | INTRODUCTION

A 27-year-old female bodybuilder presented with an androgenized voice ( $F_0 = 110$  Hz) after 6 weeks of androgenic anabolic steroid. She was followed for 20 years, requiring multiple surgical interventions to increase her pitch and presented with delayed severe vocal fold atrophy, with concurrent abnormal low testosterone levels.

Androgenic anabolic steroids (AAS) can have virilizing effect in women. The most common side effects include weight gain, acne, and increased libido, which are usually reversible. However, the masculinized voice change associated with AAS, including decreased pitch, reduced  $F_0$  and vocal fold thickening, has been reported as irreversible<sup>1,2</sup> despite discontinued use.

A new entity, anabolic steroid-induced hypogonadism (ASIH), described by Jarow,<sup>4</sup> suggests AAS can have an inhibitory effect on the hormonal axis long after discontinuing their use, including hypotestosteronism. Several authors have since described this condition in men,<sup>5</sup> but there has been no reported case of ASIH in woman or description of vocal symptoms due to this condition.

This Case report was presented as a Poster presentation at the annual meeting of the Canadian Society of Otolaryngology—Head & Neck Surgery in June 2016, in Charlottetown, Prince-Edward-Island, Canada.

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*Clin Case Rep.* 2019; 1–4.

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This is a case report on the effect of AAS in a 27-year-old woman who ingested AAS when competing as a bodybuilder. This patient experienced disabling side effects due to androgenization of her voice and required surgery to increase vocal pitch in order to be identified as female. She has been followed for 20 years and experienced further unanticipated changes in vocal function many years after discontinuing anabolic steroid use, concurrently with abnormally low testosterone levels.

## 2 | CASE REPORT

K. A. a 27-year-old woman, formerly a bodybuilder, sought treatment at our tertiary voice center for "masculine" voice in 1998. The patient had developed a gradual husky and low-pitched voice change over a period of months, two years prior to presentation (at presentation—VHI = 40,  $F_0 = 110$  Hz, Jitter = 0.64%, Shimmer = 2.6%, pitch range = 2 semitones). The patient was more often than not perceived as male, and the gender misidentification was disabling in her personal and professional life including the loss of employment due to her voice quality. The patient had taken nandrolone, 50 mg/wk for 6 weeks as part of a muscle enhancement bodybuilding program. The voice change developed within 8 weeks of starting the androgenic steroids, and despite discontinuing the drug, the voice did not improve. No other previous voice

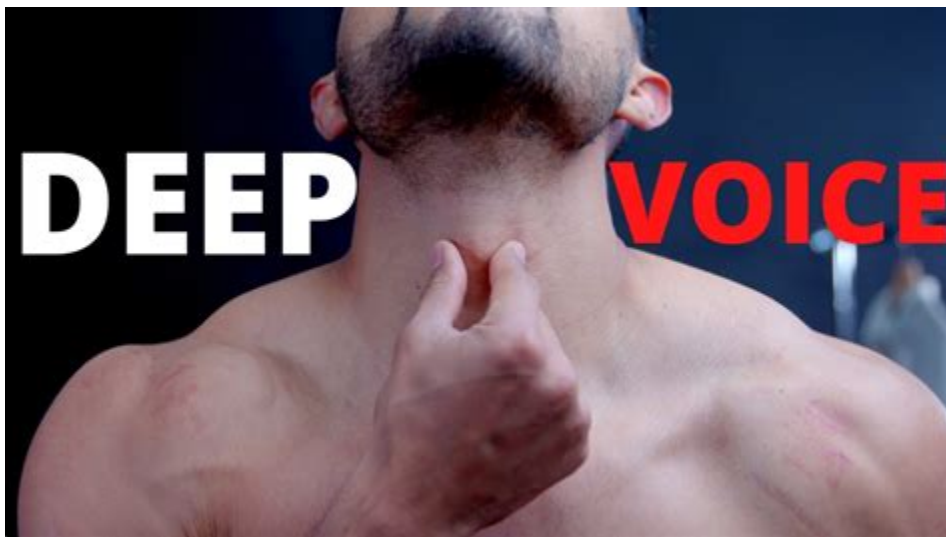
Anabolic steroids and androgenic steroids (AAS) can have long-term effects on the female voice. These changes are clinically relevant since they are difficult to treat and therefore should be disclosed to patients using AAS or receiving androgenic steroid therapy.

## Does Lifting Weights Make Your Voice Deeper? Find Out Now - Total Shape



Testosterone is a hormone which gives males deeper voices, more muscle growth and stronger bones. It makes vocal cords bigger, creating a deeper voice. Bodybuilding encourages testosterone production. Exercising leads to more GH, which helps testosterone. So, consistent strength training helps make vocals more profound.

## Does Bodybuilding Make Your Voice Deeper? - jacobfoxx



Anabolic refers to the chemicals properties regarding protein synthesis. The androgenic properties, are those that relate to deepening of the voice, hair growth, penis size etc. If you are over 25(the underground accepted age for steroid use) chances are, you have as deep of a voice, as much hair, and as big of a penis as you will ever have. ...

## Was your voice deepening permanent? : r/steroidsxx - Reddit



1 Snyderz • 8 yr. ago I'm extremely sensitive to voice deepening side effects. My second cycle lasted two months at 15mg var a day. It wasn't until the end that I really noticed my voice changing, but I've always had a heavier, gender-ambiguous voice. It's been 2 months since that cycle and I've seen small bits of improvement, mostly in smoothness.

## Women who use anabolic steroids encounter masculinizing . - Sciencenorway



Patients using inhaled steroids sometimes experience voice changes (including complete loss of voice). The onset of symptoms and severity of symptoms is highly variable among patients. Studies show that discontinuation of inhaled steroids restores the voice in dysphonic patients, but symptoms may not resolve immediately. Fortesta: testosterone

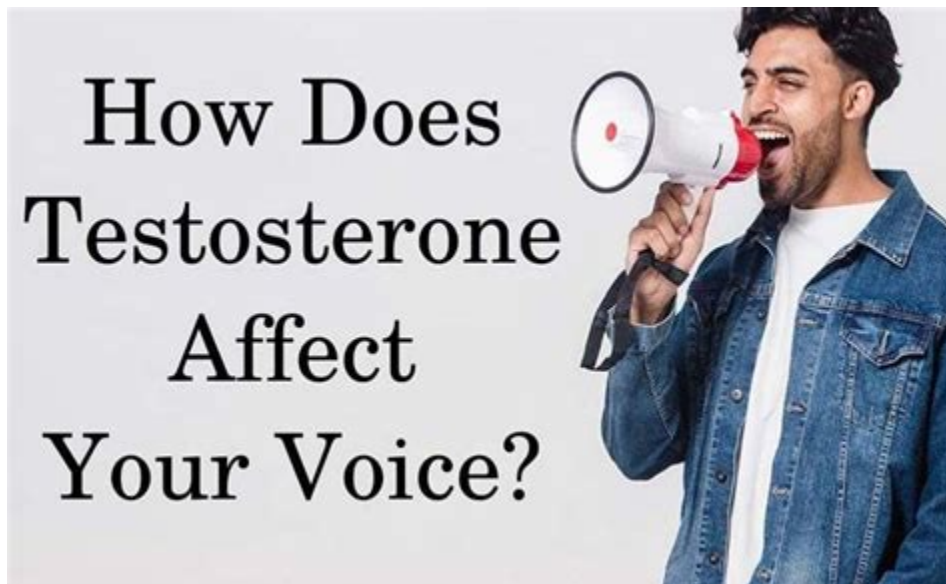


## How to Make Your Voice Deeper: Speech Expert Tips - Men's Health



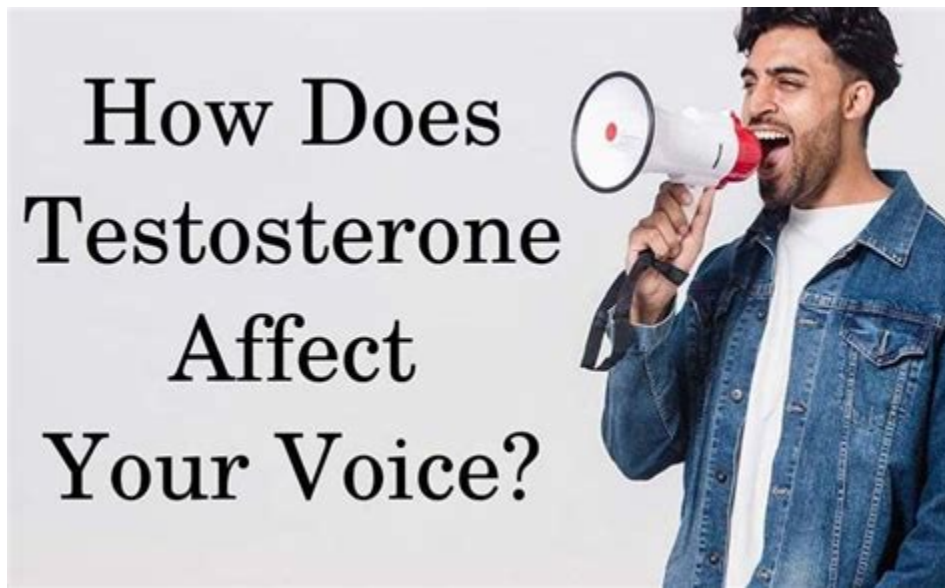
Blowing bubbles through a straw into a cup of water, while making sounds, can help increase airflow and relax the muscles of your voice. This could help you produce a more resonant voice .

### Does More Testosterone Make Your Voice Deeper?



Medications including prescription, over-the-counter, and herbal supplements can affect the function of your voice. If your doctor prescribes a medication that adversely affects your voice, make sure the benefit of taking the medicine outweighs the problems with your voice. Most medications affect the voice by drying out the protective mucosal .

## Can Testosterone Therapy Make Your Voice Deeper? - HRTGuru



It would take large amounts of very androgenic compounds (example: tren) but yes I think it can happen. 5. wellshii18. • 4 yr. ago. Ask Ronnie Coleman. 3. [deleted] • 4 yr. ago. It can go hoarse but I wouldn't say deeper.

## The Effects Of Steroids On A Male Vocalist - Anabolic Steroids



Increased facial hair, smaller breasts, a deeper voice and enlarged clitoris were among the negative effects. . "The women who have used steroids might make appointments with their doctor to treat acne, missed periods or psychological afflictions from long-time use. It's important for health personnel to query whether they use AAS, what .

## Deepening of the voice in women using anabolic steroids



### Functional Voice Testing Detects Early Changes in Vocal Pitch in Women During Testosterone Administration

Grace Huang, Karol M. Pencina, Jeffrey A. Coady, Yusnie M. Beleva, Shalender Bhasin, and Shehzad Basaria

steroid pills and injections steroid inhalers Antibiotics treat infections caused by bacteria. They are used to treat hoarseness when it is believed to be due to bacterial infection. In fact, bacterial infection rarely causes hoarseness that lasts more than a week in adults.

## Will get deepen your voice? : r/Testosterone - Reddit



Deeper voice in women (and men), this is known as dysphonia; A number of steroid users tend to live in denial regarding the side effects of steroids. They suggest that those who suffer from the various effects are only steroid abusers and are stacking a number of different forms of the drugs in longer cycles than is necessary which does not .

## Is it possible to make your voice deeper permanently?



Feb 2006. Posts. 2,365. If u put on mass alone, and the neck size will increase, it will make your voice deeper. I heard someone say steroids make the voice strain easier, which could lead to damage, but I dont remember who, or have any articles. 03-19-2007, 07:52 AM #3. TheNatural3456. Member. Join Date.

## Do men also develop a deeper voice with steroids or is it just . - Reddit



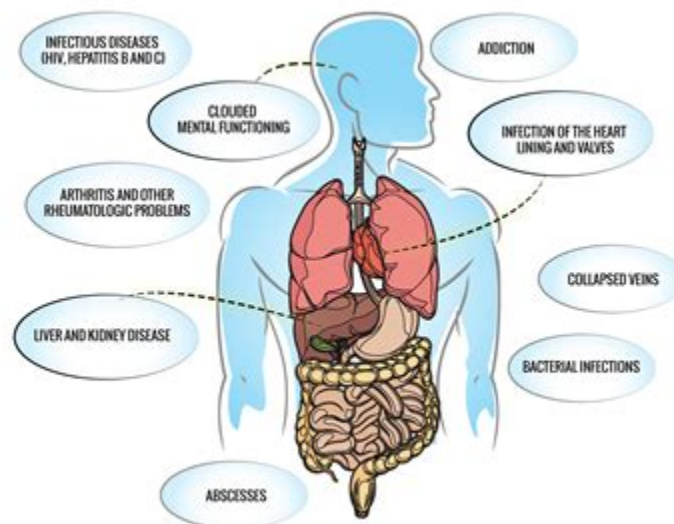
Research has shown that steroids can make your vocal cords get thicker and swell up, which can make your voice lower and sound different. This happens because steroids increase the amount of testosterone in your body. When you have more testosterone, your vocal cords can get thicker, which makes your voice deeper.

## What are the side effects of anabolic steroids? - MyMed



Do Steroids Affect the Male Voice in any way? I understand that when females take steroids, it is apparent that they will develop a deeper voice since they would experience puberty the same way males have. However, would a male experience any difference at all with his voice since he has most likely gone through the puberty stage with his voice.

## Effects of Medication on the Voice: Can Medications Harm My Voice?



Yes, this is an old-school method that isn't used anymore in slap 'n dash vocal training schools. It does work in the sense that your voice sounds more gravely, severe - but only due to repeated trauma on an inflamed organ, essentially the creation of scar tissue. 2. ChrisHarles.

## Do Steroids Deepen Your Voice? Find Out Here!



Anabolic androgenic steroids (AAS) can have virilizing effects on women. Certain characteristics shift towards that of a man's biology. One of them is deepening of the voice, or dysphonia. This is sometimes pretty evident with anabolic steroid-using female bodybuilders. Their voice sounds deeper, more manly.

### Has anyone (males) noticed voice change while on or after peds?

## About Voice Changes

Voice changes are defined as a **change in tone**, where a woman's vocal range seems to shorten.

**Identifying Voice Changes:**

- **FREQUENCY:** Depends on reason for voice changes; if due to menstruation, occurs monthly.
- **DURATION:** Could last for a few days or permanently depending upon underlying cause.
- **INTENSITY:** Come and go or are extreme and occur regularly.



SheCares

On the other hand, anabolic-androgenic steroids (AAS), usually contain testosterone or derivatives of DHT. Therefore, they stimulate the androgenic receptors and may lead to masculinization, including deeper voice. . a speech-language pathologist will implement different exercises that may help make your voice deeper. These include finding .

- <https://groups.google.com/g/27pumpingiron30/c/c4sERzBlz-U>
- <https://publiclab.org/notes/print/43684>
- <https://publiclab.org/notes/print/42057>