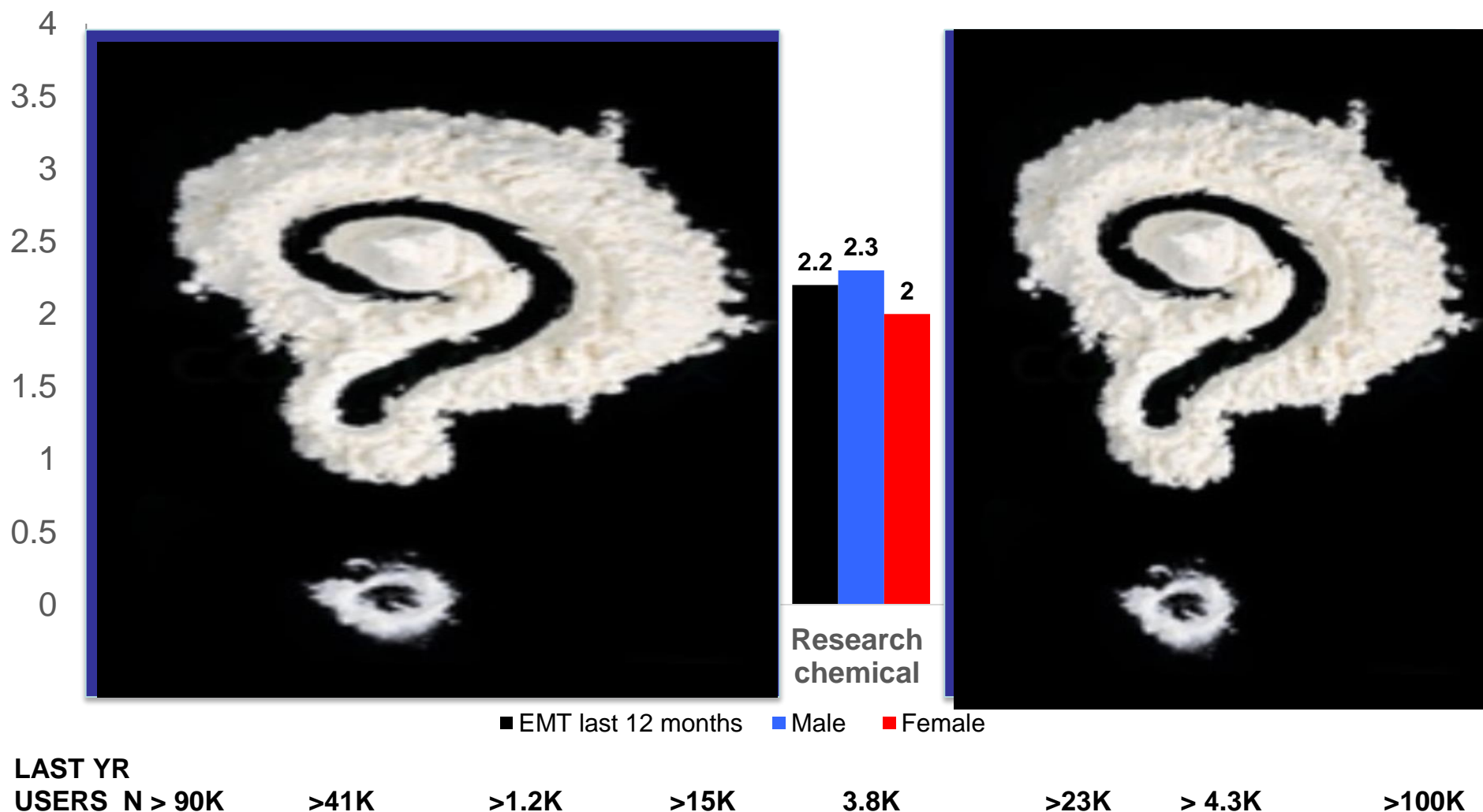
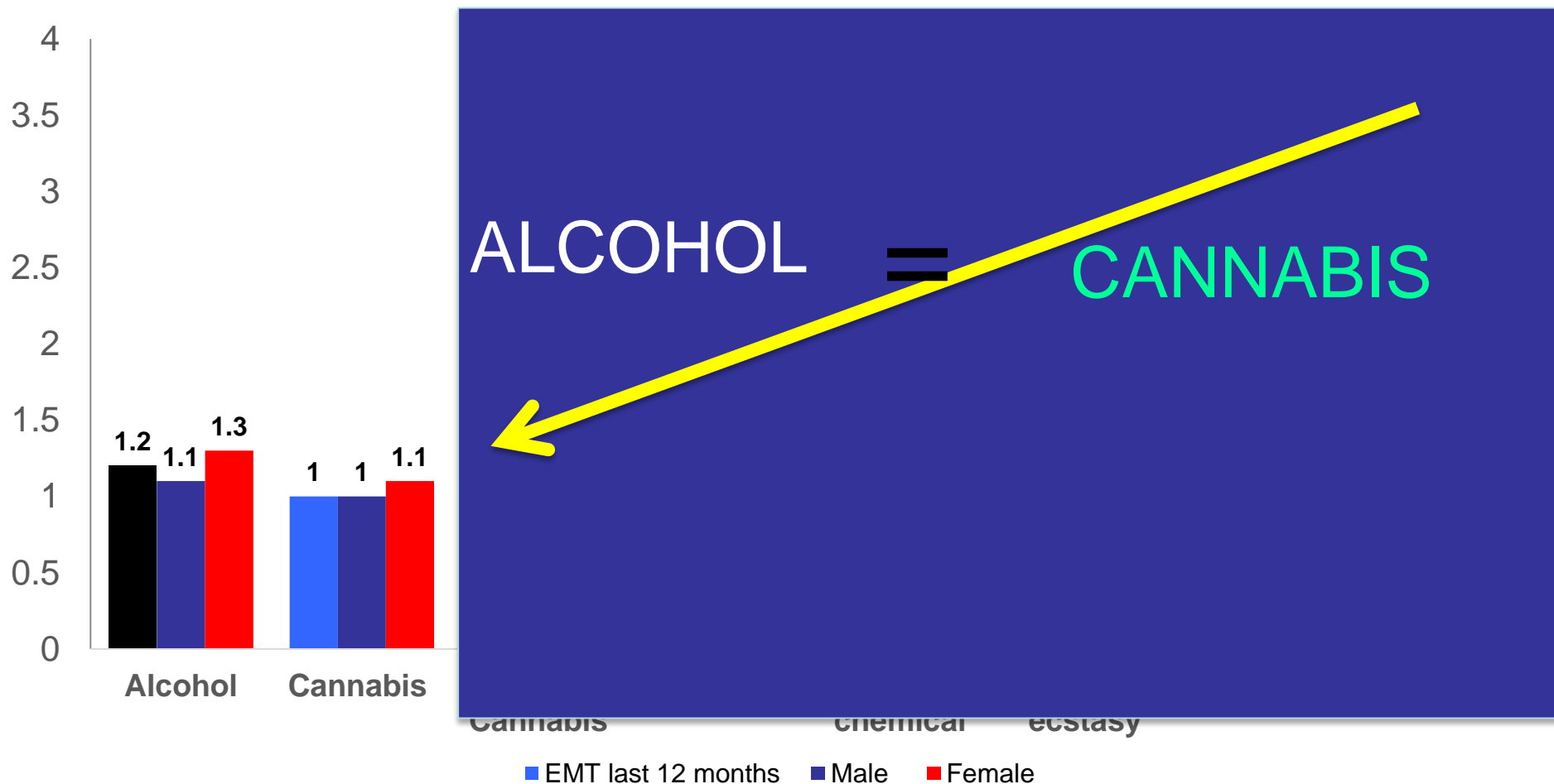


DRINKS METER

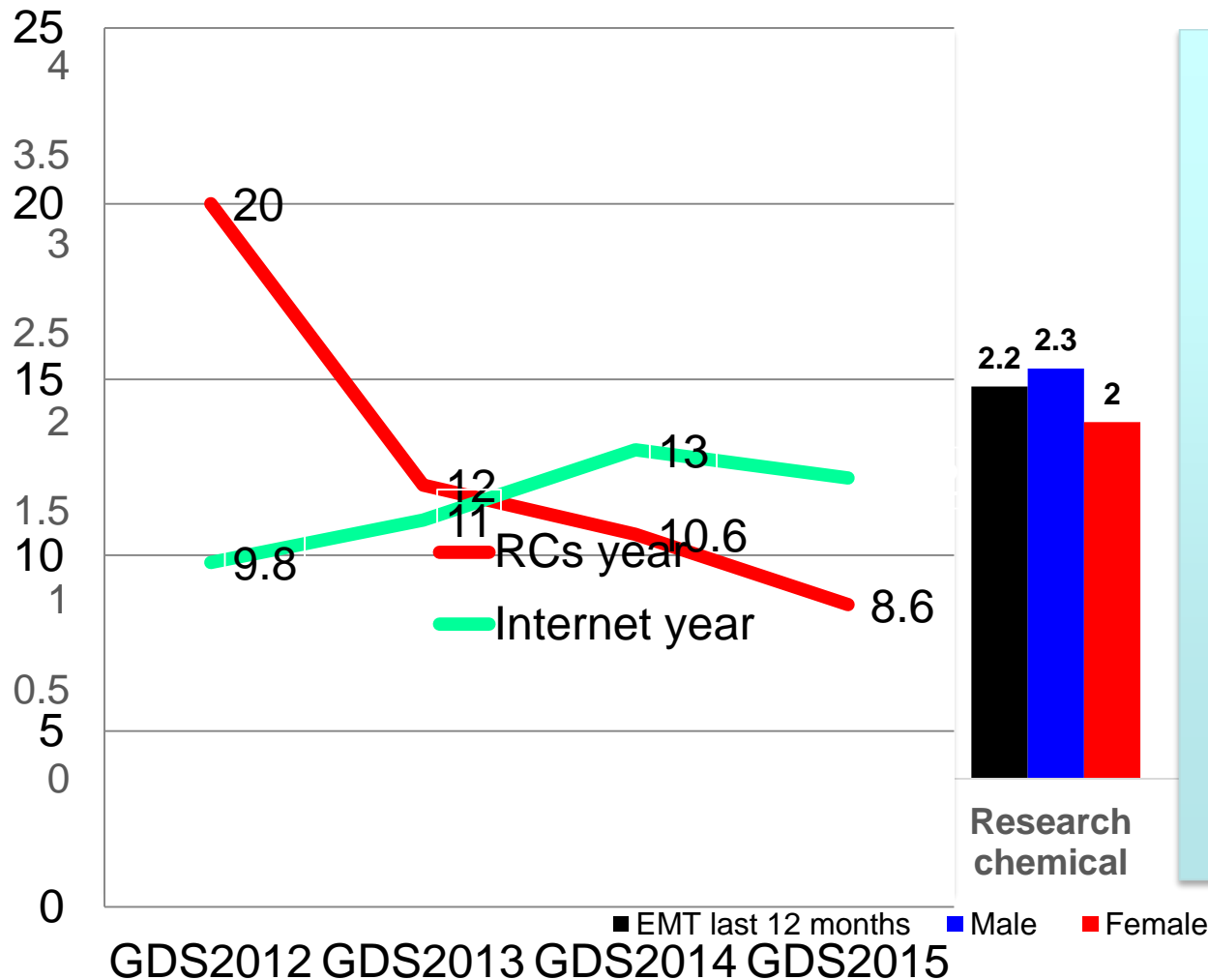
# What % of people had sought emergency medical treatment following the use of drugs/alcohol in the last 12 months ? (global)



What % of people had sought emergency medical treatment following the use of drugs/alcohol in the last 12 months ? (global)



What % of people had sought emergency medical treatment following the use of drugs/alcohol in the last 12 months ? (global)



If you take a drug  
you do not know  
Our advice –start  
low, go slow  
And ask your mates  
to keep an eye on  
you  
Cos you never  
know with  
something new

What % of people had sought emergency medical treatment following the use of drugs/alcohol in the last 12 months ?



LAST YR USERS N > 90K  
> 4.3K > 100K

>41K

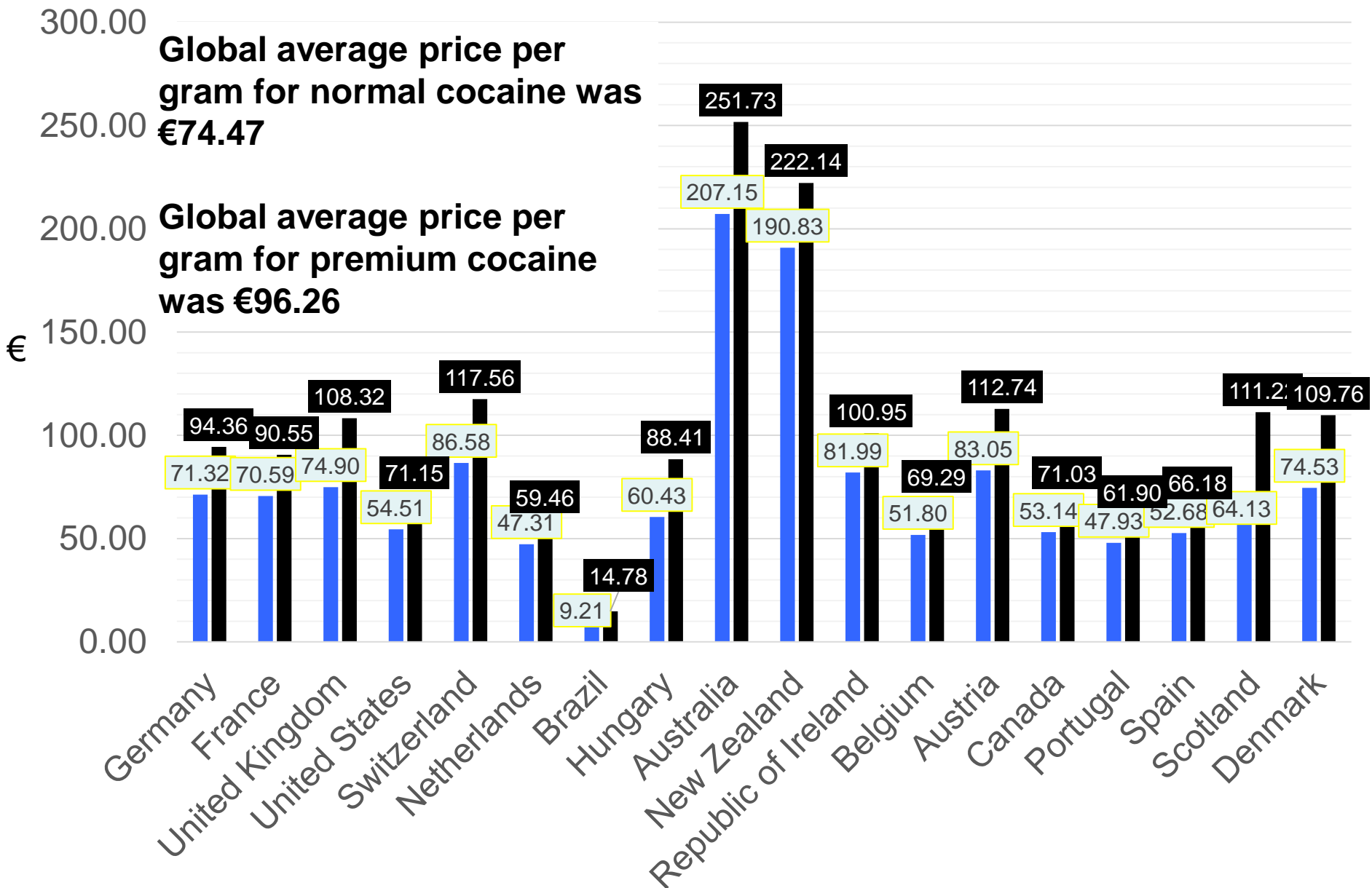
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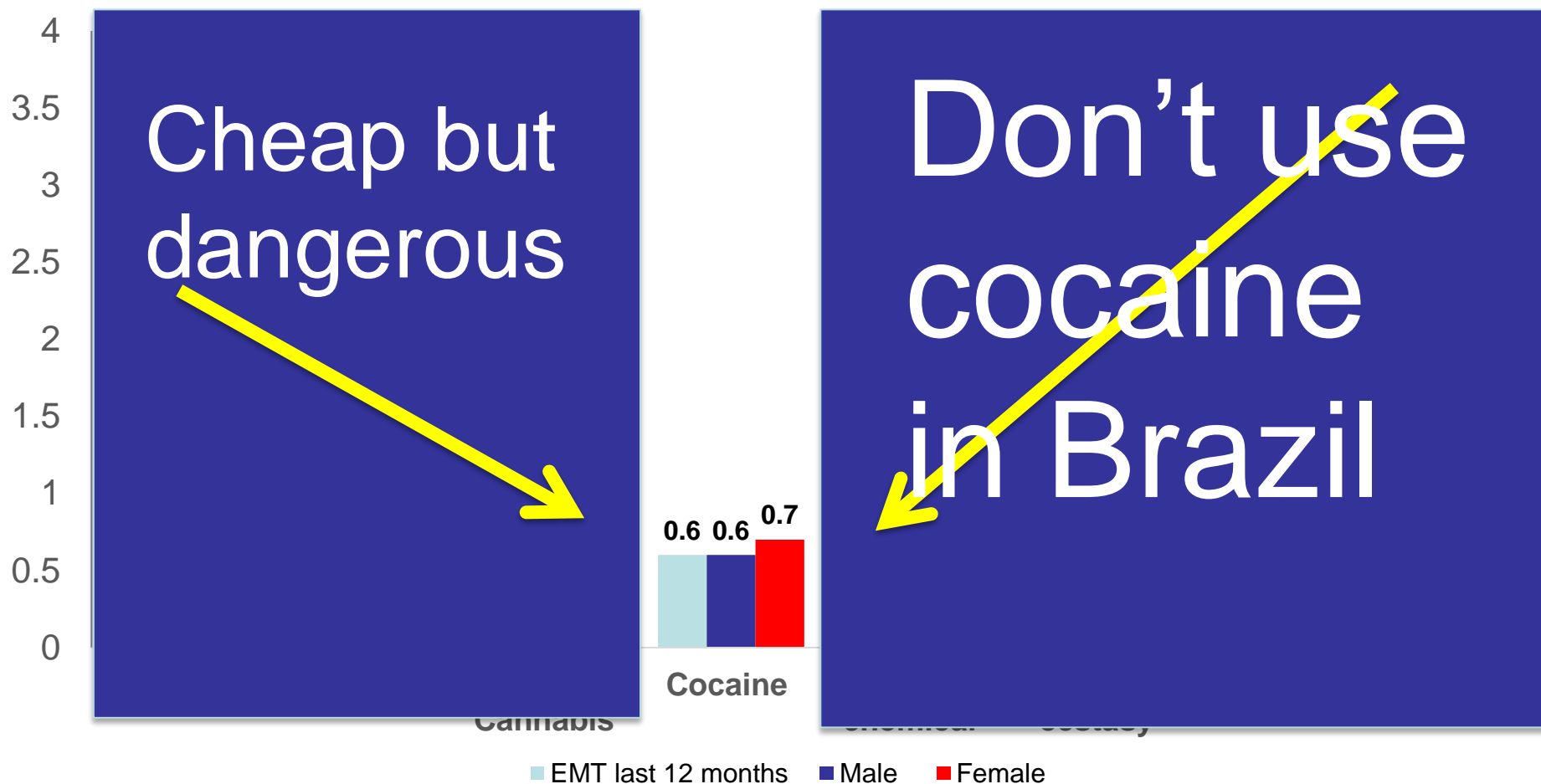
3.8K

>23K

# Global Cocaine Price Per Gram



What % of people had sought emergency medical treatment following the use of drugs/alcohol in the last 12 months ?



LAST YR USERS N > 90K  
> 4.3K > 100K

>41K

>1.2K

>15K

3.8K

>23K

30 PAGE UK CLUB GUIDE



The world's leading dance music & club culture magazine

100  
2014



# SAFE?

THE **REAL** STORY OF THE PILL  
THAT'S RESCUED CLUBLAND

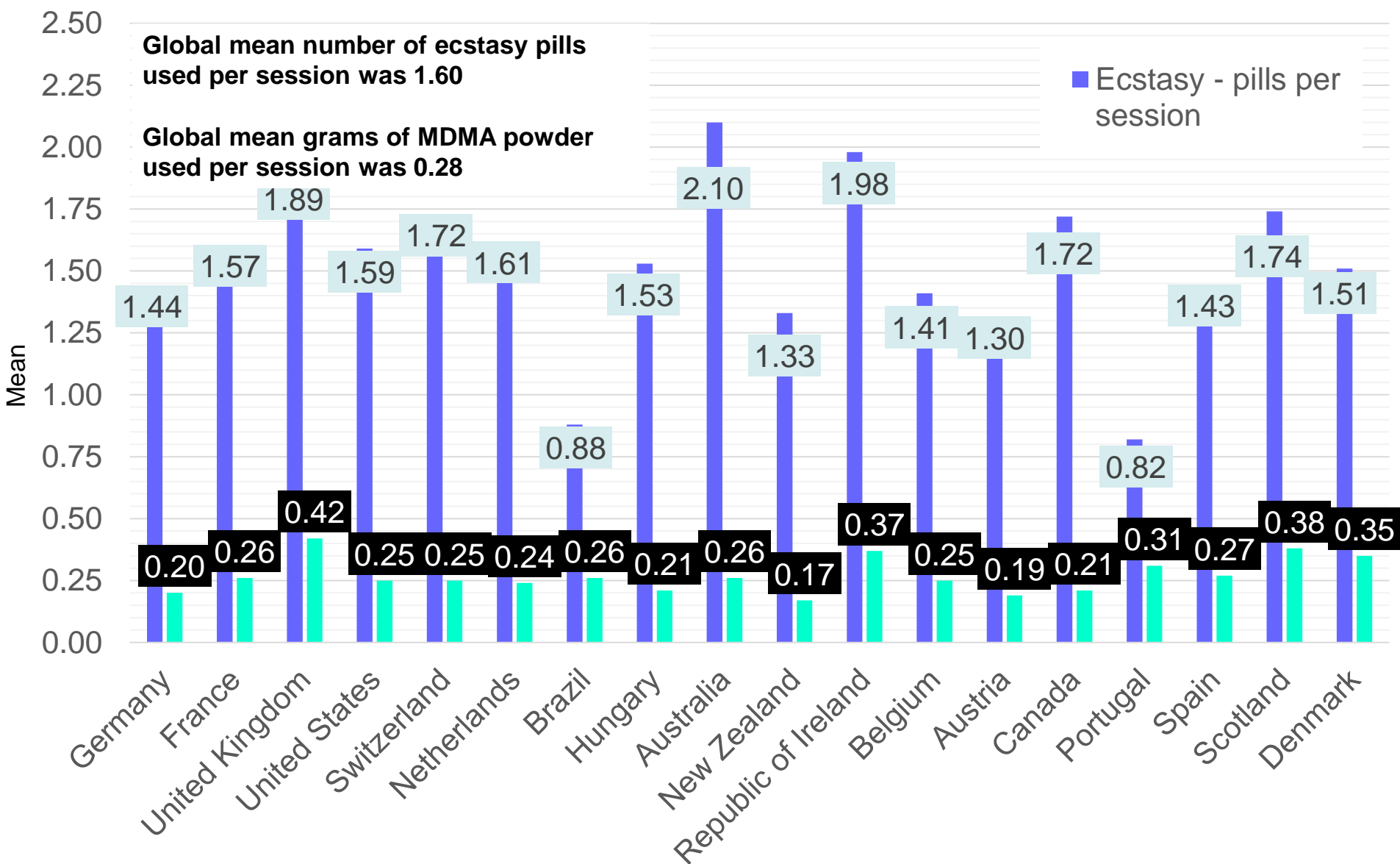
**UK** FIGHT AGAINST VAN HEUSEN VS PABLO BLANCO / OPTICAL / EURO FRANKS  
SYDNEY MARY GAY / BRANDON BLOCKS MAD LIFE / PHATTO & SMALL  
BRUNN HARRY / ELEMENT JUCK / HYPER / CLAY GARDEN / PETER TONG

THE  
PILL  
THAT  
SAVED  
CLUBLAND



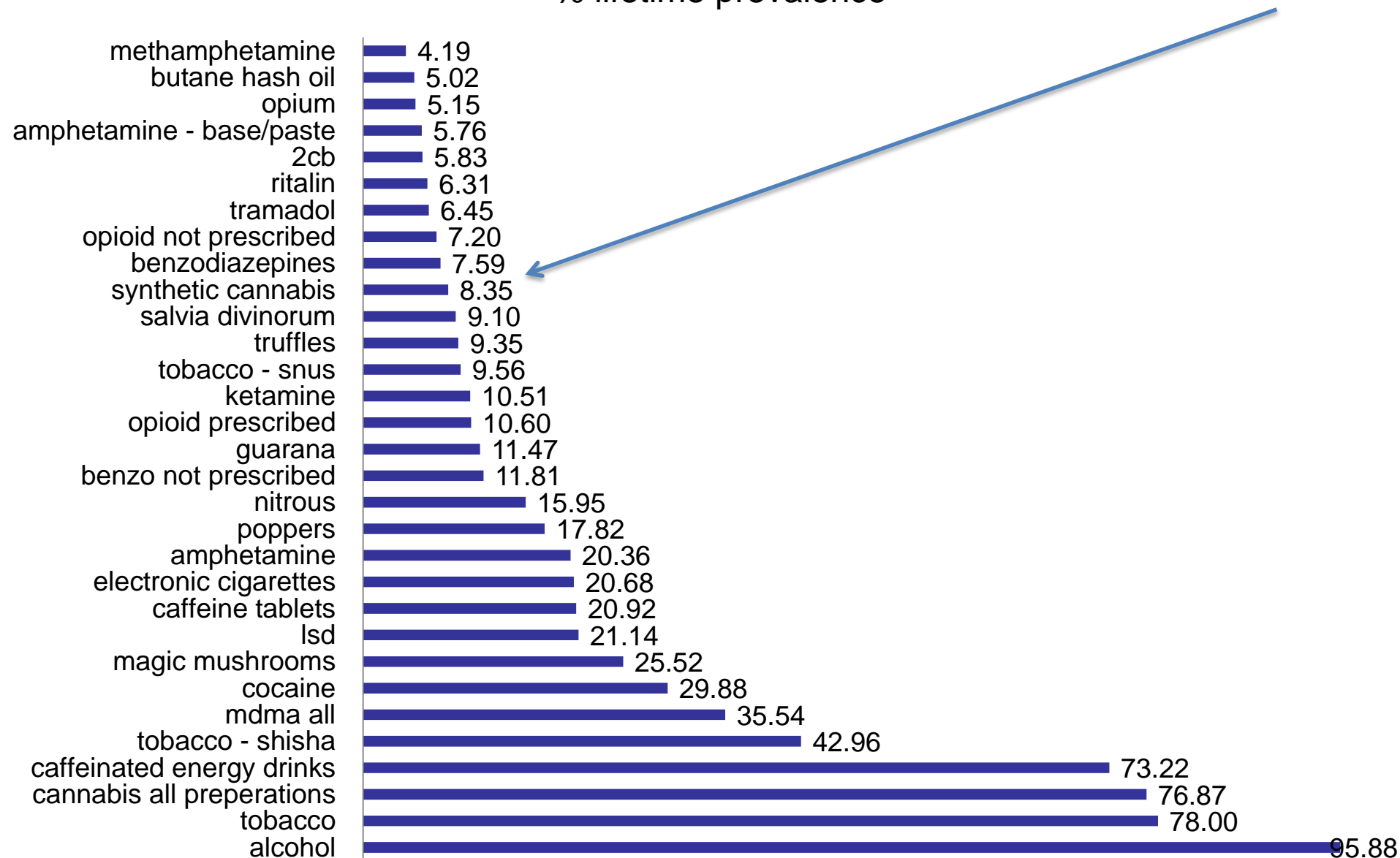


# MDMA - Amount Used Per Session – Global Comparison



# Lifetime Drug Use Prevalence Global N = > 101,000

■ % lifetime prevalence



# What % of people had sought emergency medical treatment following the use of drugs/alcohol in the last 12 months ? (global)



LAST YR USERS N > 90K  
> 4.3K > 100K

>41K

>1.2K

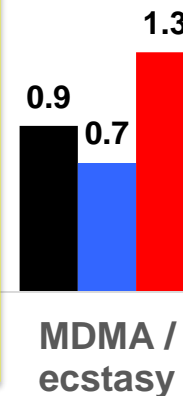
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What % of people had sought emergency medical treatment following the use of drugs/alcohol in the last 12 months ? (global)

Rate of seeking EMT is almost twice as high in women than men



■ EMT last 12 months ■ Male ■ Female

LAST YR USERS N > 90K  
> 4.3K > 100K

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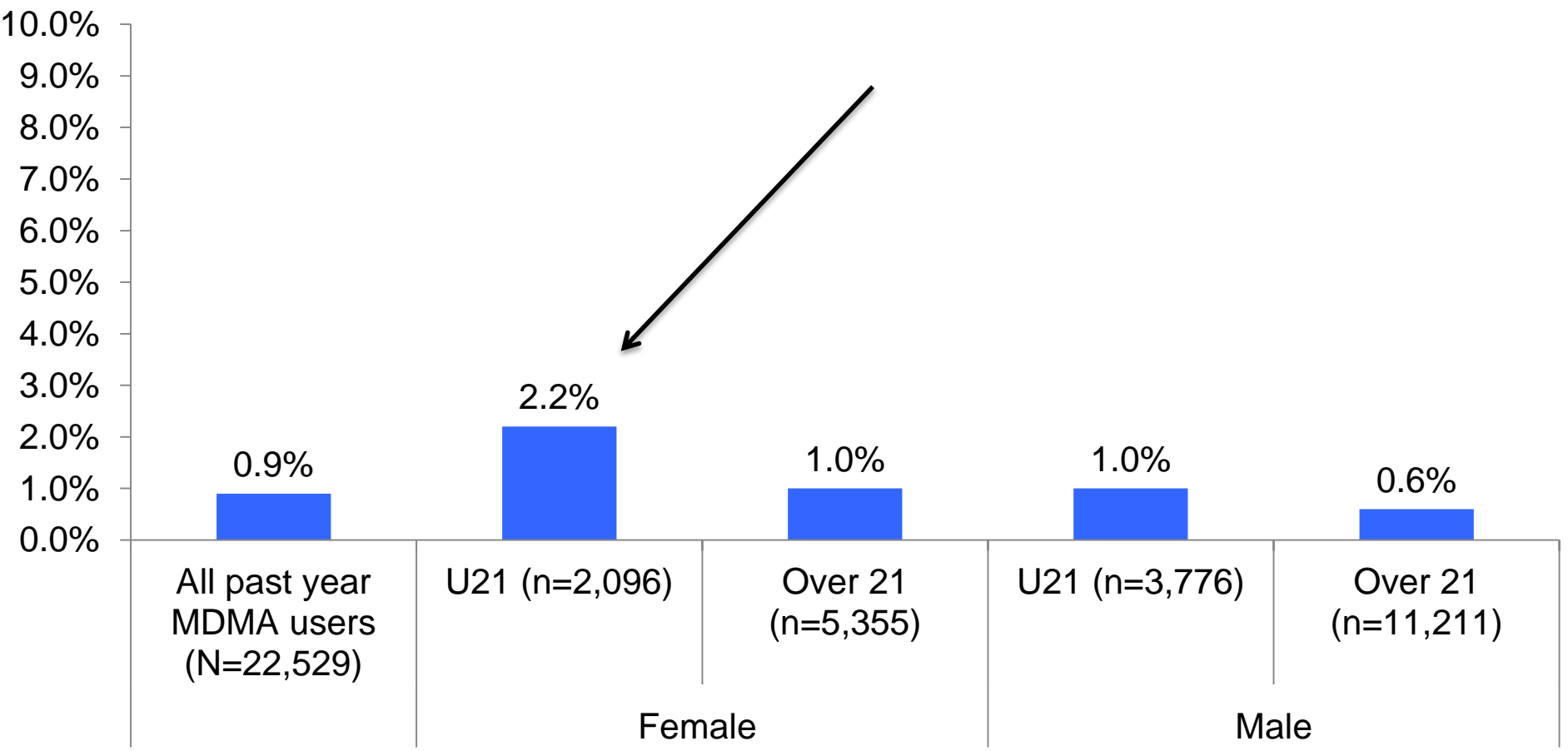
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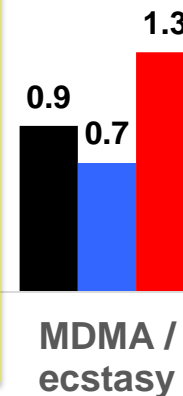
# Seeking emergency medical treatment (EMT) as a consequence of MDMA use (n=202)



What % of people had sought emergency medical treatment following the use of drugs/alcohol in the last 12 months ? (global)

Rate of seeking EMT is almost twice as high in women than men

Young women most at risk



■ EMT last 12 months ■ Male ■ Female

LAST YR USERS N > 90K  
> 4.3K > 100K

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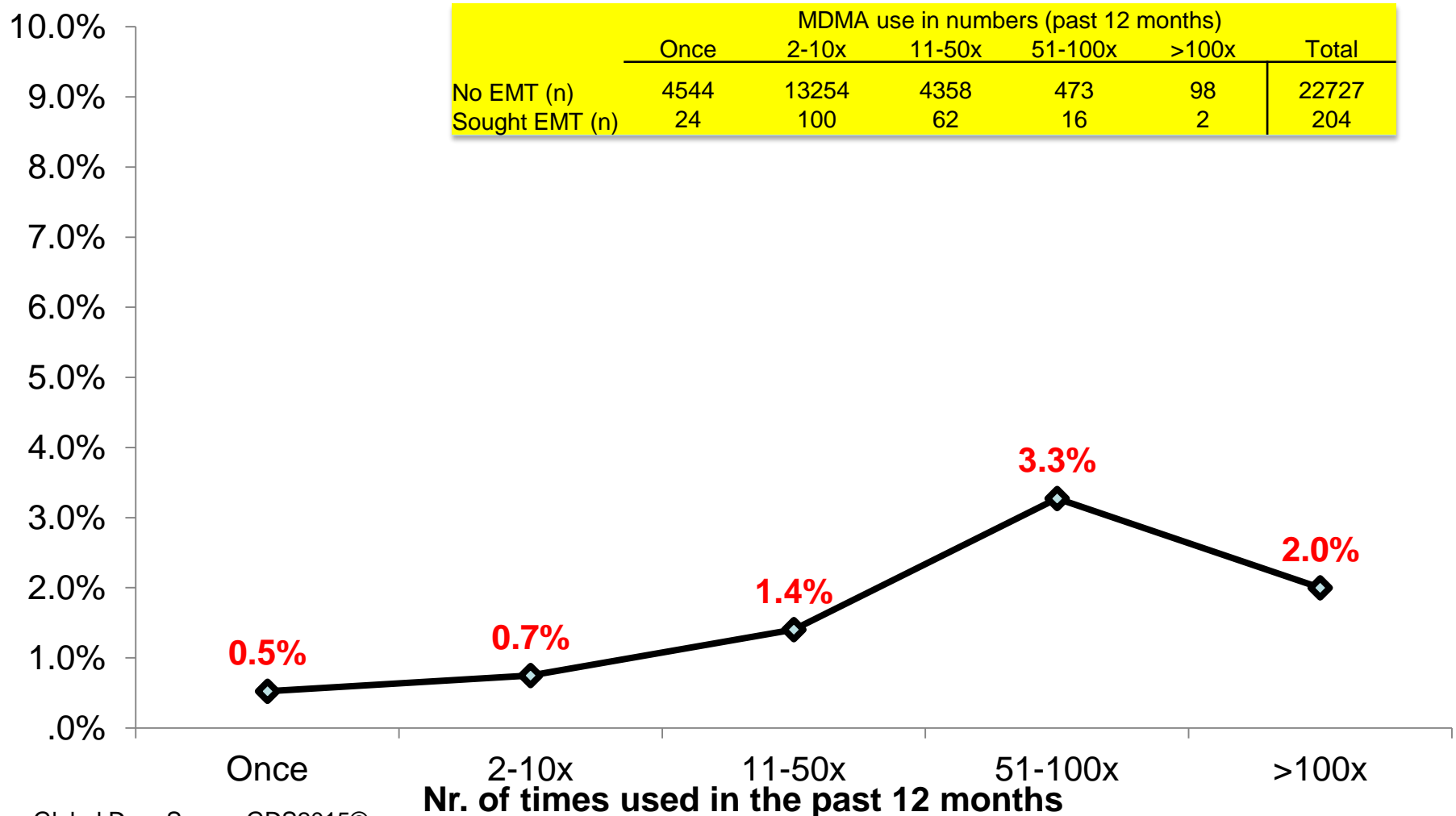
NEWS

# YOUNG WOMEN MOST AT RISK FROM ECSTASY HOSPITALISATION

Females most at risk from stronger-  
than-ever pills

DUNCAN DICK | 25 JUNE 2015

# Frequent MDMA use in the past 12 months is associated with increased EMT seeking

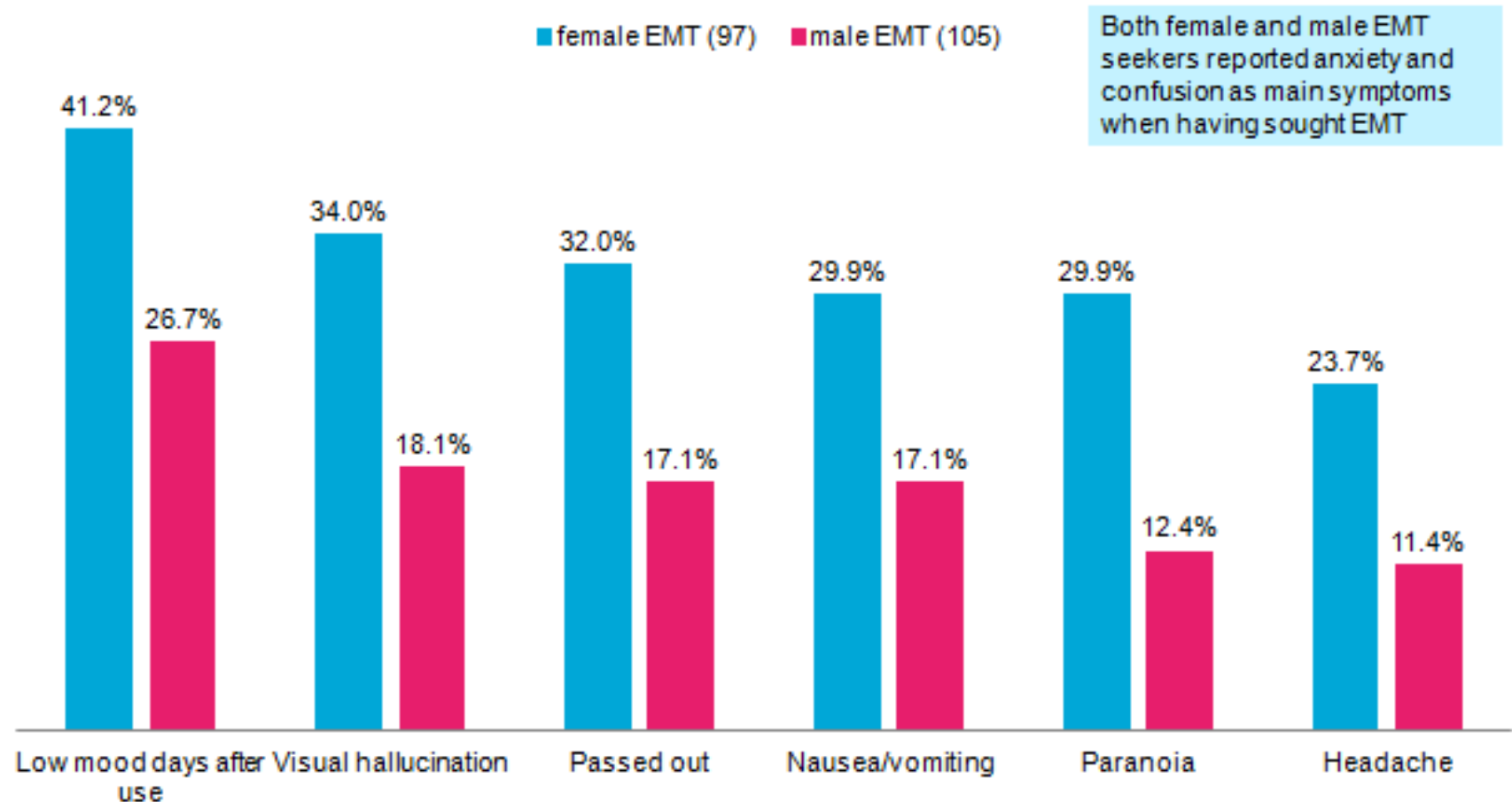




# Age, gender & mental illness

- **Young female MDMA users (under 21 years)** show higher rates of EMT seeking in the past 12 months after having used MDMA.
- Younger men do as well but not as high as women.
- **No association with low BMI**
- Both females and males who reported **a diagnosis of a mental disorder were more likely to report EMT** seeking after MDMA use in the past 12 months (this association was not found for current medical treatment of a mental disorder).
- **More frequent use**

# Female MDMA users reported more adverse symptoms than men after having sought EMT



Thanks to Larissa

Is this new ?

30 PAGE UK CLUB GUIDE

# mixmag

The world's leading dance music & club culture magazine

22

330mg

SAFE?

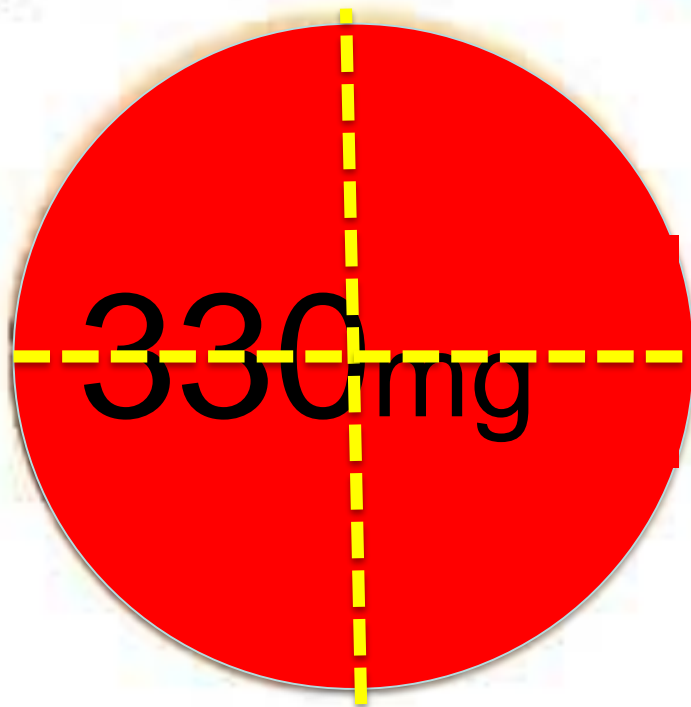
NO

THE **REAL** STORY OF THE PILL  
THAT'S RESCUED CLUBLAND

**UK** FIGHT! ARMAND VAN HELDRE VS PABLO BLANCO / OPTICAL // EURO FRANKIE  
SYDNEY MARY O'NEILL // BRANDON BLOOMER'S MAD LIFE // PHOTOFEST & SMALL  
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BRUNO MARS // EMINEM JAZZ // HYPER // CLAY AINSWORTH // PETER DINKlage

30 PAGE UK CLUB GUIDE



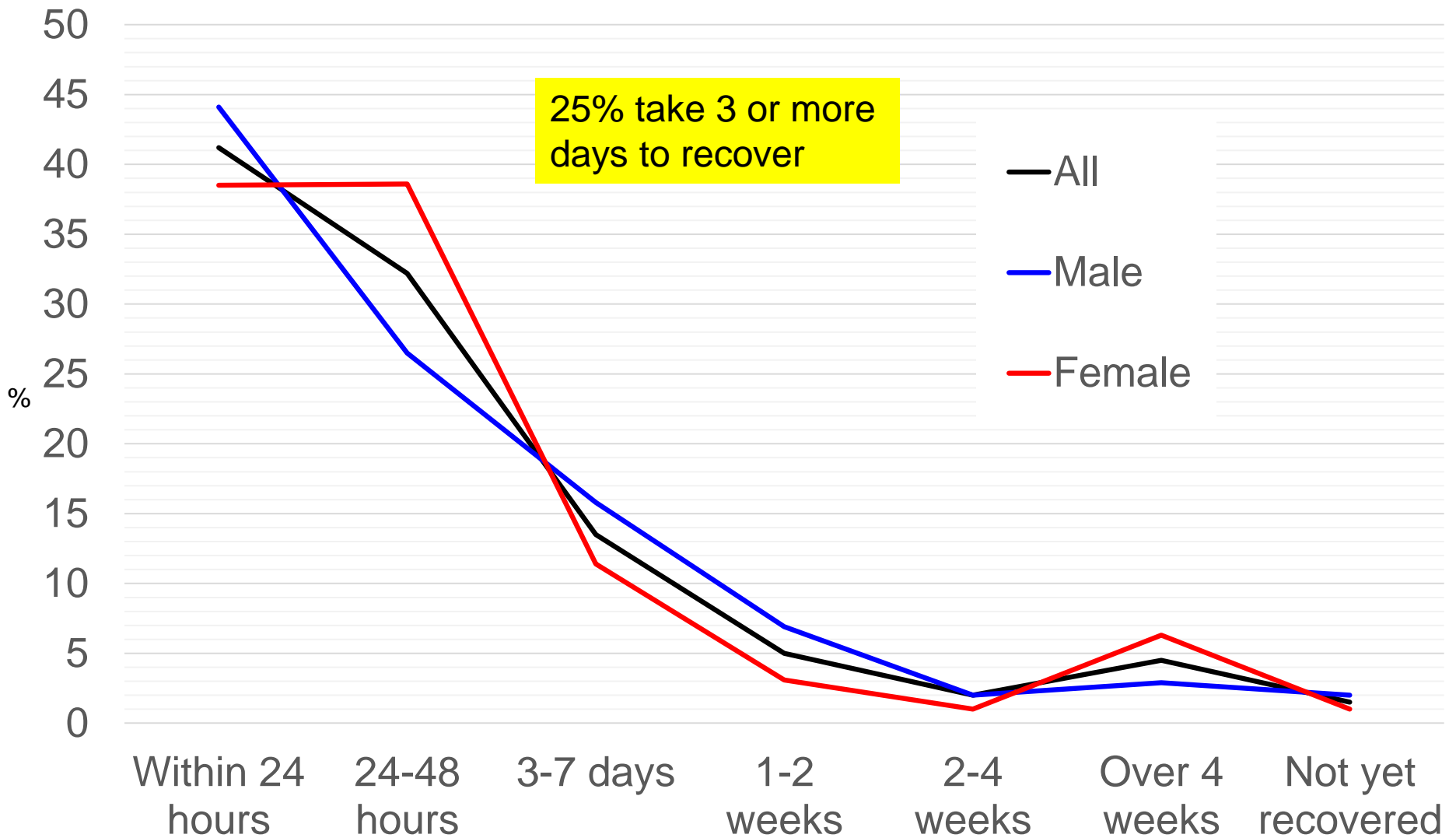
# Vice's Dutch editor Thijs Roes

- "What they're doing is basically a pissing contest. One told me it was a competition between manufacturers and a race against themselves. The other described his 330mg pill as a flagship product, as a way to get known in the scene. They felt that users would know to dose them, and that the amount of MDMA would eventually stabilize around 200mg"

# Mostly

- dose related
- predictable
- avoidable

# MDMA – Recovery Time – Global Treatment Seekers (N=204)





So just what is the risk per occasion of use  
of MDMA and needing to seek EMT?

**One EMT seeking for  
every 575 episodes  
of use**

How we talk  
about them



News | Scottish News | Drugs

Addiction expert calls for drug users to be taught how to take illegal substances safely but warns saying NO is only way to stay 100% safe

Editor: U.S. ▼



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California Lawmaker Walks Out Of Event After Speaker Calls Obama The 'Abortion President'



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**Adam Winstock** ♥ Become a fan  
Founder, Global Drug Survey, Consultant Psychiatrist & Addiction Medicine Specialist



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## Can Safer Drug Use Be More Enjoyable Drug Use?

Posted: 04/15/2014 8:52 am EDT | Updated: 04/15/2014 8:59 am EDT



192

47

22

2

2

3



# The Ultimate Guide to Drugs and Harm Reduction: The High-Way Code

**FastForward** / 2 weeks ago



Safer drug use can be more enjoyable drug use. This is the conclusion drawn by the **Global Drugs Survey's High-Way Code 2014**, a study that

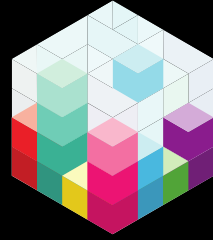
## HOW TO LOWER THE RISKS OF TAKING ECSTASY

07 November 2013

Bridget Mills-Powell



In the wake of recent recreational drug deaths in the [UK](#) and [US](#), we asked the experts for advice on how to lessen the risks of taking ecstasy, MDMA or Molly.



GLOBAL DRUG SURVEY

**Safer** drug use  
appears to be more  
**enjoyable** drug  
use



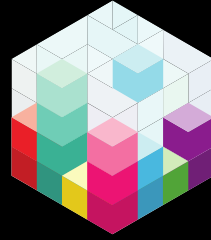
# 1

## **STAY WELL HYDRATED BY DRINKING NON-ALCOHOLIC DRINKS**

Make sure that you stay well hydrated by drinking lots of water and other non-alcoholic drinks through the course of an MDMA session

Stay well watered. If you dehydrate, your body loses the ability to sweat. If you can't sweat, then you lose one of the major ways to reduce your body's temperature. Together with taking a break from physical exertion and cooling off, drinking non-alcoholic/non energy drinks is one of the most important ways of reducing the predictable and avoidable serious risk of dehydrating and collapsing. Alcohol is a bad rehydration fluid because it is a diuretic (i.e. makes you pee), so it actually makes you lose water. Drink lots of non-alcoholic fluids and stay cool. Listen to your body and drink when you feel thirsty (about 0.5litre/hr).





GLOBAL DRUG SURVEY

# What next ?

# Safer Use Limits

Thanks to Professor Michael Lynskey



Helping doctors make better decisions



Research

Education

News

Comment

Search all BMJ comment articles



From

1840



Jan

## LETTER

Cannabis regulation

# Cannabis regulation: the need to develop guidelines on use

Winstock A 2014



# **No safer drug use limits – till now**

In the UK as elsewhere, the government line is effectively: “Do not take illegal drugs because they are all bad.”

Which is helpful when politicians want to skirt questions about drug policy, but entirely redundant for anyone thinking of going ‘mental mental chicken oriental’

Zero limits for most drugs is not evidence based



## GLOBAL DRUG SURVEY 2015

# Global Drug Survey launches world's first Safer Use Limits Guidelines for Cannabis

---

*The Hot Press Newsdesk*

**It's Ireland's illegal drug of choice,  
but how is cannabis impacting on  
your health?**

# Cannabis WON'T harm your health as long as you stick to one small joint a week, scientists claim

---

By Madlen Davies for MailOnline

13:00 18 Jun 2015, updated 14:04 18 Jun 2015





## Safer use limits

# How safe is your drug use?

The world's first safer drug use limit guide\*

GET STARTED

TELL ME MORE FIRST

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GLOBAL DRUG SURVEY

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## Safer use limits

### Why create this guide?

Nobody takes recreational drugs to have a bad time. People take drugs to have fun and many people do. But sometimes they don't and people can end up in all sorts of messed up places – sometimes for a night, very rarely for life.

Global Drug Survey is interested in helping people use drugs more safely, regardless of their legal status. We do this by sharing what we learn from the hundreds of thousands of people who take part the world's biggest drug survey the annual Global Drug Survey. As part of our way of saying thank you, to every one of the 102,000 people who took part in GDS2015

## **DISCLAIMER**

Given the huge evidence that drug and alcohol use before the age of 18 can cause long lasting impairments in your cognitive and emotional ability, GDS stresses that this site is strictly for those over 18 years of age.



# 1. Young brains and drugs are not a good mix

There's a huge amount of evidence that alcohol and drug use before the age of 18 can cause long-lasting impairments in your cognitive and emotional ability. Kids don't screw up your brains. "Grow your brain before you start expanding it" Our guidelines are strictly for those over 18 years of age.

## 2. Guidelines don't make drugs safe

By developing safer drug using limit guidelines for illicit drugs GDS is not suggesting that drugs are safe.

Quite the contrary in fact. Drugs can be very dangerous. And GDS is not suggesting guidelines will be a panacea to society's drug problems. But as governments are starting to embrace population based strategies to improve health and think more rationally about drug policy, having some common sense guidelines that allow people to reflect upon their drug use is a sensible thing.



# Cannabis

How often do you use Cannabis?

- ☐ 3-4 times a year
- ☒ Once a month
- ☐ Twice a month
- ☐ 1-2 times a week
- ☐ 3-4 times a week

## DOES IT MATTER WHAT TYPE OF CANNABIS I AM USING?



Probably yes. In short, high potency herbal cannabis (skunk/hydro) which is high in THC and low in CBD is associated with more memory problems, paranoia and is more likely to trigger serious mental health problems in young people with an underlying vulnerability to developing psychotic illness. Work done by GDS also suggests that 'skunk' is associated with higher rate of dependence and people wanting to use less (seems to end abruptly).

On a typical day of use, how much cannabis do you use?



- ☐ Very low (0.25gm or less)
- ☒ Low (0.25–0.5gm)
- ☐ Moderate (0.8–1.0gm per day)
- ☐ High (2gm or more per day)

*Please note for daily use amount above 2gm per day just increase your risk . . . a lot!*

---

GET MY SCORE

GET MY SCORE

Brought to you by



# Your score



2

**Low**

Low use once a month

**Summary:** Accidents, short lived unwanted psychological and physical effects, increased risk of nausea/impairment if you drink

# Your score

	INFREQUENT	←—————→				FREQUENT
LESS	1	1	1	2	3	4
↑	1	1	1	2	3	4
↓	1	1	2	3	4	5
MORE	2	2	3	4	5	7

4-6 High risk

Average use daily

**Associated risks:** Risks associated with lower scores + risks of dependence, broader health effects especially if you smoke with tobacco (including cancer)

# 4-6 High risk

Average use daily

**Associated risks:** Risks associated with lower scores + risks of dependence, broader health effects especially if you smoke with tobacco (including cancer)

WHAT SORT OF USER AM I?



THE RISKS?



HOW TO DECREASE YOUR RISK?



## Further reading

CANNABIS BASICS AND  
HEALTHIER USE







## Safer use limits

# A Doctor's Guide to Cutting Down

## Why cut down?

**GDS2014 suggested about 1 in 3 cannabis smokers wanted to use less in the coming year.** Most are motivated to reduce their by health concerns (over their mood, memory, motivation, respiratory health), while others report issues to do with work, their ability to study, the impact upon relationships or money worries. Cutting down is also a good thing to do if you are planning on stopping altogether since any withdrawal will less severe if you cut down first.



**[www.saferuselimits.co](http://www.saferuselimits.co)**

**[www.saferuselimits.co](http://www.saferuselimits.co)**

**[www.saferuselimits.co](http://www.saferuselimits.co)**

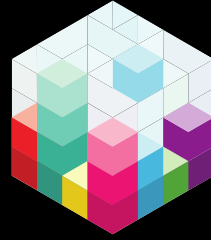
Coming soon.....

GDS2016

Launching November 10th



DRINKS METER



GLOBAL DRUG SURVEY

[www.globaldrugsurvey.com](http://www.globaldrugsurvey.com)

# Thank you

*Dr Adam R Winstock*

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and Founder Global Drug Survey

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@drugsmeter  
@drinksmeter

