

Time for a new European Enlightenment on alcohol and other drugs?

Luxembourg Sept 2015

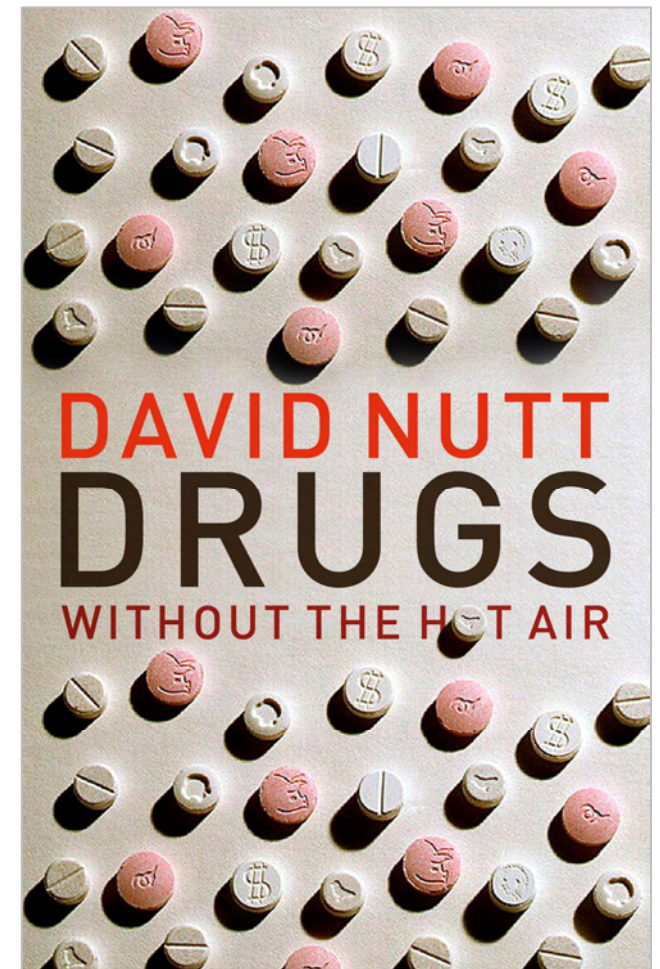
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No question mark now!

Psychoactive Substances Bill 2015
will ban sale of ANY new psychoactive
substance now or ever to be!

Read critique on DrugScience.org.uk

The science of drugs

What is a drug?

And who says?

What the drinks industry wants us to think



A quiz
What killed Amy Winehouse?

- “ Drug overdose**
- “ Alcohol overdose**
- “ Both of above**

Which is why they keep quiet about Amy Winehouse's death from acute alcohol poisoning (3 per week in UK)



Blood alcohol 450mg/%
= 5.5 x legal driving
limit

+ Imperial College
student in 2013



Despite being in
recovery

Alcohol now the most common reason for death in men under 50

Male deaths from alcohol in UK

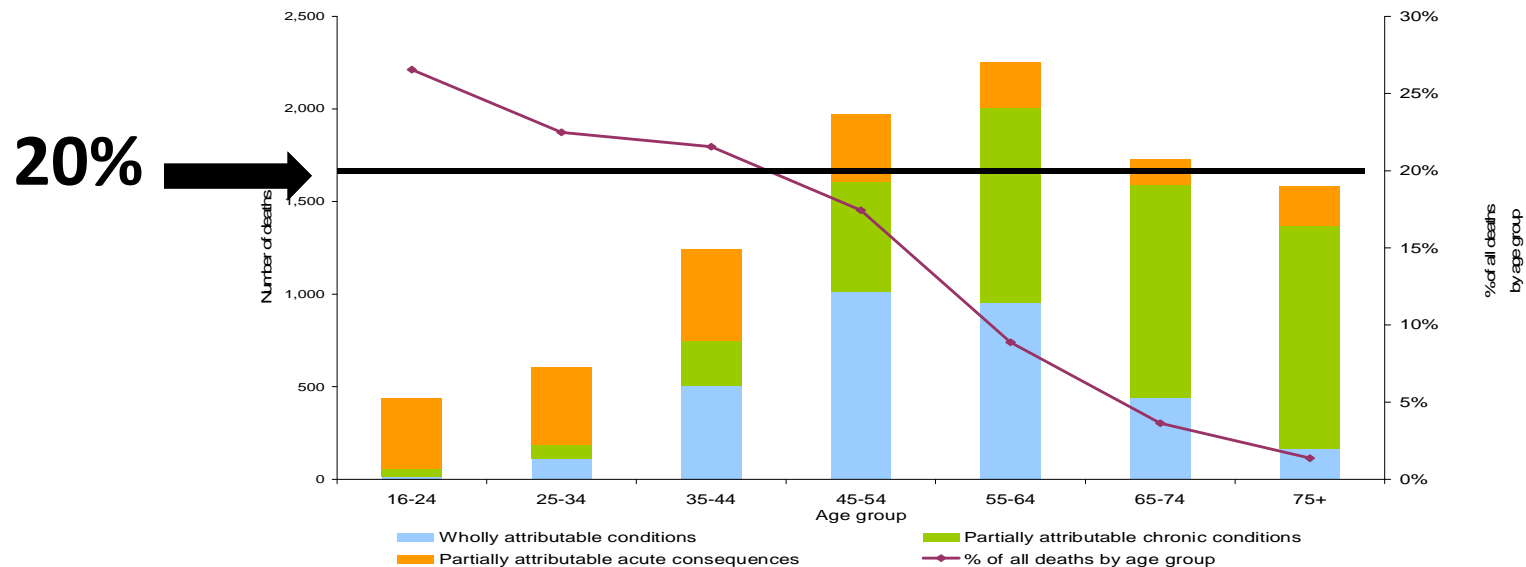


Figure 1. Number (% of all deaths in each age group) of male deaths attributable to alcohol consumption by age and type of condition (2005)

<http://www.nwph.net/nwpho/publications/alcoholattributablefractions.pdf>

The 16 ways drugs can harm

Harms to users

- “ Drug-specific mortality
- “ Drug-related mortality
- “ Drug-specific harms
- “ Drug-related harms
- “ Dependence
- “ Drug-specific impairment of mental functioning
- “ Drug-related impairment of mental functioning
- “ Loss of tangibles
- “ Loss of relationships

Harms to others

- “ Injury
- “ Crime
- “ Economic cost
- “ Impact on family life
- “ International damage
- “ Environmental damage
- “ Decline in reputation of the community

ACMD report 2010

Comparative harms of 20 drugs

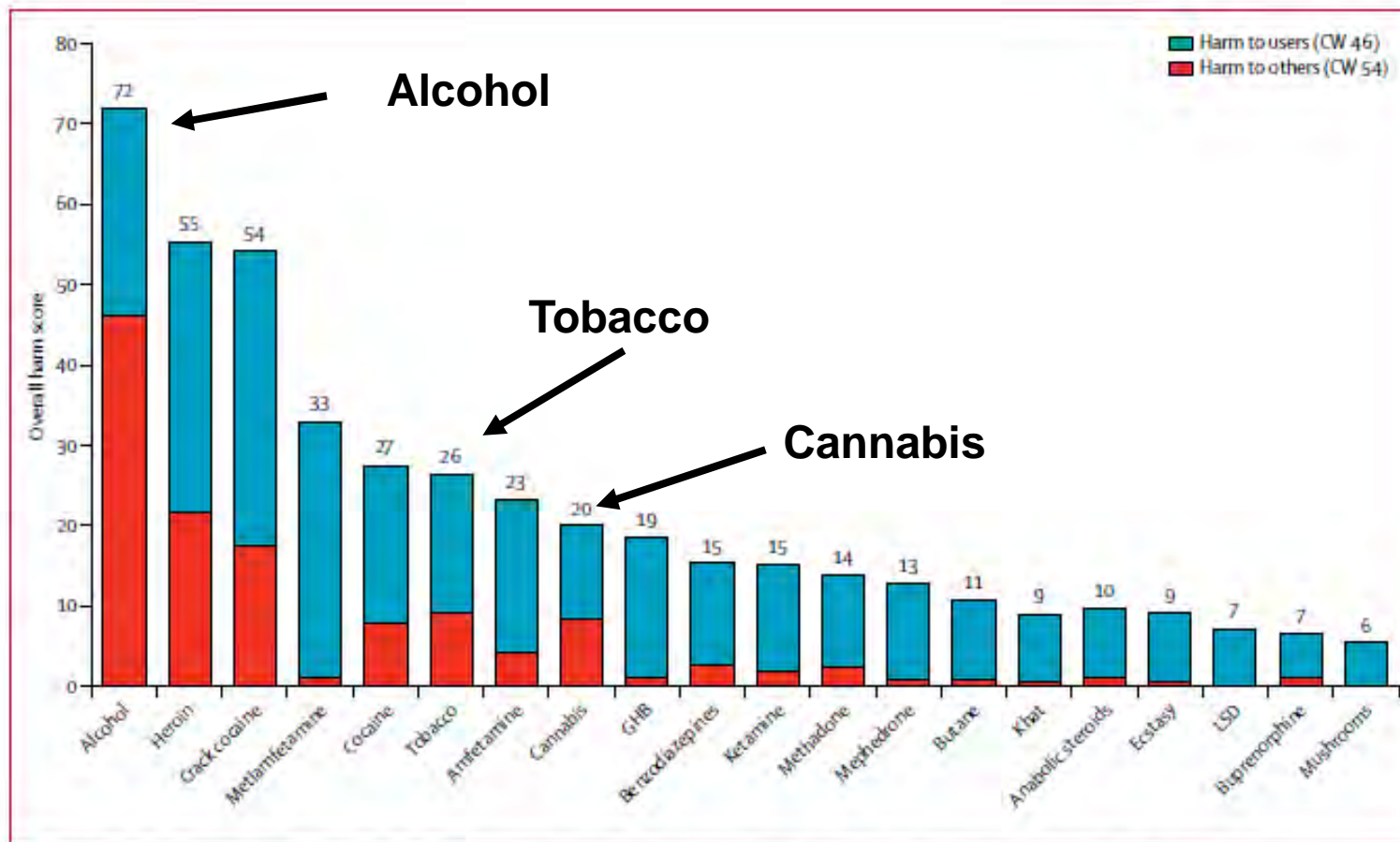
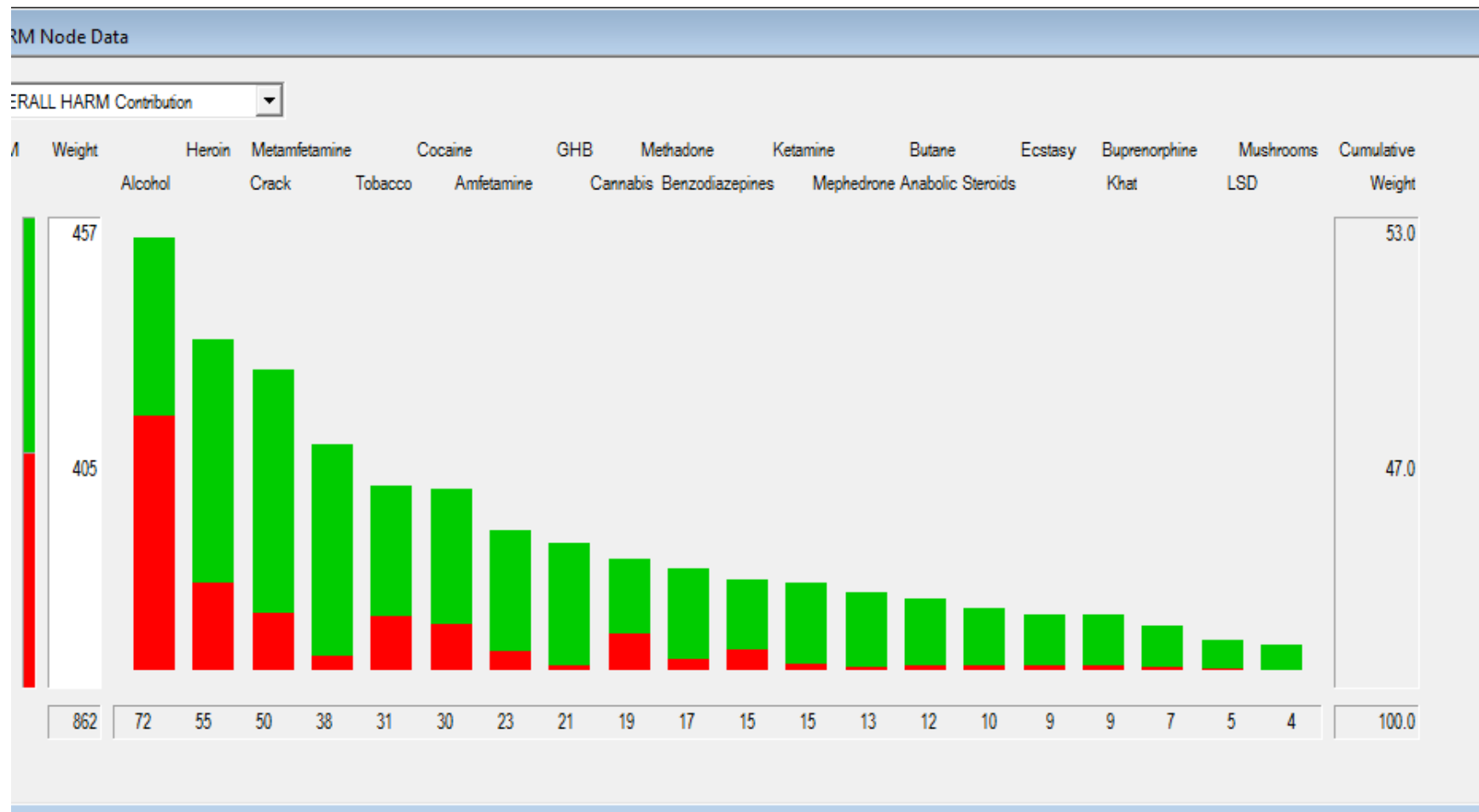


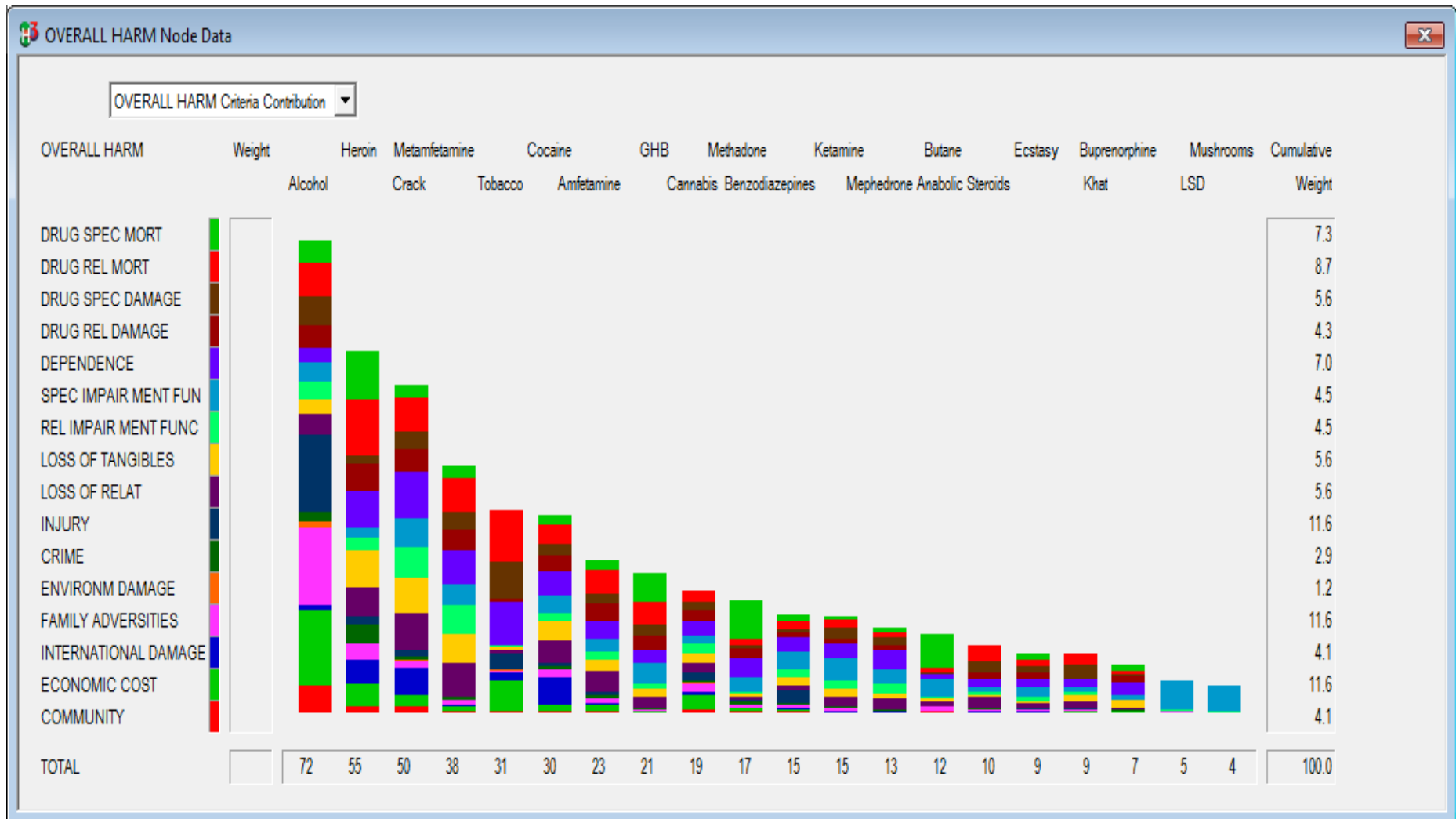
Figure 2: Drugs ordered by their overall harm scores, showing the separate contributions to the overall scores of harms to users and harm to others. The weights after normalisation (0–100) are shown in the key (cumulative in the sense of the sum of all the normalised weights for all the criteria to users, 46; and for all the criteria to others, 54). CW=cumulative weight. GHB=γ hydroxybutyric acid. LSD=lysergic acid diethylamide.

European expert ratings



[van Amsterdam J](#), [Nutt D](#), [Phillips L](#), [van den Brink W](#) (2014) European rating of drug harms. J Psychopharmacol. 2015 Apr 28. pii: 0269881115581980

European expert ratings individual criteria scores



[van Amsterdam J](#), [Nutt D](#), [Phillips L](#), [van den Brink W](#) (2014) European rating of drug harms. J Psychopharmacol. 2015 Apr 28. pii: 0269881115581980

Hippocrates

Primum non nocere

= First do no harm

Key principle of medical ethics

Should not the same principle apply to the law?

Media lies increase harms

http://www.thesun.co.uk/sol/homepage/news/ 'Meow meow' drug teen rip...

Google mephedrone ripped off scrotum Search Share More >> Sign In

THE Sun
Sunday, April 21, 2013

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Legal drug teen ripped his scrotum off

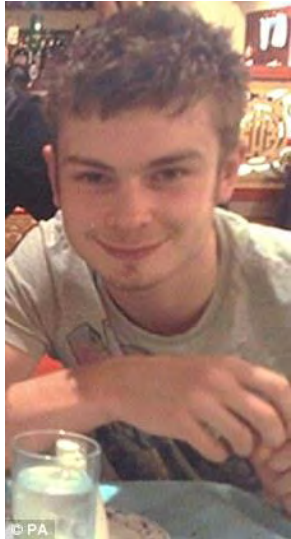


Untrue claim re mephedrone m-CAT, miaow miaow

MEASHAM F. - Outl... FW: Research Fundi... 'Meow meow' drug ... Microsoft PowerPoi... Pictures Untitled - Paint 15:11

Police collusion

The Scunthorpe two (17/03/10)



Two young men found dead

“Officers believe both lads had M-CAT (mephedrone)”

In fact no mephedrone detected at post-mortem

Death due to alcohol + methadone

But regardless mephedrone was banned to appease the press



gō
sn't.

In fact nothing has changed in a century!

How UK politicians recycle rhetoric



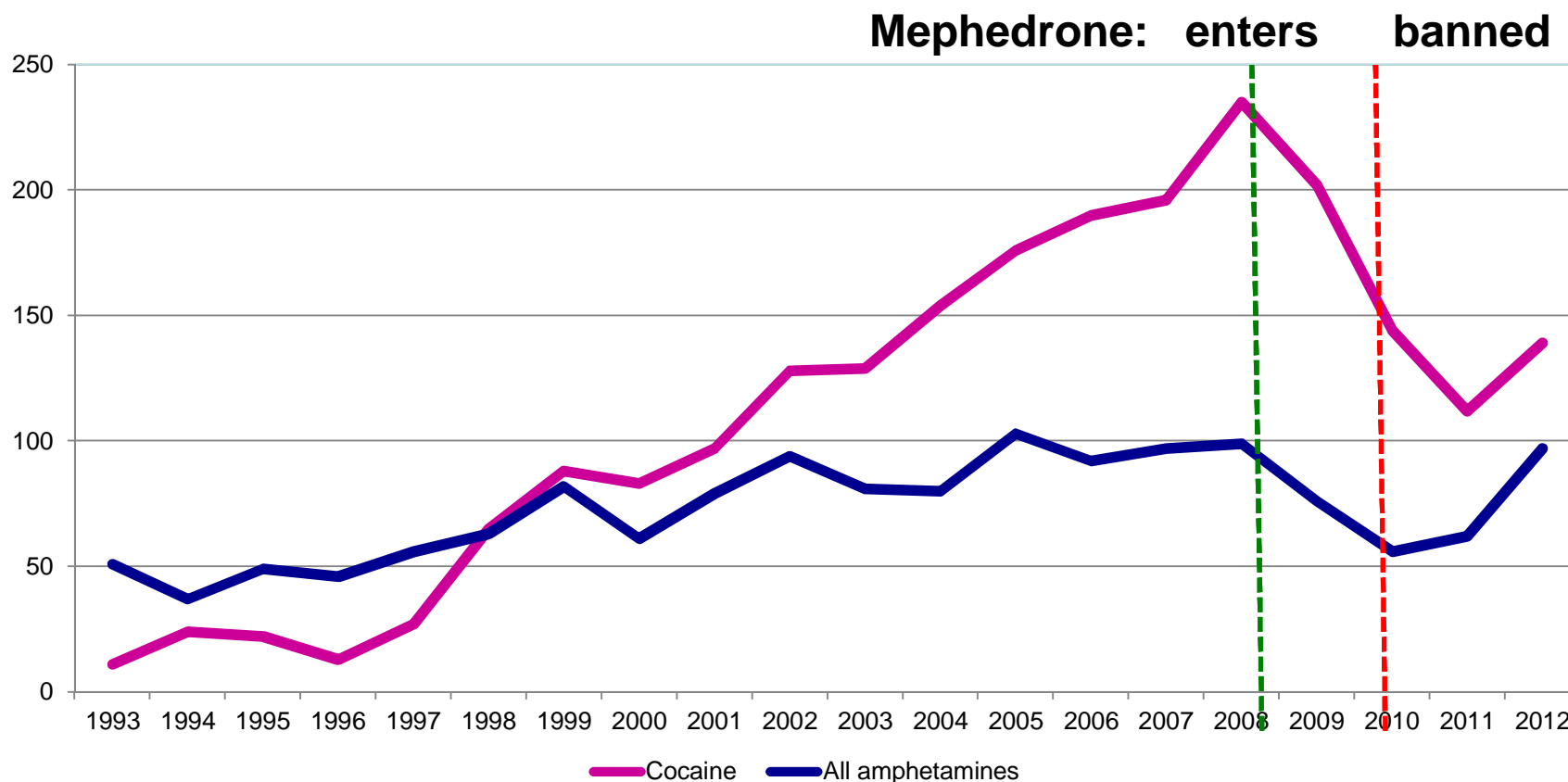
Stephanie
Howard

“ “**subject** (?) to their [ACMD] advice we will take immediate action. We are determined to act to prevent **this evil** [mephedrone] hurting the young people of our country.” (UK PM Gordon Brown, quoted by Reuters, **24/03/10**)



“ “[there is a need] “ to stamp out **the evil** [cocaine] now rapidly assuming huge dimensions, special legislation is imperatively needed” (Sir Edward Henry **1916**, Metropolitan Police Commissioner, quoted in Spear 2002 p4.).

The remarkable impact of mephedrone to reduce stimulant deaths



Number of drug-related deaths where selected substances were mentioned on the death certificate, England and Wales

John Corkery Hugh Claridge Barbara Loi Christine Goodair Fabrizio Schifano

National Programme on Substance Abuse Deaths (NPSAD) International Centre for Drug Policy (ICDP) St George's, University of London, UK **Drug-related deaths in the UK: January-December 2012 Annual Report 2013**

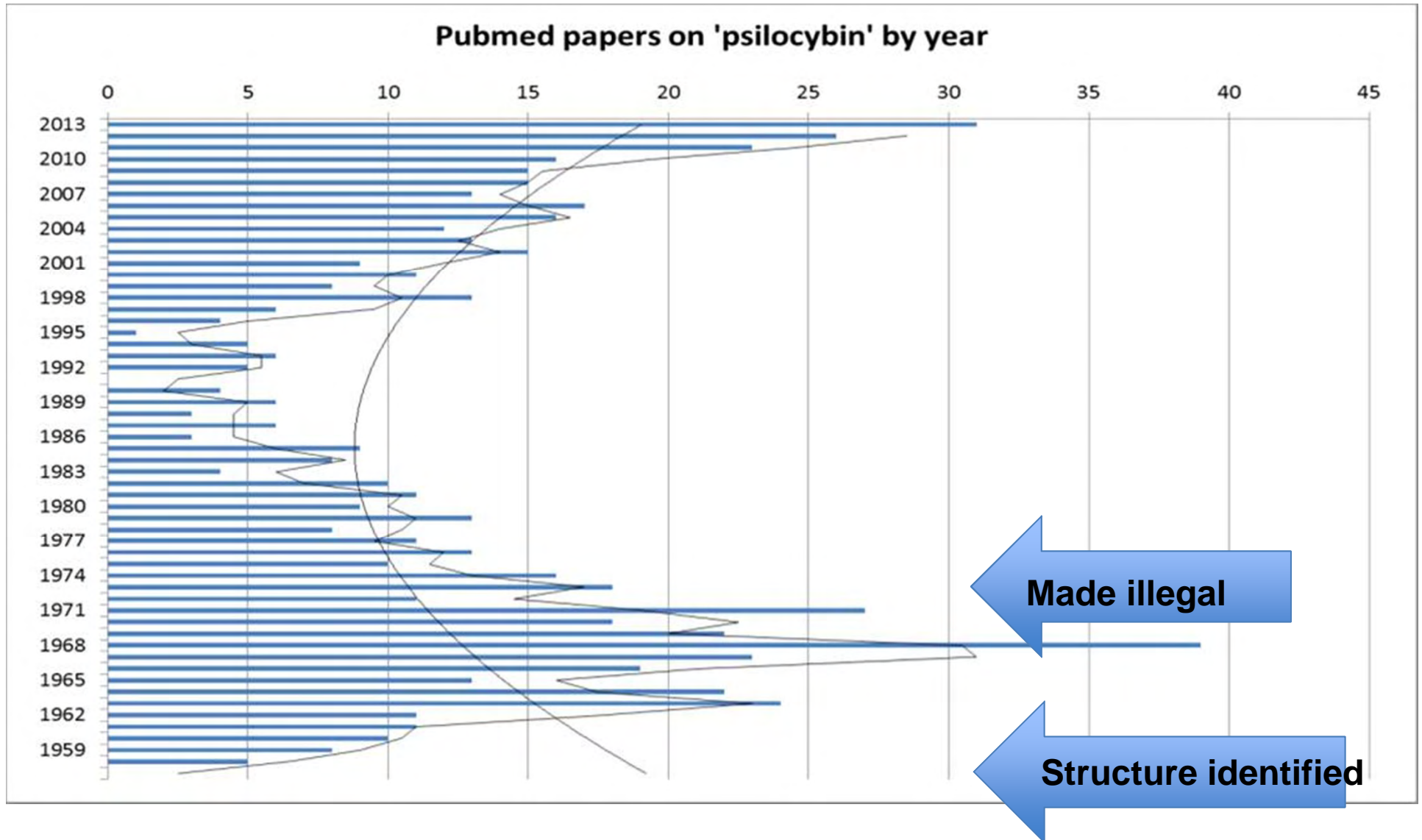
Many banned drugs have potential as treatments

“ Cannabis – pain, sleep, spasticity, cancer, PTSD

“ Ec
“ Ps
“ LS
But current regulations make them almost impossible to research

“ Mephedrone & Naphyrone – for treatment of depression and addiction

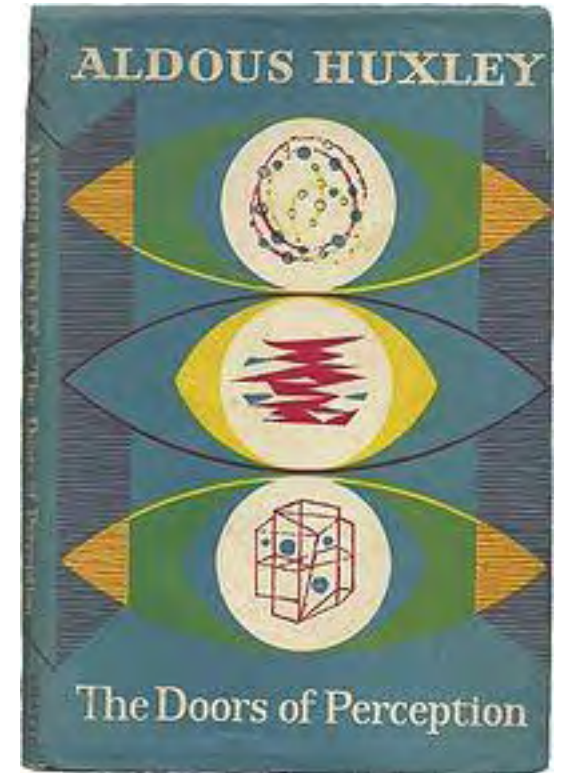
How illegality affects scientific outputs



Psychedelics Ë changing the way we think



Peyote cactus



*If the doors of perception were cleansed every
Thing would appear to man as it is, infinite.
For man has closed himself up, till he sees all
Things thro' narrow chinks of his cavern.*

William Blake, 1793

Clinical Interest in psychedelics (mostly LSD) in the 1950s and 1960s

- “ Hundreds of psychiatrists worldwide
- “ 1000 clinical papers
- “ 40,000 patients
- “ 40 books
- “ 6 International conferences

Results were overwhelmingly positive, describing safe and effective treatments (Masters and Houston, 1971)

Would LSD have saved Amy?

Review

Lysergic acid diethylamide (LSD) for alcoholism: meta-analysis of randomized controlled trials

Teri S Krebs^{1,2} and Pål-Ørjan Johansen^{1,2}

Abstract

Assessments of lysergic acid diethylamide (LSD) in the treatment of alcoholism. We performed a meta-analysis of randomized controlled trials. We independently extracted the data, pooling the effects of six eligible trials, including 536 participants. There was no significant effect (p = 0.0003). Between-trial heterogeneity for the treatment effect was not discussed. A single dose of LSD, in the context of various other treatments, was not effective.

Keywords

Alcoholism, alcohol-related disorders, hallucinogens, meta-analysis

Psychopharmacology

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BY SANDOZ

LSD in alcoholism

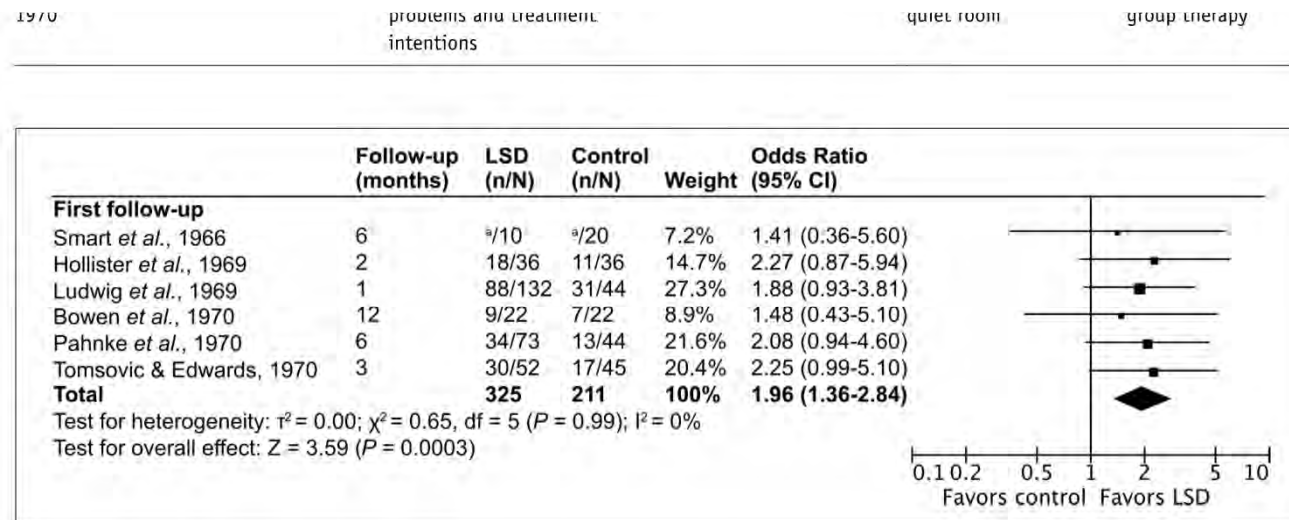


Figure 2. Improvement on alcohol misuse at the first available follow-up after LSD versus control treatments.

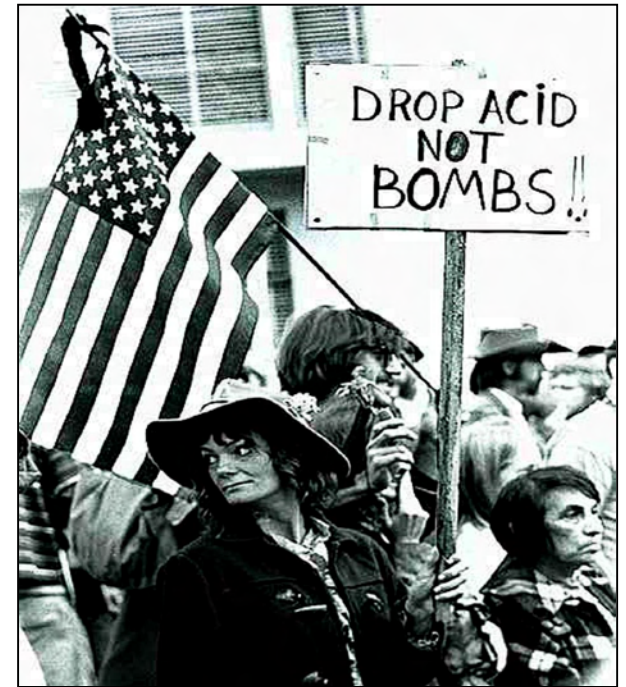
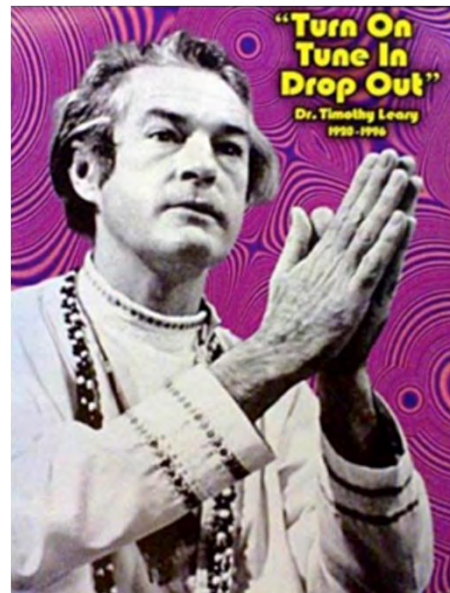
^aContinuous outcome data.

Effect size \geq all current therapies

Why was LSD banned?

Because the CIA were worried about American youth refusing to fight in Vietnam – and cultural change (flower power)

→ Scare stories e.g. trying to fly



Even worse than the Sun over mephedrone !



LSD and all other psychedelics banned in face of opposition from senators

“Why if the trials were worthwhile six months ago, why aren’t they worthwhile now? We keep going around and around... If I could get a flat answer about that I would be happy. Is there a misunderstanding about my question?”

I think perhaps we have lost sight of the fact that LSD can be very, very helpful in our society if used properly.” (Senator Kennedy)



Q. Has there ever been a worst example of research censorship?

A. Never in medicine and only one other contender in science.

The banning of the telescope?

1616 The papal **Congregation of the Index** banned all books advocating the Copernican system of explaining the earth is **NOT** the centre of the universe

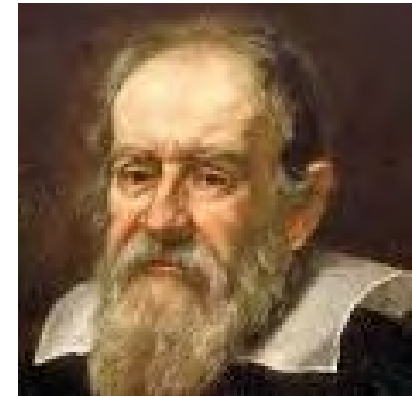
Not revoked until 1758



Giordano Bruno
1548-1600



Nicolaus Copernicus
1473-1543



Galileo Galilei
1564-1642

Pillars of the original Enlightenment



Newton



Diderot



Locke



Bacon

Voltaire
Prejudices are what
fools use for reason



Read more about it

Nature Reviews Neuroscience June 2013

PERSPECTIVES

SCIENCE AND SOCIETY

Effects of Schedule I drug laws on neuroscience research and treatment innovation

David J. Nutt, Leslie A. King and David E. Nichols

The current legal situations

In most countries, the legal control of psychoactive drugs stems from three United Nations treaties: the 1961 Single Convention on Narcotic Drugs¹, the 1971 Convention on Psychotropic Substances² and the 1988 Convention Against Illicit Traffic in Narcotic Drugs and Psychotropic Substances³. The 1971 convention makes it clear that use of Schedule I substances, such as MDMA, psilocybin and lysergic acid diethylamide (LSD; also known as

Or free in PLOS Biology March 2015

And now it gets worse!
Psychoactive Substances Bill

**will ban sale of ANY psychoactive
substances now or ever to be!**

Read critique on DrugScience.org.uk

**I will stop you having fun even if
its harmless**

Teresa May
As Home Secretary



Nitrous Oxide – the new whipping boy

- ” Sun newspaper hysteria over soccer players
- ” “hippy crack” slang inferring as harmful as the most harmful form of cocaine
- ” Discovered and used by Humphry Davy
- ” In 200 years no deaths
- ” Used by Coleridge, Southey for poetic inspiration
- ” Millions of women for childbirth
- ” And Prince Harry



To paraphrase Disraeli:
***"There are lies, damned lies and legal
high statistics"***

**The judicious use of the MDA₁₉₇₁ has in fact reduced
“legal” legal high deaths to less than 5 per year**

As the daughter of the Church what she really means

***Thou shalt
have no
other drug
but me!***

Adapted from
Commandment 2
Exodus 20



What the male Tories really mean



The proles are
complaining we
will ban N2O

**The Bullingdon Club – Oxford
Drug fueled drinking society**

Let them snort Coke!
Was good enough for
us!

The worst law ever?

- “ Immoral - as pushes people to use alcohol**
- “ Will increase harms and deaths via black market**
- “ Based on false premise (lies about harms)**
- “ Bans proven safe substances eg Nitrous**
- “ Anti-scientific – will block all advances in safer drugs as NO provision for new inventions**

Maybe worst law since ban of Roman Catholicism by Act of Supremacy in 1559?

**Which is why we need Europe to take
the lead in a New Enlightenment**

Thanks and questions

drugscience

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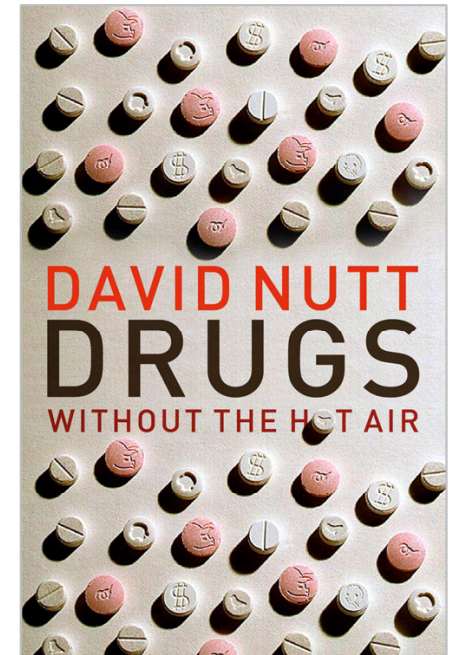
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