

DRUG POLICY MYTHS MITOS-MITOS DASAR DADAH



Takde rupa
macam
zombie pun!



There are a lot of things that people say about people who use drugs (PWUD) and drug use that are pretty wacky. Like if you take drugs once your entire life is ruined. Or like prison helps to make someone forget drugs. Is there any truth to them? Let's look at the science.

This infographic compiles frequently heard myths about drug policy in Malaysia. We debunk them here with the assistance of peer review publications because there is a need to emphasise scientific evidence. We collected these myths from consultations with four PWUD representatives, one infectious diseases physician, one social scientist working on drugs and three addiction psychiatrists.

MYTH 1 MITOS 1

PEOPLE WHO USE DRUGS WILL HAVE NO FUTURE!
ORANG YANG GUNA DADAH TIADA MASA DEPAN! SEMUANYA AKAN MENJADI ZOMBIE!?



89% of all drug use is non-problematic¹

i.e. is not indicative of addiction, and is done by people who do not come into contact with law enforcement and use drugs functionally. Out of 246 million people who used illicit drugs in 2013, only 27.4 million fit the profile for problem drug use as defined by UNODC².

Hanya **11.14%** daripada penggunaan dadah di seluruh dunia dikategorikan sebagai penggunaan dadah yang bermasalah³.

MYTH 3 MITOS 3

POOR MORALITY → ADDICTION
KETAGIHAN DISEBABKAN OLEH KERUNTUHAN MORAL

Numerous studies suggest that reasons for addiction are pathophysiological⁵ or sociobiological. In other words, addiction is an illness, a chronic one in fact, much like diabetes and hypertension. Therefore, medical interventions, such as methadone, MUST be considered when treating addiction.



Other studies explore factors that increase risk of problematic drug use. A 2015 study conducted among women who use drugs found a continuity of socioeconomic and from childhood to adulthood, and this trauma was transgenerational⁶.

MYTH 2 MITOS 2

METHADONE=HEROIN



Metadon sama dengan heroin. Cuma metadon dadah yang dihalaikan oleh kerajaan.

Methadone maintenance therapy is the most extensively researched therapy in the world⁴. It is a medication for a chronic illness similar to medications for other chronic illnesses like diabetes and hypertension.

MYTH 4 MITOS 4

COMPULSORY DETENTION IS A PUBLIC HEALTH APPROACH TO DRUG USE



Prison and/or compulsory detention is the best way for people to forget drugs.

Penjara adalah cara paling bagus untuk memastikan seseorang itu melupakan dadah.

There has been ZERO evidence worldwide that prison addresses the biological cravings for drugs. There also is zero evidence that compulsory detention has improved public health. In fact, relapse rates are up to 90%⁷.

MYTH 5 MITOS 5

DECRIMINALISATION → EVERYBODY WILL USE DRUGS

Countries with decriminalisation of drug use and diversion to health services show better results in terms of reduction of problematic drug use, reduction of overdose deaths, reduction of HIV rates, reductions in drug-related crime, and reductions in overall social cost of drugs⁸.



MYTH 6 MITOS 6



METHADONE/BUPRENORPHINE TREATMENT IS ONLY EFFECTIVE IN EUROPE & THE US because they have more money and drug users there are more civilised. Malaysian PWUD are unique.

RAWATAN METADON/BUPRENORPHINE HANYA BERKESAN DI EROPAH DAN AMERIKA SYARIKAT kerana mereka lebih kaya dan pengguna dadah disana lebih bertamadun. PWUD Malaysia adalah unik.

Rawatan metadon dan terapi gantian yang lain telah menunjukkan keputusan yang memberangsangkan di negara-negara Timur mirip dengan keputusan yang ditunjukkan di negara Barat. Dalam kajian yang dijalankan diantara 313 klien metadon di pusat Cure & Care atau Cure & Care Rehabilitation Centre di Malaysia, keputusan menunjukkan:

76%
TIDAK DITANGKAP
SEMULA

72%
PERUMAHAN
STABIL

78%
MENAMBAHKAAN
HUBUNGAN KEKELUARGAAN⁹

Ini mirip dengan data daripada seluruh dunia yang menunjukkan metadon bukan sahaja terapi yang berkesan untuk pergantungan kepada heroin, tetapi juga dibuktikan menurunkan kecenderungan melakukan jenayah¹⁰.

MYTH 7 MITOS 7

METHADONE CAUSES DIABETES, SO IT SHOULD BE BANNED



Setiap ubatan mempunyai kesan sampingannya. Walaupun formula metadon di Malaysia mempunyai kandungan glukosa yang tinggi, kesan sampingan positif terapi tersebut lebih meluas berbanding dengan kesan buruknya, termasuk pengurangan kecenderungan jenayah, pengurangan risiko HIV, and kadar keberkesanan rawatan pergantungan dadah opioid yang tinggi.

WHAT IS A PUBLIC HEALTH APPROACH TO DRUGS?

APAKAH DASAR DADAH PENDEKATAN BERCIRIKAN KESIHATAN AWAM?



Treatment

Voluntary outpatient treatment with support services to address socioeconomic reasons for problematic drug use.

Based on evidence

Eg. quality peer review scientific publications and reports.

Bukan berdasarkan emosi semata-mata.

No jail, no caning, no compulsory detention



Special thanks to all experts who were consulted in the drafting of this document: PWUD representatives (Yatie Jonet, Shahrull Azuar, Razali Ayub, Kamal Pilos); infectious disease physicians, addiction psychiatrists, GPs and other medical experts (Prof Dr Adeeba Kamarulzaman, Dr Philip George, Dr Ilias Yee, Dr Parameswaran Ramasamy, Dr Sivakumar Thuraijasingam); Malaysian AIDS Council colleagues (Malini Sivapragasam, and Yuvanah Radakrishnan); and international drug policy experts (Ruth Birgin) whose valuable input informed this document. This document was prepared by Malaysian AIDS Council Policy Manager Fifa Rahman.

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¹ United Nations Office of Drugs and Crime (UNODC), World Drug Report 2012 (2012)

^{2 & 3} United Nations Office of Drugs and Crime (UNODC), World Drug Report 2015 (2015), Chapter I: Status and Trends of Illicit Drug Markets

⁴ Long J. Outcomes and experiences of methadone maintenance. Drugnet Ireland, Issue 12, December 2004 . pp. 13-14.

⁵ Maguire D. Drug addiction in pregnancy: disease not moral failure. Neonatal Network. 2014. 11-18(8): 1

⁶ Torchalla I, Linden IA, Strehlau V, Neilson EK, and Krausz M. "Like a lots happened with my whole childhood": violence, trauma, and addiction in pregnant and postpartum women from Vancouver's Downtown Eastside. Harm Reduction Journal. 2015; doi:10.1186/1477-7517-12-1

⁷ Reid G, Kamarulzaman A, Kaur Sran S. Malaysia and harm reduction: the challenges and responses. 2007. International Journal of Drug Policy 18; 136-140

⁸ Gonçalves R; Lourenço A; Silva Snd. A social cost perspective in the

wake of the Portuguese strategy for the fight against drugs. International Journal of Drug Policy. 2015; 26, 2, 199-209

⁹ Kamarulzaman A, unpublished data.

¹⁰ Fullerton et al. 'Medication-Assisted Treatment With Methadone: Assessing the Evidence' (2014) 65(2) Psychiatric Services 146-157; Bronwyn Lind, Shuling Chen, Don Weatherburn, and Richard Mattick, The Effectiveness Of Methadone Maintenance Treatment In Controlling Crime: An Australian Aggregate-Level Analysis (2005) 45(2) British Journal of Criminology 201-211