41. Illicit substances and drugs

Joonas Jokinen M.A. Sport Sciences

Which drugs are legal?

- A drug is any substance that causes a temporary physiological (and psychological) change in the body when used
- Drugs are heavily regulated and controlled by national and international legislation
- Drugs in society are a taboo subject that is ever under heavy social signification in discourses

Which drugs are legal?

 Drugs in society are a taboo subject that is ever under heavy social signification in discourses

 In health science we try to distance ourselves from social signification process in order to offer as objective information about subjective health effects as possible

Illegal substances in Finland

Cannabis, hashish, Designer Drug forms of cannabis Stimulants: Amphetamine, methamphetamine, MDMA i.e. ecstasy

Opiates (opioids): Heroin, morphine and replacement therapy drugs:
Buprenorphine, nalokson and Metadon

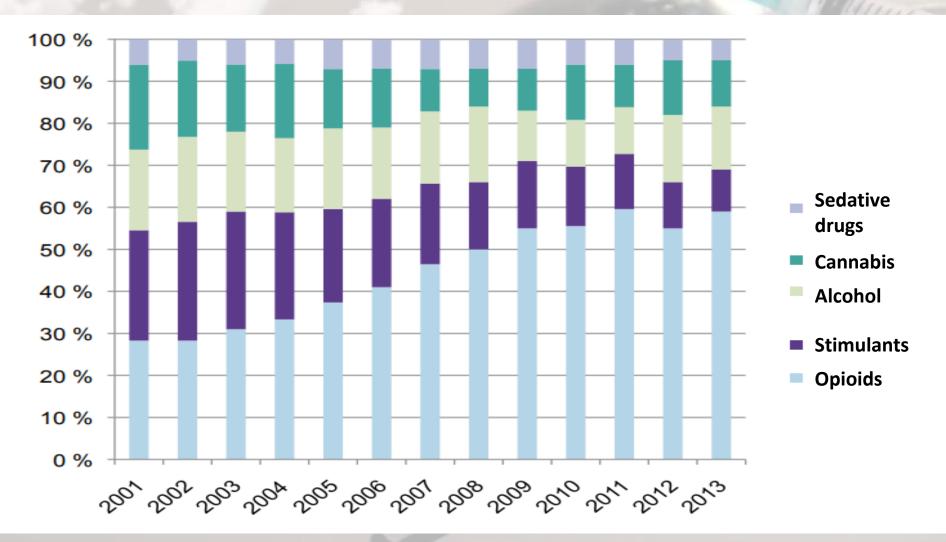
D

Drugs: Sedatives, pain killers, hypnotics

Designer Drugs

Psychedelics: LSD, mushrooms, DMT

The main problem substance of those who have arrived to medical detoxification



Source: Päihdehuollon huumeasiakkaat 2013.

Internet and drugs

- Internet is full of information about drugs
- It's easy to surf with already fixed mind-set and find information that supports only your subjective perception
- Common fallacy is to rule drug use into realm of personal matters and disregard the impact of ones actions to close ones and to society
- Drug use has always consequences beyond individuals control



 How can you avoid drugs from taking over your life?