

The Cold Truths About 'Ice'

At 18 years of age, life is just about to get exciting. Though at 18, even as most are unable to enjoy the financial independence of full-fledged working adults, it simply does not cost one to own dreams and aspirations. Promising futures lie ahead for these young adults, as they live to write their own chapters. However, Denyse Tan chose to write hers differently; albeit tragically.

In 2014, Denyse plunged from the window of her 7-storey bedroom, after being intoxicated with drugs. She was taken conscious to the hospital but unfortunately, succumbed to her injuries weeks later. Toxicology reports exhibited elements of Methamphetamine, or more commonly known as Meth or 'Ice', in her body when she fell, proving that the illicit drug was a critical factor in this tragedy.

What Happened?

She was an ordinary school-going girl whom her father described as 'very creative'. Her family had no clue that she had been abusing drugs, even if they knew she was a heavy smoker. Denyse first came into contact with cannabis when she was 16, after being introduced by her secondary school classmate. Soon after, she swapped cannabis for 'Ice', probably as drug abusers often advance to 'harder' drugs once the novelty of their existing drug subsides.

Because Methamphetamine's mood-heightening effects fade quickly, abusers take it repeatedly to intensify the effects, ultimately succumbing to addiction. Denyse soon became a victim of Meth's grave mental effects. She exhibited signs of drug-induced psychosis such as hallucinations, anxiety and paranoia a month before her demise.

What Can 'Ice' Do To You?

Do not be deceived that drugs help you escape your problems. Anything that puts your life in danger is never good. Opt to be drug-free and enjoy all that life has to offer.

The helpless girl had frightening hallucinations. She told family members that she heard children's voices and animal sounds coming from her room and that she was being followed. These are typical effects of Meth abuse.

Denyse, who was in a state of delusion at that time, plunged from her bedroom and that was how her final life chapter was written. The unforeseen and tragic incident had left her family devastated and also served as a haunting reminder of how 'Ice' can take away everything you have, including your life.

Youths today must bear in mind that the promise of drugs and their 'highs' are often exaggerated by popular culture and are short-lived. Temporary moments of 'supposed pleasure' are not worth an aftermath of long-term suffering, depression and hopelessness.

Effects of Methamphetamine or 'Ice'



- Increased heart rate & body temperature
- Fits, stroke & death
- Damage to heart & nerves
- Liver & kidney diseases
- Abnormal behaviour with mood swings
- Hallucination
- Anxiety & irritability
- Weight loss
- Severe dental problems



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