

# THE BLUNT REALITY



Like most of us, even famous talents and icons experience low points in life. The journey to tragedy however begins when they turn to drugs; expecting it to numb their pain and soothe their injured soul. Others claim that it stimulates creativity and relaxes them. But more often than not, we are only shown the glamorous side of their lives, giving rise to a false perception that perhaps it is not all too bad to do drugs amongst the impressionable.

**S**ome people may think that the term drugs refer to heroin, methamphetamine and cocaine, while cannabis, more commonly known as marijuana or weed are considered “softer drug” with less harm than the form group. Many people tend to assume that cannabis is not harmful because they have not come across any reports of deaths from overdosing on cannabis. While it has not happened in Singapore (yet), deaths caused by mental disorders, accidental poisoning and vehicle accidents related to cannabis abuse have been reported.

Many also believe cannabis is similar to tobacco and that it is not as addictive as other drugs. This is a misconception since long-term abuse can result in physical dependency. Studies have also found that Tetrahydrocannabinol (THC), the chemical found in cannabis can affect one’s mood and the way one sees and hears things. Those who believe cannabis enhances creativity fail to realize that addiction will rob them of all creativity eventually. Abusers find it hard to focus, learn new information and soon, they will find it difficult to recall their memory.

Another common misconception is that cannabis’ effects are not as serious as ‘ice’ or heroin. Conversely, its effects ranges from respiratory problems to risk of cancer, heart attack and stroke.

Many reports have emerged recently hailing cannabis as the new medicine to cure a range of ailments from cancer to Alzheimer. While we should rejoice to news of medical breakthroughs that brings us closer to finding treatments for incurable conditions, it is important to keep in mind that the findings on the medical efficacy of cannabis are not yet conclusive. Even so, medical use should never be a ground to justify recreational use.

One should not take the consequences of cannabis abuse lightly, given the known side-effects of abuse. Instead of turning to drugs, fill your time with arts, music, sports to fuel your imagination and passion positively.

**DON'T BE DECEIVED. NEVER LET DRUG ADDICTION ROB YOU OF YOUR FUTURE.**