

HOW HARMFUL CAN SOMETHING BE...

...with a wonderful name like “Ecstasy?”
Read on and find out!

Ecstasy is made of the illegal substance *methylenedioxymethamphetamine*, or MDMA, which combines a powerful stimulant with a hallucinogen.

The stimulant in Ecstasy is similar to methamphetamine and causes permanent damage to the brain. It forces the chemical serotonin, which controls moods and pain, to be released in huge, unusual amounts. This causes the neurons in your body that store serotonin to be deformed or destroyed, harming your body and brain.

When Ecstasy wears off, the brain experiences a sudden lack of serotonin, which makes it hard to sleep, learn or remember. It also causes other nasty symptoms such as dehydration, nausea and paranoia.

Ecstasy causes the body to release the chemical dopamine in large amounts as well. After Ecstasy leaves the body, the lack of dopamine can cause users to feel depressed and cranky.

Ecstasy also causes hallucinations (imagined experiences that seem real). Having a hallucination is like leaving the real world, which can be terrifying. A user may hear voices, see things, or feel things that do not exist. It may cause users to act paranoid, upset or in ways they may not usually act.



WHY WOULD SOMEONE USE ECSTASY?

People who use Ecstasy are told that it will make them feel relaxed, excited or overjoyed. People may be told that they will feel closer to others, be in a better mood, or even that music will sound better. You may be told it will bring fun to your life, but it won't. Ecstasy causes a type of depression where the user experiences an “out of control” feeling. The “high” feeling may last 6 hours, but the negative after-effects may last 24 hours or more and are not worth the risk or harm.

WHAT ARE THE STREET NAMES FOR ECSTASY?

E, Love Drug, XTC, Rolls, Adam, Hug Drug, White Doves, New Yorkers, Clarity, Lover’s Speed.

WHAT DOES ECSTASY LOOK LIKE?

Ecstasy can come in a capsule or powder but it more often comes as a tablet. Tablets can be any color. Ecstasy tablets vary in strength and sometimes have a symbol on them.

ADDITIONAL RESOURCES

If you or someone you know is having problems with Ecstasy, you are not alone. There are people and places ready to help. Resources include school counselors, family members, members of the clergy, hospital substance-abuse programs, and private practitioners.

Center For Substance Abuse Treatment (CSAT)

(800)662-HELP

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

National Institute on Drug Abuse (NIDA)

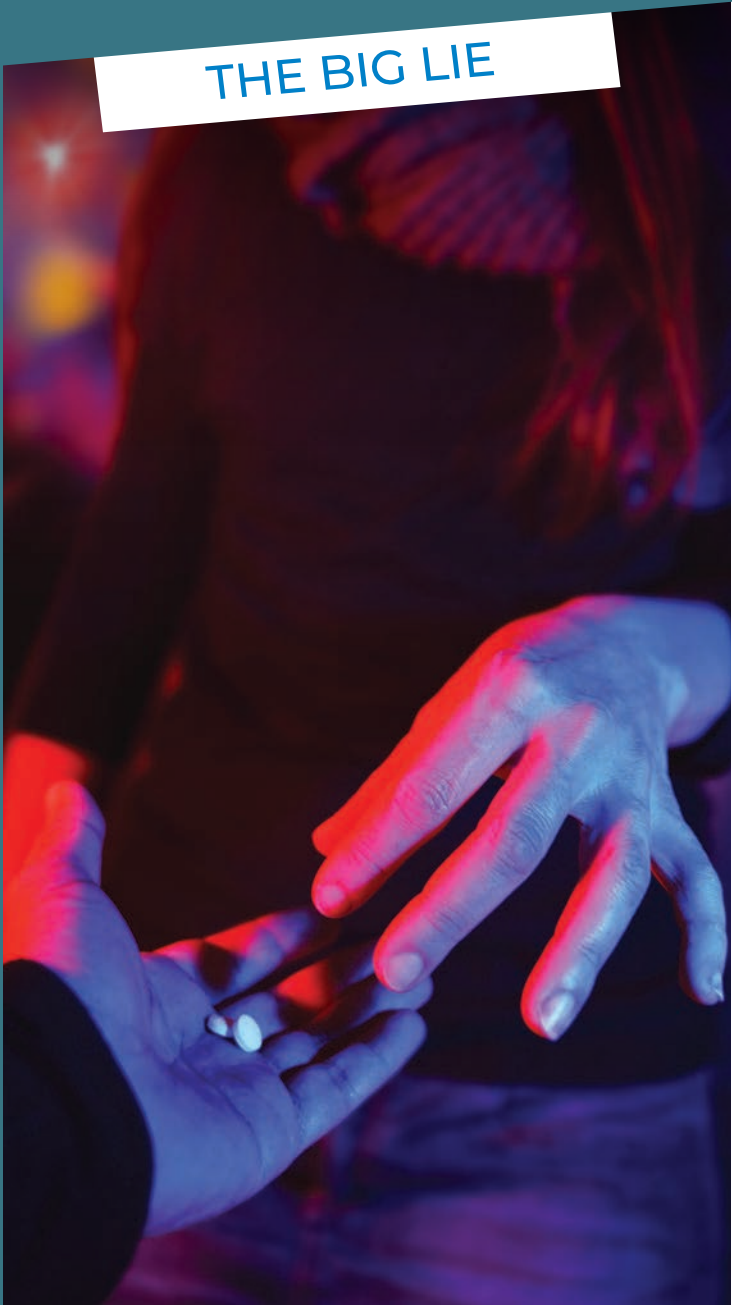
www.drugabuse.gov

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ECSTACY

THE BIG LIE



WHERE IS ECSTASY MADE?

Ecstasy can be made anywhere, clean or unclean. Dirty bathtubs, sinks, or any other convenient spot can become a “lab.” Often, people make it with no scientific training at all. Many different recipes are used, so the pills often vary in strength and effect. This makes it very dangerous as it is both unsanitary and is made by people who are not trained.

Ecstasy is sometimes different from MDMA completely. MDMA is often mixed with other substances until it is not “pure.” This means it can be made for less money, which helps those making it, but really hurts the user. Often it is mixed with PSP, LSD, or dextromethorphan (DXM). These added drugs are unsafe, illegal and can cause serious complications for the user. For example, large doses of DXM can cause seizures, vomiting, stomach pain and dizziness. Some MDMA is even mixed with rat poison and dog deworming substances that can kill humans or cause serious health complications.



You may be encouraged to use Ecstasy at school, rock concerts, raves, or dances. The stimulant in Ecstasy allows users to be able to dance for long periods of time and causes the senses to heighten. This is because Ecstasy increases heart

rate and blood pressure by releasing dopamine, causing a person to feel more happy, excited, and more “in touch” with their surroundings without perceiving any pain, danger or negative feelings. This is dangerous though, as it can cause the body to go into shock or hurt itself without the user even realizing it.



PHYSICAL EFFECTS OF ECSTASY

Ecstasy causes many physical problems, including:

- Muscle tension
- Jaw clenching
- Cracked tooth enamel, worn teeth and jaw problems
- Nausea
- Headache
- Blurred vision
- Chills and sweating
- Acne-like rash on the face and neck
- Loss of body control
- Fainting
- Tremors
- Dehydration
- High blood pressure
- Body temperature up to 110°
- Elevated heart rate

PSYCHOLOGICAL EFFECTS OF ECSTASY

Ecstasy causes mental, emotional and social problems:

- Hallucinations
- Confusion
- Depression
- Suicidal thoughts
- Sleep problems
- Drug cravings
- Poor decision-making ability
- Getting into fights or accidents
- Anxiety and paranoia
- Violent, irrational behavior

PERMANENT DAMAGE

Ecstasy can destroy brain cells. Researchers have found that use can permanently damage the parts of the brain necessary for pleasure, memory and critical thinking. Other permanent problems can include kidney failure, liver damage, heart attack, stroke and seizures. Ecstasy often kills its users. Deaths are most often the result of heatstroke from dancing for long periods of time in hot clubs, or mixing Ecstasy with alcohol or other drugs.

OTHER PROBLEMS CAUSED BY ECSTASY

A “hangover” after using Ecstasy is inevitable. Users suffer from headaches, depression, nausea, vomiting and exhaustion. Ecstasy is psychologically addictive. People can easily get hooked and lose control of their use of the drug. Off the drug, Ecstasy abusers feel irritable and sick, and they crave more.



The more people use Ecstasy, the sicker they get. Ecstasy can make people do things they regret later. Taking Ecstasy can cause users to lose their self-control, and others may take advantage of them. Date rape, pregnancy, or sexually transmitted diseases, including HIV/AIDS, are greater risks. Ecstasy impairs coordination and makes it difficult to estimate distances, making driving dangerous.



WHAT ELSE DO I NEED TO KNOW ABOUT ECSTASY?

Ecstasy is a Schedule 1 illicit drug. That means it is completely illegal to use or possess in the United States under any circumstance. If one is caught in possession or under the influence of Ecstasy, they can be arrested, face up to life in jail and pay up to \$4 million in fines. Ecstasy can cause lifelong problems, including permanent damage to the body and mind. Make smart decisions about your future, body, and health. If you are offered Ecstasy, just say no.



Ecstasy is a dangerous, unpredictable drug that can cause problems that follow you for the rest of your life.

