



**The active ingredient in ecstasy is meant to be MDMA, however, as this ingredient becomes more difficult to obtain, drug makers turn to a number of other chemicals to make ecstasy tablets. As a result, pills marketed as ecstasy are more likely to contain other drugs such as speed or other hallucinogens.**

### ECSTACY FACTS AT A GLANCE

#### The signs and symptoms of using ecstasy can include:

- » Increased blood pressure and pulse
- » Confusion
- » Dilated pupils
- » Teeth grinding
- » Increased body temperature
- » Vomiting
- » Sweating
- » Hallucinations
- » Loss of appetite
- » Tremors
- » Jaw clenching
- » Insomnia
- » Nausea
- » Panic
- » Nervousness

#### Consequences of using ecstasy may include:

- » Chronic sleep problems
- » Severe depression
- » Cracked teeth from grinding
- » Memory impairment
- » High blood pressure
- » Nerve cell damage
- » Dehydration
- » Heart failure
- » Anxiety
- » Body overheating
- » Emotional instability

#### Effects of using ecstasy:

As with all stimulants, the chemicals in ecstasy speed up the central nervous system. There are usually three phases associated with taking ecstasy:

*Coming Up:* The user may experience tightening of muscles, especially in the jaw, dilated pupils, visual distortions, nausea or vomiting, strong pulse, increased temperature, confusion and panic.

*Plateauing:* Where the user may feel more awake, relaxed and confident and have lower urine output and increased thirst.

*Coming down:* The user will often feel physically exhausted, depressed, anxious, paranoid, irritable or may be unable to sleep. The comedown can be more intense if the user has taken other drugs, including alcohol.

In the short term, ecstasy can produce increased heart rate and blood pressure, overheating, jaw clenching, teeth grinding, tremors, nausea, enlarged pupils and anxiety. There is a greater risk of physical and psychological harm as a result of taking ecstasy for those with the conditions such as heart disease, diabetes, epilepsy, liver problems, hypertension, panic attacks or a history of mental illness.

Longer-term effects of using ecstasy include cracked teeth through clenching and grinding, high blood pressure, memory and attention impairment, lethargy, decreased emotional control, severe depression and possible nerve cell damage.