

Ecstasy



[Methylendioxy
methamphetamine /MDMA]



Also called eccies, E, pingers, bickies, flippers, pills, XTC.

EFFECTS: Jaw clenching, teeth grinding, large pupils excessive sweating and skin tingles, fast heart beat, dehydration, stroke. With a strong batch: floating sensation, hallucinations, anxiety, irritability, paranoia, violence, high body temperature and fitting (just to name a few) [2] **SHORT TERM:** Increased blood pressure, heart rate, clenching of the jaw, teeth grinding, can cause dehydration in hot environment and even over-hydration (drinking too much water) which leads to swelling of the brain. [1] **LONG TERM:** Decreased concentration and memory damage can be long lasting or permanent. Depression, bad temper, Anxiety, panic disorders, social phobia, and even death, (Fisk et al, 2010) Colds and flu [2] At the end of the day, no matter what your mate or dealer says, if they do not know the origin of the drug or the chemicals used to make it, they can't comment on the quality of the drug. As such, the MDMA that you buy is likely to be a cocktail of various substances such as Paramethoxy-amphetamines (PMA), caffeine, ketamine, paracetamol and ibuprofen. Not to mention other junk such as battery acid, washing/baking powder, or whatever 'filler' takes the cook's fancy! [1] **COMING DOWN:** Restless, sleep exhaustion, Difficulty concentrating, Aches and pains. **DID YOU KNOW?** Even with light use, ecstasy has been associated with significant memory loss [3] **Other research:** asking people on the street about their use showed that ecstasy is often used for casual sex. This then is found to increase the likelihood of engaging in sexually risky behaviours, which can increase a person's susceptibility of contracting an STI, including HIV [4,5] Ecstasy use has also been associated with poor grades in high school, more so than marijuana [6] The effects of Ecstasy vary - Depending on how you use it, ecstasy can effect you in different ways. For instance, there is evidence that if you inject ecstasy, you are more likely to develop dependence rather than through smoking or snorting. [8] **DANGEROUS COCKTAILS:** E+ ice or speed: strain on the heart or other parts of the body which can lead to a stroke. E+ Alcohol, Yarnidi or Benzo's: huge strain on the body and you are more likely to overdose. [1]

Pregnancy and breastfeeding: Can cause miscarriage, early labour and Low birth weight. [1] **Nervous system:** Ecstasy has been described as an "enactogen" because it gives the user a sense of well-being and makes you more sensitive to colour and sound, which changes how you think about time and perceive the world. [6] Using ecstasy can reduce the amount of serotonin (the chemical responsible for learning and memory), making it difficult to do well academically. Ecstasy (MDMA) also prevents your nervous system from regulating the amount of dopamine (chemical responsible for keeping you feeling euphoric and decreasing feelings of hostility). [6]

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