

# ECSTASY

## Other names:

XTC, Adam,  
MDMA

## How it is used:

swallowed,  
snorted,  
smoked, or  
injected

## What it looks like:

tablet, capsule,  
powder, or  
liquid

**What it Does:** Ecstasy has been shown to cause brain damage in animals. It depletes a very important chemical in the brain, serotonin, which affects mood, sleeping and eating habits, thinking processes, aggressive behavior, sexual function, and sensitivity to pain. Studies with rats and monkeys have shown that the use of Ecstasy can reduce serotonin levels in the brain by 90% for at least two weeks.

Users who take Ecstasy at raves risk exhaustion and dehydration from a combination of the drug and non-stop dancing, and users have died from heat stroke.

Ecstasy is derived from methamphetamine and amphetamine, and belongs to a class of drugs known as *designer drugs*. Designer drugs, especially Ecstasy, are often associated with "raves," all-night underground parties with techno music and extensive drug use. Raves are often frequented by teens and college students.

Ecstasy, or MDMA (methylenedioxymethamphetamine), is a synthetic drug that acts simultaneously as a stimulant and a hallucinogen. Users take Ecstasy for the sense of well-being, the sensory distortions caused by the drug, or to stay awake through an hours-long rave.

Ecstasy stimulates the central nervous system and produces hallucinogenic effects. The price of Ecstasy depends on the supply and demand in the area, but usually ranges from \$7-\$40 per dose.

## Effects on the mind and body:

- psychiatric disturbances, including panic, anxiety, depression, and paranoid thinking
- muscle tension/teeth grinding
- nausea
- blurred vision
- fainting
- chills
- sweating/increased body temp.
- increased heart rate
- increased blood pressure
- tremors
- hallucinations
- reduced appetite
- sleep problems

## Support Groups in Lancaster County:

Alcoholics Anonymous (717) 394-3238  
Narcotics Anonymous (717) 393-4546  
Al-Anon (for family & friends) (877) 298-5027



630 Janet Avenue Lancaster, PA 17601  
(717) 299-2831 [www.compassmark.org](http://www.compassmark.org)