Ecstasy Abuse

Ecstasy is also known as MDMA, Adam and X. It is often taken at raves (all-night dance parties) and is a commonly used club drug. Ecstasy is a mood stimulant and hallucinogen, which is often taken to increase energy, thus allowing individuals to dance all night. Using Ecstasy repeatedly has been shown to damage the brain and other parts of the nervous system. It impairs memory, normal sleep, emotional stability and the ability to think clearly. Sometimes, these changes can be permanent. Acute intoxication increases the risk for serious accidents or date rape.

GHB, LSD, ketamine, Rohypnol, and meth are also common club drugs which may be taken in addition to or actually mixed with ecstasy. Club drugs may all have unwanted and potentially life-threatening effects. Some of these include hallucinations, agitation, memory loss, paranoia, seizures, dehydration and coma. There is no easy way to predict the dose or the effects of club drugs. Combining club drugs with alcohol increases these serious and harmful effects. These drugs are colorless and tasteless, and can be slipped into drinks. Ecstasy and the other club drugs are not only illegal but also extremely dangerous. Check the internet for further information at www.clubdrugs.gov.

SEEK MEDICAL CARE IF:

- You have severe nausea and vomiting.
- You have increased weakness and fatigue.
- You have hallucinations or an inability to concentrate. It may take a friend or family member to determine if your thinking is normal.
- You have a seizure.
- You have the feeling that you are overheated.
- You have a fast heartbeat or feel like your heart is racing (*palpitations*).
- You develop chest pain or shortness of breath.

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