

In manufacturing ecstasy there is no quality control and therefore people do not know the purity of the drug or what substances the tablet actually contains. The manufacturers of ecstasy tend to mix not only MDMA, but also Meth, PMA, MDA, MDEA and Ketamine.

GUIDELINES FOR SAFE DANCING

People who use ecstasy and who are dancing need to sip water to keep the body hydrated.

If dancing sip 500 ml/per hour

If inactive sip 250ml/perhour

Take rests regularly after every hour of dancing to keep the body cool. (15 mins).

SYMPTOMS OF AN ECSTASY OVERDOSE

In high doses, ecstasy can cause vomiting and seizures. The symptoms of an ecstasy OD include a fast rise in body temperature and blood pressure, heart palpitations, dizziness, vomiting, sweating profusely, and muscle cramping. Deaths that have occurred on ecstasy are usually the result of excessive use, using with lots of alcohol consumption or poly drug use.

TYPE OF HELP AVAILABLE

Treatment for drug addiction can include detox, counselling, and therapy. Your local GP will give all referral options or contact DIRECTIONS ACT who will help with your alcohol and other drug needs.

DIRECTIONS ACT offers a wide range of programs for people who use drugs and their families, and the wider community:

- Arcadia House Detox & Withdrawal Centre
- Primary Health Care & Intervention Team
- ACT Needle & Syringe Program
- Family & Individual Counselling
- Treatment Support Services
- Outreach Programs
- Education Program
- Life Skills



DIRECTIONS ACT

**1 BRADLEY ST WODEN
PH: (02) 6122 8000**

www.directionsact.com

Primary NSPs

Phillip Health Centre Cnr Keltie and Corinna Sts

City Health Centre Moore St, Canberra City

DIRECTIONS ACT

ECSTASY

FACT SHEET



WHAT YOU SHOULD KNOW ABOUT ECSTASY

Version February 2008

ECSTASY

Ecstasy is the most common street name of MethyleneDioxyMethAmphetamine (MDMA). It is a drug which is usually sold in pill form, which vary in colour and size, may have logos pressed on them and it is also available in powder form.

Ingesting (swallowing) is the most preferred way that Ecstasy is used. The pills are also crushed and snorted through the nose and are sometimes shafted into the anal cavity. This drug is classified as a stimulant with hallucinogenic properties (mind altering- effects).

HOW ECSTASY WORKS

The effects of any drug will vary from person to person. Ecstasy is generally taken before, and or during a gig, dance party, at raves or house parties. People taking the drug will feel the effects of ecstasy within an hour, experiencing refreshed bursts of energy through the night and dancing the night away, and feeling the enhancement of lights and sound (stimulant/hallucinogenic effects).

Ecstasy is also known and used for the feelings of peace and love, which is from the elevation of the brains chemicals promoting these feelings.

STREET SLANG

x, Pills, Eccy, The Love Drug

Serotonin and Dopamine

Ecstasy enhances the levels of the pleasure chemicals Serotonin and Dopamine, two very important chemicals the brain produces.

Serotonin's main role is regulating:

- Mood
- Sleep
- Memory
- Aggression
- Sexual activity
- Sensitivity to pain
- Body temperature

Dopamine's main role is:

- The control of movement
- Motivation
- Cognition
- Reward



All drug use involves an element of risk.
Long term affects may last for years.
If you use drugs do not use alone.

COMMON EFFECTS OF ECSTASY

The effects of ecstasy depend on the strength, the dose, and state of mind of the person taking the drug. Generally, some of the immediate effects of ecstasy include:

- Nausea
- Dilated pupils
- Loss of appetite
- Loss of inhibitions
- Increased sexual urges
- Sweating and dehydration
- Increased body temperature
- Jaw clenching/Teeth grinding
- Increased heart rate and blood pressure
- Feelings of confidence, peace love and happiness

COMING DOWN

Coming down from an Ecstasy high is an undesirable feeling which no one wishes to experience. A comedown can bring unpleasant symptoms including; fatigue, nausea, aching muscles, and depression. This can last up to a week depending on the person, due to the depleted levels of the brain chemicals Dopamine and Serotonin.