

A communication periodical for our clients, staff & the community at large

# The Chronicle

A Paterson Counseling Center Newsletter

## Ecstasy Primer

### Special points of interest:

- 211 information available via website
- CARF accreditation updated via websites
- New links to interagency services available via the website

The popular name for MDMA, or 3,4-methylenedioxymethamphetamine. It is regarded as one of the most popular club drugs in the world today. One of the few illicit drugs not derived from a natural substance, Ecstasy gets its name from the feeling of euphoria that most users say they enjoy when taking the drug.

Ecstasy, a combination of methamphetamine or amphetamine and hallucinogen, officially hit the party scene sometime in the late 70s and early 80s. Over the last 15 years, ecstasy abuse and ecstasy addiction has become increasingly widespread, especially at raves.

### The Basics

What it is, what does it look like, how is purity determined, what common drugs sold as ecstasy

Ecstasy is sold in a white, yellow, or brown tablet or capsule. It is also available in powder form. Some users crunch it up and snort it. It may be stamped with an image, which gives it a candy-like appearance. Ecstasy is known as the "love drug," X, or XTC on the street.

### Effects of Ecstasy

What it does, the physical and mental effects while high, what happens in the brain, after-effects of using ecstasy.

Ecstasy is a stimulant that produces a feeling of well-being when taken. It makes the user feel more comfortable in social situations. These feelings may last for between one and six hours. After use, the individual may feel irritable, depressed, anxious, or have memory problems.

### Ecstasy Dosage and Amounts Taken

How much ecstasy will cause an overdose? What is a lethal dose of the drug?

The usual dosage for ecstasy is 100-125 mg. An issue with ecstasy dosage is that the purchaser doesn't know what other substances the drug has been laced with. Sometimes the substance being sold as ecstasy is something completely different.

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# Ecstasy Primer Continued

## **Dangers and Long-Term Effects of Ecstasy Abuse**

Risk of overdose, dehydration, what are the long term effects of use?

Since ecstasy increases heart rate and blood pressure, it can lead to heart problems or stroke. Dehydration is another danger of ecstasy use, since it is commonly associated with use at dance clubs where users may be partying for extended periods. Memory loss is another danger of ecstasy use. Learn more about the dangers and long term effects... of ecstasy abuse.

## **Ecstasy Addiction & Tolerance**

How addictive is it? Is addiction a myth? Do I have a problem? Signs and symptoms of ecstasy abuse and dependency.

The person who takes ecstasy continues to use it to recreate the good feelings associated with the drug. Taking a higher dose won't increase the feeling of well-being, even though the ecstasy user might think so. Learn more about ecstasy addiction... and the effects of long-term use.

## **Ecstasy Overdose Symptoms, Signs, and What to Do**

What are the signs of an overdose? What to do if you spot symptoms of an ecstasy overdose.

A person who is experiencing an ecstasy overdose may feel faint or have a panic attack. An overdose may cause an increase in body temperature or seizures. Heat stroke is a definite possibility.

We recommend that you call your local emergency line or any of the US poison control centers and addiction resources listed in our drug emergencies resource page if you or someone you are with is possibly experiencing an OD. Please consider seeking treatment once the emergency is neutralized

## **Drug Tests and Detox**

What are the detection times? How long does ecstasy stay in my system? Will I pass an ecstasy drug test?

Ecstasy can be detected for up to four days after the most recent dose. Many ecstasy addicts report no significant amount of time needed to be spent on [detox centers](#) after entering a treatment facility.

## **Legality. The Laws of Possession, Use, and Distribution**

Is ecstasy illegal? I got caught with ecstasy, am I going to jail? How long are sentences for ecstasy dealers; what about just possession for recreational use? Is it a felony?

Under U.S. law, ecstasy is an illegal substance. It's a crime to make, distribute, possess, buy or sell it. Ecstasy is also an illegal drug in the U.K. Spiritual or Medicinal Use

Can ecstasy be used for purposes other than recreational, like spiritual or medicinal?

At one time, ecstasy was used by some psychotherapists to help their clients get a different perspective on their lives, deal with emotional problems or access repressed memories.