

# MDMA (Ecstasy) Addiction & Treatment

MDMA (3,4-methylenedioxymethamphetamine) is a synthetic, psychoactive drug chemically similar to methamphetamine. MDMA is an illegal drug that produces an energizing effect, along with distortions in time and perception and enhanced enjoyment from tactile experiences. Used to promote euphoria, it is most commonly used by adolescents and young adults. It also creates feelings of closeness, empathy, sexuality and reduced inhibitions. It is most widely considered a "party drug". Though MDMA is known universally as "ecstasy", it has also been found that many ecstasy tablets contain not only MDMA, but also a variety of other drugs and drug combinations that can be harmful to the user. These can include methamphetamine, caffeine, ephedrine, cocaine and more. Ecstasy is taken orally in capsule or tablet form.

## **Street terms for MDMA:**

MDMA, Ecstasy, XTC, E, X, Beans, Adams, Hug Drug, Disco Biscuit, Go

## **Effects of MDMA**

Ecstasy can cause muscle tension, involuntary teeth clenching, nausea, blurred vision, faintness, and chills or sweating. It can also cause confusion, sleep problems, depression, and severe anxiety while taking ecstasy and in the days or weeks immediately thereafter. It can also cause users to become dehydrated or drink too much water without realizing it, which interferes with the salt content in your body and can have deadly results. Ecstasy can also lead to increased heart rate and blood pressure.

## **Lasting/Long-Term Effects**

Ecstasy is addictive and research links MDMA exposure to long-term damage to neurons that are immediately related to mood, thinking and judgment. A study in nonhuman primates showed that exposure to MDMA for only 4 days caused damage to serotonin nerve terminals that was still evident 6 years later. MDMA research has shown that it is unsafe for human consumption.

MDMA users have reported withdrawal symptoms including fatigue, loss of appetite, depression and trouble concentrating.