

Ecstasy: MDMA

Scientific terminology

Methylenedioxyamphetamine

Effects

4 to 6 hour high

Euphoria

Increased heart rate

High body temperature

Stimulating/energizing

Mild hallucinations

Feelings of unity

Increased confidence

Changed sensory perceptions

Increased senses



Possible negative effects

Irritability, anxiety, depression, clenched teeth, nausea, dry mouth, loss of appetite, stiff jaw, uncomfortable level of serotonin in the brain for 2-8 weeks, heat exhaustion in hot environments, dehydration

Dangers

Those with diabetes, asthma, mental disorders, epilepsy, cardiac problems, liver disease or are taking antidepressants or medication against HIV are at risk of further health problems and are discouraged to take MDMA. Parties, raves, and concerts are environments where MDMA can cause heat exhaustion and dehydration. The drug decreases the body's ability to regulate temperature so excessive movement can be dangerous. It is recommended to drink 500mL an hour to stay hydrated, but also be aware of over drinking which can cause water intoxication.

Addiction

When taken regularly, the substances in MDMA can cause addiction or paranoid psychosis. MDMA is psychologically addictive to some users, many develop a tolerance and continue to use the drug to reach the desired high. Withdrawal effects include depressed feelings, fatigue, loss of appetite, and difficulty concentrating.

Legality in Canada

MDMA is a 'Schedule III' drug under the Controlled Drugs and Substances Act

CSSDP
Canadian Students for
Sensible Drug Policy