



Ecstasy (also E, MDMA) n. a hallucinogenic stimulant. Most popular with clubbers..

**Description:** Ecstasy comes in the shape of small dusty tablets (often with a pattern) and sometimes a powder.

**What effects?** Ecstasy (MDMA) gives you feelings of euphoria and well-being. Being a stimulant, it is often ingested before clubbing since it makes you want to dance all night

- Euphoric Effects of Ecstasy are reduced if mixed with alcohol

- Dancing for too long on ecstasy can lead to dehydration since salt levels in the blood system are drastically reduced. This can even lead to death.

- Medium/long term use can lead to severe mood alterations particularly paranoia and panic attacks.

- Research shows that long-term use of Ecstasy depletes the levels of serotonin, the chemical closely related to onset of depression.

- Another study shows that MDMA may cause an allergic type of reaction (that is not dose-dependent) that can lead to kidney failure in certain individuals.

- Not all Es are MDMA, so probabilities are you would not know what chemicals you are ingesting.

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