

# ECSTASY



**E, Doves, Mitzies, Pills**



**MDMA, MD, Molly, Mandy**

# History



Ecstasy was first discovered in 1914. However, no medical use was found for it. It was then used by therapists (marital) as a way of encouraging feelings and defusing anger.

# Appearance



Ecstasy is sold in a variety of coloured tablets. Often with a design on them or capsules and sometimes in liquid or powder form.

Method of use: Snorted or Swallowed



More  
Energetic

Raises Body  
Temperature



## Ecstasy



Suppresses  
Appetite

Suppresses  
sleep



## Effects



Raises Blood  
pressure

Raises Heart  
Rate



**20-40 minutes:**

The effects  
usually begin



**60-90 minutes:**

The effects will peak but  
may take longer than 90  
minutes



**3-4 hours:**

The effects usually  
start to wear off



**Heat Stroke. E raises the body temperature and makes users able to dance longer. This has killed many people. Look out for failure to sweat, cramps, dizziness or nausea.**

**There have been allergic reactions, resulting in death, from having taken what was meant to be MDMA.**

## **Health Risks**

**E affects the chemistry of the brain and it appears that those who use it regularly, over a long period of time find that the negative effects (insomnia, anxiety, depression and paranoia) take over from the positive ones.**

**Reports have shown that long-term use can lead to brain and liver damage.**



# Harm Reduction

Do not mix Alcohol with E

Get your drugs tested

Take regular breaks from  
dancing

Drink water but no more than 1 pint per hour.

Eat something salty to replace lost body salts.

