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**Are there long terms effects to Ecstasy use?**

Current animal research shows that Ecstasy destroys serotonin-producing neurons in the brain, causing long-lasting depletion of brain serotonin levels. These areas in the brain regulate aggression, mood, libido, sleep, and sensitivity to pain.

**Is Ecstasy a legal substance?**

No. Ecstasy is classified as a "Schedule 1" controlled substance along with other dangerous narcotics like heroin, cocaine, and LSD. Schedule 1 controlled substances are dangerous narcotics with a high potential for abuse and no acceptable medical use. They carry penalties for possession, delivery, and manufacturing of these drugs. Penalties can include fines as high as \$100,000 and up to 99 years or life in prison, depending on the amount seized.

**Is herbal Ecstasy a safe, natural alternative?**

No. Although not currently classified as a controlled substance, Herbal Ecstasy is a drug composed of stimulants that closely stimulate the effects of Ecstasy. Over 800 reports of adverse reactions such as high blood pressure, seizures, heart attacks, strokes, and death have been reported to federal authorities.

**Are Adolescents at risk?**

Chronic Ecstasy use can place students and at risk of dropping out of school college, loss of employment, and possibly encounters with law enforcement.

**Mission Statement**

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

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**Ecstasy:**  
*Just the Facts*



Health Promotion and Education

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## What is Ecstasy?

Ecstasy or MDMA (methylenedioxyamphetamines) is a stimulant that combines the properties of methamphetamine or “speed” with mind-altering or hallucinogenic properties. It is considered the most commonly used designer drug, illicit variations of other drugs.

Because of many different recipes used to manufacture Ecstasy, deaths have been caused by some other substances inadvertently created during production, such as PMA (paramethamphetamine). Ecstasy was banned in 1985, and is currently classified as a Schedule 1 substance.

## Where did Ecstasy come from?

Although first prepared as an appetite suppressant in 1914, Ecstasy was relatively ignored until the 1960’s when non-medical use was first reported in the U.S. Until 1985, MDMA was used extensively by psychiatrists and psychologists to help persons with certain psychological and emotional difficulties.

## Is Ecstasy an aphrodisiac?

Although rumors abound, there is no evidence that demonstrates that Ecstasy is an aphrodisiac.

## How long does Ecstasy stay in the body?

Ecstasy can be detected up to four days in the urine.

## Who uses Ecstasy?

Teenagers, young adults, and others who attend nightclubs and raves use ecstasy most frequently. It is found primarily at nightclubs, bars, and all-night rave parties. Raves are all-night dance parties that are held in settings such as vacant warehouses. They have fast-paced and high-volume music, offer a variety of high-tech entertainment, and often incorporate the use of drugs.

## How is Ecstasy used?

Known on the street as Adam, X-TC, Clarity, Essence, Stacy, Lover’s Speed, Eve, etc., Ecstasy is most often found in tablet, capsule, or powder form and is usually consumed orally; although, it can also be injected.

Ecstasy is sometimes packaged in capsules or generic tablets to imitate prescription drugs with the average dose costing anywhere from \$7 - \$30 per pill. Ecstasy can be combined with methadone, LSD, opiates such as heroin or Fentanyl, or strong anesthetics such as Ketamine.



## What are Ecstasy’s emotional effects?

An Ecstasy high can last from six to 24 hours, with the average “trip” lasting only about three to four hours. At moderate doses, Ecstasy can cause euphoria, feelings of well being, enhanced mental or emotional clarity, anxiety, and paranoia. Heavier doses can cause hallucinations, sensations of lightness and floating, depression, paranoid thinking, and violent, irrational behavior.

## What are Ecstasy’s physical effects?

Physical reactions can include the following symptoms: grinding of teeth, loss of appetite, nausea, vomiting, blurred vision, increased heart rate and blood pressure, muscle tension, faintness, chills, sweating, tremors, reduced appetite, insomnia, convulsions, and a loss of control over voluntary body movements. Some reactions have been reported to persist from one to 14 days after taking Ecstasy.

In addition, users are at particular risk of heat exhaustion and dehydration with physical exertion, particularly when Ecstasy is taken in a dance-party setting. A number of deaths have occurred because users don’t drink enough water and become overheated.

