

Ecstasy

The Party Is Over



Guides for Good Living

Ecstasy is a dangerous drug that causes serious health problems.

Ecstasy is related to amphetamines, or speed. **Ecstasy usually comes in a pill or capsule.** Users feel happy and have a lot of energy. They may see or hear things differently.

Ecstasy users hurt their heart. A user could pass out from overheating. People who use Ecstasy a lot become angry or sad. **Ecstasy can cause brain damage and kill without warning.**

Ecstasy is also called:

- E
- X
- Adam
- XTC
- Hug Drug
- Beans
- Love Drug

Doctors are still finding out all of the harmful effects of Ecstasy.



The effects of Ecstasy last for hours. **An Ecstasy user will feel bad for a whole day afterwards.** They think the only way to feel better is to take more Ecstasy.

Ecstasy is not medicine. **It is against the law to have and it is against the law to use.** People can be put in jail for using or selling Ecstasy.

Ecstasy hurts the body and the mind.

Ecstasy hurts a person with every use. A user may sweat a lot or feel chills. Users often forget to drink water and pass out.

Ecstasy makes a person feel tense. Their muscles get tight. **Users clench their jaw and grind their teeth.** They may not even know they are doing this.

Ecstasy users get sad when the effects wear off. They cannot sleep. Some Ecstasy users think about killing themselves.



Thousands of Ecstasy users visit the emergency room each year.

How Ecstasy hurts the body:

- Brain damage
- Sick feeling in stomach
- Headaches
- High blood pressure
- Blurred vision
- Racing heart
- Rise in body temperature

How Ecstasy hurts the mind:

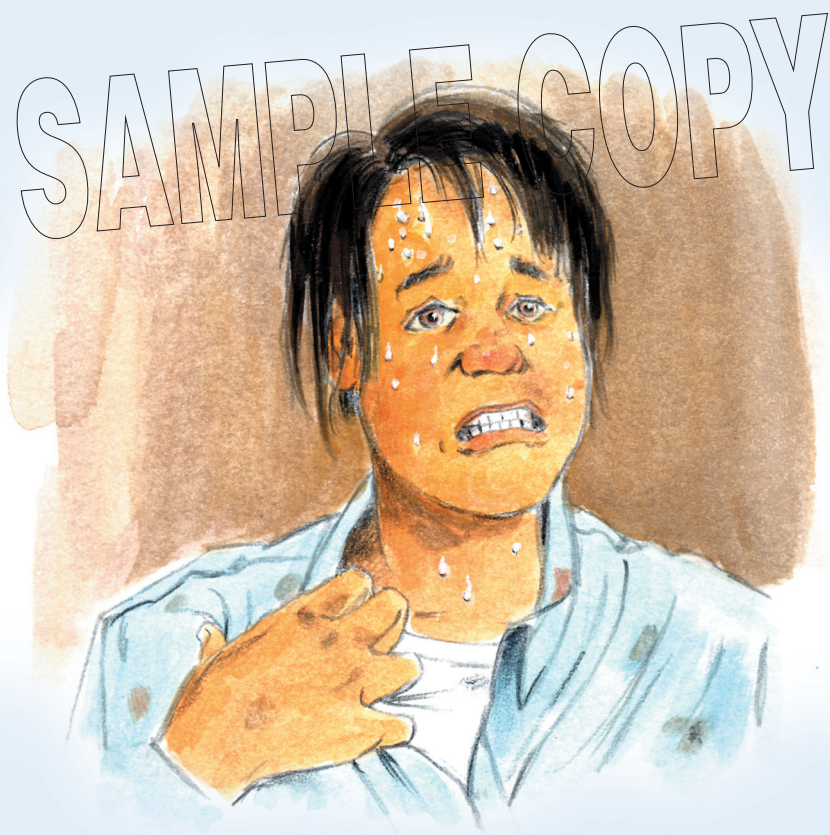
- Seeing or hearing things (hallucinations)
- Confusion
- Sadness, depression
- Thoughts of suicide
- Sleep problems
- Anger or violent behavior

Ecstasy can kill a person the first time they take it.

Signs of Ecstasy Use

Ecstasy users show several signs of use. Look for the following to help a friend or family member:

- Unexplained happy feelings
- Fast eye movements
- Seeing or hearing things that are not there
- Teeth grinding or clenching the jaw
- Heavy sweating or chills

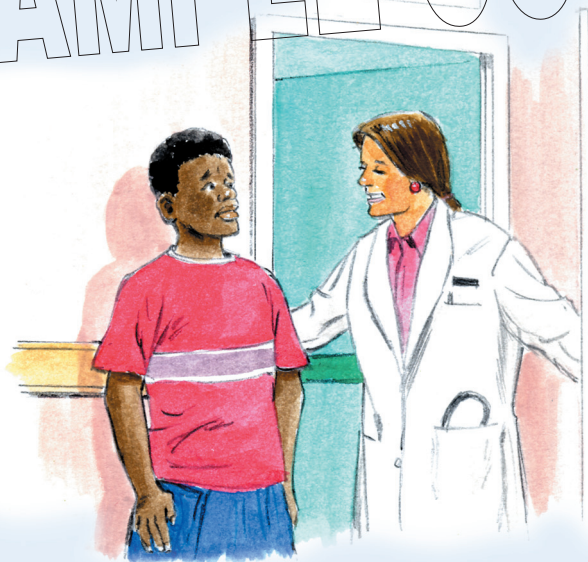


Getting Help

Users get addicted to Ecstasy. This means they cannot stop taking Ecstasy. Users feel bad when they don't take Ecstasy. They think that taking more Ecstasy is the only way to feel good again.

Treatment is available for people who want to quit using Ecstasy. Some places to find treatment programs are:

- Hospitals
- Public health clinics
- Church groups
- Community centers



**Know the facts. Know the risks.
Don't use Ecstasy.**

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