

What are its short-term effects?

Short-term effects include muscle tension, involuntary teeth grinding, nausea, blurred vision, rapid eye movement, faintness, chills/sweating, confusion, depression, sleep problems, drug craving, severe anxiety, and paranoia.

What are its long-term effects?

Recent research findings link Ecstasy to long-term damage to those parts of the brain critical to thought and memory. Chronic use of Ecstasy was found, first in laboratory animals and more recently in humans, to produce long-lasting, perhaps permanent, damage to the neurons that release serotonin.

What are the hidden risks?

Other drugs are sometimes sold as Ecstasy and can create additional health risks to the user. Also, Ecstasy tablets may contain other substances in addition to Ecstasy, such as ephedrine; dextromethorphan; ketamine; caffeine; cocaine; and methamphetamine. The combination of Ecstasy with one or more of these drugs may be inherently dangerous. Users might also combine them with substances such as marijuana and alcohol, putting themselves at further physical risk.

Source: National Institute on Drug Abuse

For more information:

www.nida.nih.gov/InfoFacts/Ecstasy.html

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UNIVERSITY HEALTH AND COUNSELING SERVICES

www.uww.edu/uahcs

Corner of Prairie and Starin
Division of Student Affairs, UW-Whitewater

Hours

Monday-Friday 8:00 - 4:30; except state holidays

Health Services 262-472-1300

- * Examinations and treatment for illnesses and minor injuries
- * Laboratory tests and medications
- * Allergy injections and immunizations
- * Pelvic exam and Pap test
- * Contraceptives
- * Wisconsin Family Planning Waiver Program (Forward card)
- * STD and HIV antibody testing
- * Men's health needs
- * Smoking cessation
- * Phone consultations with RN
- * Rehabilitation and physical therapy for students with disabilities

Counseling Services 262-472-1305

- * Individual counseling for many concerns, including...
 - * Relationships
 - * Depression
 - * Self-esteem
 - * Values clarification
 - * Alcohol and other drugs use
 - * Sexual assault and abuse
 - * Decision-making
 - * Anxiety
 - * Sexual orientation
 - * Stress
- * Group and couple counseling
- * Consultations with staff
- * Referrals to community agencies
- * Crisis intervention
- * Practicum training site

Wellness Services 262-472-1300 ext. 2244

- * Lobby Resource Center
- * Royal Purple articles
- * Bulletin board kits
- * Healthy U newsletter
- * Web site
- * Posters
- * Wellness fairs
- * Educational presentations

Employee Assistance Program 262-472-1305

- * Confidential assistance and referral for employees with concerns such as:
 - * Stress
 - * Depression
 - * Finances
 - * Alcohol and other drug use
 - * Troubled coworkers
 - * Marriage/family
 - * Health

24-Hour Emergency help:

911 Whitewater Rescue Squad

262-472-1060 **Sexual Assault Response Team**

262-741-3200 or 1-800-365-1587 Crisis Line

ECSTASY:
DON'T BE
FOOLED BY
THE NAME

◆ Ecstasy may also be referred to as "XTC", "Clarity", "Essence", "Adam", "Hug, Beans", and "love drug".

◆ Ecstasy is also widely available as a powder and is sometimes snorted and occasionally smoked.

◆ Ecstasy exerts its primary effects in the brain on neurons that use the chemical serotonin to communicate with other neurons. The serotonin system plays an important role in regulating mood, aggression, sexual activity, sleep, and sensitivity to pain.

◆ Many of the risks that users face are similar to those associated with the use of amphetamines and cocaine.

◆ Chronic users perform more poorly than nonusers on certain types of cognitive or memory tasks.

◆ Chronic abuse has been shown to damage the brain's ability to think and regulate emotion/memory/sleep and pain. A study in nonhuman primates showed that exposure to Ecstasy for only 4 days caused damage to serotonin nerve terminals that was evident 6 to 7 years later.

Ecstasy or MDMA (3, 4 methy-

lenedioxymethamphetamine), is a synthetic, psychoactive drug, chemically similar to the stimulant methamphetamine and the hallucinogen mescaline, that produces an energizing effect, as well as distortions in time and perception and enhanced enjoyment from tactile experiences.



◆ In high doses or with repeated drug use within short intervals, Ecstasy can interfere with the body's ability to regulate temperature. On rare but unpredictable occasions, this can lead to a sharp increase in body temperature (hyperthermia), resulting in liver, kidney, and cardiovascular system failure, and death.

◆ Ecstasy can cause an increase in heart rate and blood pressure (a special risk for people with circulatory problems or heart disease) as well as muscle tension,

involuntary teeth grinding, nausea, blurred vision, faintness, and chills or sweating.

◆ The effects can include confusion, depression, sleep problems, drug craving, and severe anxiety. These problems can occur during and sometimes days or weeks after taking Ecstasy.

◆ Ecstasy can be addictive. A survey of young adult and adolescent users found that 43 percent of those who reported Ecstasy use met the accepted diagnostic criteria for dependence and 34 percent met the criteria for drug abuse. Almost 60 percent of people who use Ecstasy report withdrawal symptoms, including fatigue, loss of appetite, depressed feelings, and trouble concentrating.

◆ Heaviest use is reported between 18 and 25 years of age.