

# Easy-to-Read Drug Facts

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## MDMA (Ecstasy, Molly) Facts

MDMA is a drug that people often use at parties and clubs. It affects your mood and how you feel about your surroundings.

People who use MDMA usually take it as a capsule or tablet, although some swallow it as liquid. Others might snort the powder. Sometimes people take MDMA along with other drugs such as alcohol or marijuana.

Some names for MDMA are:

- Ecstasy
- Molly (slang for "molecular," a supposedly "pure" powder form)
- X
- E
- Love drug



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## Signs of MDMA Use and Addiction

MDMA makes people feel very friendly and affectionate, but it has negative effects too. You can become irritable or have sleep problems. It can cause dizziness, muscle cramps, or uncontrollable teeth clenching. It also raises body temperature, heart rate, and blood pressure. This can be dangerous in crowds or on the dance floor where it's already too hot. Once the effects wear off, you could feel sad or nervous for days.

Heavy use of MDMA can give you problems that last a long time. You may feel confused or depressed a lot, or have problems with your memory.

People who try to quit taking MDMA might:

- feel very tired
- lose their appetite
- feel depressed
- have trouble focusing



## Effects of MDMA on Brains and Bodies

These are some problems that MDMA can cause:

### You Feel Sick

MDMA can make you throw up. You might also get the chills or the sweats.

### You Overheat

MDMA can make your body temperature so hot that, in rare cases, it can cause liver, kidney, or heart failure or even death.

### No Appetite

MDMA can make you not want to eat. Over time, you might lose too much weight and get sick.

### Addiction

If you are addicted to MDMA and try to quit the drug, you can become irritable, nervous, or depressed. You can also feel very tired, have trouble staying focused, and have cravings to take more MDMA.



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Some people feel very tired or have trouble focusing when they try to quit MDMA.