

# MDMA

## Fact Sheet

### Background of MDMA:

**Problem:** The problem of MDMA is that it is currently a popular date rape drug or also known as a “club drug” used in every club, rave, or dance parties all over the world today. The reason why this drug is so popular and is causing problems is because this pill gives anyone who takes it the chance to feel comfort with themselves as well as people around them. It allows the user create and feel strong feelings for others that they have never felt or experienced before. Another problem is that this drug is particularly easy to purchase and costs about \$10-\$25. The most expensive pill can cost up to \$50.

§ Internationally this is also a problem because it is illegal in the United States and in several other countries.

§ Because this drug is so popular internationally it always seems to be running out therefore, is causing another huge problem, which is allowing other people to sell and purchase drugs like MDMA, such as caffeine pills and amphetamines.

### **Symptoms and Other Facts**

§ MDMA is also known as Ecstasy. The abbreviation stands for methylenedioxyamphetamine.

§ Street names are called: ADAM, XTC, beans, hug, and the love drug.

§ It is taken orally in a pill form (white or yellow tablets) and can be snorted but rarely is.

§ This kind of drug is known as a date rape drug, which is made of synthetic components.

§ It is a psychoactive drug and is related in conjunction with methamphetamine and other hallucinogens.

§ MDMA takes about 30-60 minutes for the effects to kick in.

§ It can be deadly and cause severe health problems.

§ MDMA interferes with your brain and makes you forget certain memory tasks.

§ It causes confusion, sleep problems, drug cravings, and anxiety, which can occur for several weeks after taking this drug.

- § MDMA also interferes with the serotonin in your body, which changes your mood and sexual activity and even sleep. You have increased confidence and can even hallucinate.
- § The symptoms last usually for three to six hours, but at the most it takes up to two days or even a week for it to completely leave your system.
- § This drug is severely addictive and can cause psychological problems.
- § Body temperature cannot be regulated if you take this drug, which can result in the person having hypothermia. This leads to even bigger problems. The kidney, liver, and heart, for example, all can shut down or have some sort of severe failure either right away or in the long run.
- § If people take this specific drug, their heart will start to race immediately. They tend to grind their teeth and have severe vomiting accompanied by the chills and sweats.
- § Long-term damage can occur to the person's brain as well. It can ruin their judgment and thinking.
- § When MDMA is taken with alcohol, people lose control of their body completely and they become unaware of their surroundings, judgment, and hearing. MDMA is believed to be the cause of many sexual assaults in the world today.

## Healthy People 2010

### Statement of the Issue:

- § According to Healthy People of 2010, MDMA or Ecstasy is a huge problem because when it is taken the user has no idea what is going on around them. It gives people a boost of physical energy and a different sense of perception.

### Prevention:

- § The objective of Healthy People 2010 is to help people reduce and get rid of their abuse of the drug and improve their way of life.
- § To help prevent the use of MDMA Healthy People 2010 works with peer leaders to help and teach people who take this drug the harmful side effects of it and what it does to one's body.
- § Drug prevention programs at high school and colleges are also being started to help try and reduce the use of this drug all over the world today.
- § Healthy People 2010 paired up with NIDA (The National Institute on Drug Abuse) to research and fix this problem. They have studied the controlled effects it has on humans, but it is impossible to understand the function that it has with the brain.

- § They have also been studying animals to see what effects it has on them, and then relate it to humans.
- § MDMA is a leading indicator because it can eventually lead to substance abuse. (Objectives: 26-10a, 26-10c & 26-11c)
- § State and local health agencies try for 30 days to reduce the number of adults and teens using the drug. They send substance abuse surveys nationally to households and ask them several different questions about their past experiences of illicit drug use and go from there to help them cope with their problems.
- § It is also a focus area because state and local health agencies try to prevent this illegal substance abuse.

## Epidemiology Picture of the Problem

- § According to ONDCP statistics, MDMA affects the adolescent population (ages 18-25). Statistics show that MDMA affected 5.8% of adolescents using this drug in the past year.
- § “Children, Youth and Young Women’s Health Services” states that MDMA was first used in 1914 as a drug to help reduce a person’s appetite.
- § Also, during the 1980s, MDMA was becoming a recreational drug, which eventually spread worldwide, and became popular with the dance culture.
- § In a 2002 survey conducted by the CDC, 676,000 people had used MDMA during the month before they were surveyed.
- § A survey called “Monitoring the Future Study” reported that 12.7% of college students and 14.6% of young adults have admitted to using MDMA at least once.
- § Statistics show that the use of MDMA is currently still the same. There was no increase or decrease. In 1996, the percent of adolescents using MDMA was at about 4.6% and when the survey last taken, 4.5% of teens reported using MDMA.
- § According to the CDC, 8.2% of those over the age of 12 have used an illicit drug such as MDMA.
- § MDMA is commonly found in specific places called Pulse Check sites. What this means is that MDMA is usually available in these specific spots and is considered drug abuse. Some of these areas include Miami, Detroit, New Orleans, New York City, Portland, and Maine.
- § It is typically used in areas such as raves and nightclubs, which basically means it

can be found in most metropolitan areas.

§ The NIDA (The National Institute on Drug Abuse) states that the use of MDMA is spreading to high schools and colleges and other social settings where teens are found hanging out.

§ The Community of Epidemiology Work Group states that there is an increased use of MDMA among African-Americans and Hispanic populations (2).

## Solutions to the Problem:

### Community Epidemiology Work Group (CEWG)

- CEWG members are people who monitor drug use for sources among 21 metropolitan areas nationwide.

### Support Groups and Peer Leaders

- There are many support groups around the world that teens and others can contact to talk about their drug abuse and how to get away from it.
- They can also talk to psychologists about their problem.
- All of the patient's information is kept confidential and they can enroll anonymously.

### Substance Abuse Treatment Facility Locator

- Here people are offered drug abuse programs, which are sponsored by The Substance Abuse and Mental Health Services Administration (SAMHSA) (1).
- SAMHSA states that they offer more than 11,000 addiction treatment programs, which include residential treatment centers, outpatient treatment centers, and hospital inpatient treatment centers for drug addiction and even alcoholism (1).
- These programs are offered for both adolescents and adults (1).

### The Advances, Challenges, and Future Directions of MDMA/Ecstasy Research

- This is a type of international leadership program to help combat this particular public health problem.
- They bring together researchers to help discuss and investigate challenges about the drug that they have not yet accomplished.

- They are trying to advance in the science to help improve public health conditions.
- They are also trying to research and find out all of the answers to scientific questions that are still unknown such as other short term and long-term effects of this drug.

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