

ECSTASY BULLETS

A review of the medical literature indicates a repetition of various physiological and pathological observations associated with Ecstasy ingestion. The physiological correlates are related to dosage, frequency of drug ingestion, history of drug use, and polydrug abuse practices. It is also noted that Ecstasy drug use is idiosyncratic. Ingestion of a single dose (130 mg) of MDMA can cause serious medical complications for a first time user. An MDMA user with no previous adverse medical event may experience life-threatening conditions following further MDMA ingestion. It is unknown whether such adverse events are due to accumulated hepatotoxicity or neurotoxicity.

Below is a listing of affects and medical conditions associated with MDMA ingestion reported in the medical literature with a degree of frequency that indicates a degree of causal relationship

Immediate Effects:

- Elevation of mood for first day
- Feeling of euphoria and energy and desire to socialize
- Stimulatory effect and enhanced feeling of openness and solidarity
- Impulsivity and decrease in cognition, motor skills
- Memory decrements
- Euphoria, friendliness, closeness, and empathy
- Slight impairment in psychomotor tasks, and mild changes in body perception without hallucinations.
- Euphoria, central nervous stimulation, and feeling of closeness to mild visual hallucinations, impairment of cognition and coordination to serious reactions such as agitation, disturbed and bizarre behavior, and possibly psychosis.
- Hyperthermia (high body temperatures), dehydration

Short Term Effects (post use):

- Depressive mood mid-week (3-5 days post use)
- Impairment of attention and working memory tasks
- Rhabdomyolysis (muscle destruction)
- Hyperthermia, (high body temperatures)
- Hyponatremia (low blood sodium levels)
- Mood alteration, anxiety, aggression, impulsivity, and cognition
- Memory decrements

Unusual Acute Effects noted:

- Convulsive seizures
- Intracranial hemorrhages and cerebrovascular accidents
- Acute hyperpyrexia (109F) rhabdomyolysis, metabolic acidosis and respiratory failure
- Hepatotoxicity
- Suicidal ideation

Chronic Effects (dependent on dosage and frequency of drug use):

- Kidney and liver toxicity due to rhabdomyolysis
- Atypical and paranoid psychoses, depressions, panic disorder, depersonalization and behavior disorders.
- Psychosis, depression, panic disorder and impulsive behavior
- Memory decrements