

# Drugs that People Use and Misuse

## MDMA (Ecstasy, Molly)

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. Some might snort the powder. Others swallow it as liquid. Sometimes people take MDMA with other drugs like alcohol or marijuana.

Some slang names for MDMA are:

- Ecstasy
- Molly
- X
- E
- Love drug



Photo by Wikimedia Commons/[Ecstasy Monogram](#)

## Signs of MDMA Use

MDMA makes people feel very friendly and loving, but it has negative effects too. You can become moody or have sleep problems.

After people take MDMA, they might:

- feel dizzy
- have muscle cramps
- clench their teeth
- have a fast heart beat
- have high blood pressure
- feel very hot

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 you might have problems with your memory.

## Effects of MDMA on Brains and Bodies

These are just some of the problems MDMA can cause:

### Sickness

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

### Overheating

MDMA can make your body very, very hot.

### No Appetite

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

### Overdose

People can overdose on MDMA. Your body can get so hot that it can cause liver, kidney, or heart failure. In rare cases, you can even die.

### Addiction

You can become addicted to MDMA. Over time, it can change the way your brain works. If you stop using it, your body can get confused and you can start to feel really sick. This makes it hard to stop. This is called addiction.

If you are addicted to MDMA and try to quit the drug, you can feel:

- irritable
- nervous



Photo by © istock.com/[Lajos Rapasi](#)

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

- depressed
- very tired
- unable to focus
- like you need to take more MDMA

Fortunately, counseling can help someone with an MDMA addiction.

Remember that even if you get treatment, it can be hard to stay off the drug. People who stopped using MDMA can still feel strong cravings for the drug, sometimes even years later. This is normal. This is also why it's important to stay in treatment for as long as your doctor suggests.