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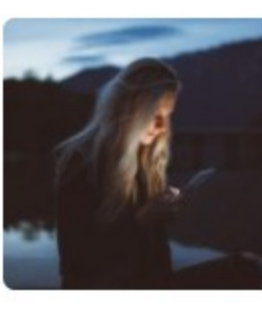
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What Happens To Your Body If You Abuse MDMA

Louisville Addiction Treatment Center - December 2, 2021

The drug MDMA, also known as Molly/Ecstasy, has been around for many years – and is very popular with party-goers. It was first synthesized in 1912, but it wasn't until the late 1970s that people started to use it more regularly. Since then, its popularity and the amount of addicts has grown incredibly.

Ecstasy was not widely used recreationally until the late 1970s and early 1980s, when younger people began taking it to dodge the tight prohibition of drugs such as cocaine and LSD. It is estimated that there are over 2 million users in the United States currently.

MDMA has a significant impact on the body, and of course, with the above facts in mind, it will be no surprise that people who abuse MDMA are going to need to seek help from a [rehab treatment center](#).

What Are the Physical and Mental Effects of Drug Ecstasy?

When you take ecstasy, your body goes through several changes. First, it affects your brain, which makes you feel happy and euphoric. MDMA causes your blood flow to quicken, and as such, increases the rate your heart, lungs, and muscles are working.

This can cause increased sweating, muscle tremors, and even nausea. However, if you consume too much of the drug, you lose control over your emotions and thoughts. At that point, you might experience anxiety, paranoia, or hallucinations.

Some people who have taken ecstasy say they experienced these effects after only one dose. Others report having to take multiple quantities before experiencing any side effects.

Suppose you notice any signs like sweating and disorientation in a loved one, or you yourself need treatment. In that case, it is essential to begin the process of [admission to a rehab treatment facility](#).

Are there Long-Term Side Effects of MDMA/Ecstasy?

Although most people enjoy the short-term effects of ecstasy, some experts believe that long-term effects can be harmful. We know that drugs and alcohol typically have a detrimental impact on our mental and physical health.

Other studies suggest that it could lead to memory loss, cognitive impairment, and even cancer. In addition, ecstasy can affect your cardiovascular system, causing high blood pressure, irregular heartbeat, chest pain, and fainting.

MDMA will leave a lasting impact on your mind and body for up to two weeks after you stop using the drug. Finally, if you drink alcohol while on ecstasy, you run the risk of getting liver disease.

What if I mix MDMA with other substances?

It's risky to mix MDMA with other substances or treatments. When MDMA is combined with alcohol, the danger of dehydration increases. When used with ice, speed, or cocaine, it raises anxiety and puts stress on the body, resulting in a stroke.

If you use MDMA while taking antidepressants, you may experience drowsiness, clumsiness, restlessness, dizziness, and a sense of intoxication. It also raises the possibility of an overdose.

Can you die if you take MDMA?

The consumption of MDMA can and has resulted in death. MDMA may impair the body's capacity to regulate temperature, especially when taken in active, hot environments (like nightclubs).

This might result in a rapid rise in body temperature (hyperthermia), which can result in kidney, liver, and heart failure, as well as death. It is not uncommon to hear of people who have tried MDMA for the first time and died.

How can I recognize an MDMA high?

When someone uses ecstasy, they show several obvious indicators of drug usage that are easily recognizable if people know what to look for. Both behavioral and physical changes might indicate an ecstasy addiction.

If you suspect somebody you love about is misusing ecstasy, keep an eye out for indicators of use and abuse. You may have other physical and emotional symptoms in addition to the ones described above, such as:

- Fatigue or lethargy – or a massive boost of energy
- Catching colds more often
- Hemorrhaging or excessive bleeding on cuts, noticeable bruising
- Insomnia
- Anxiety and memory loss, jittery behavior
- Paranoia
- Appetite loss
- Extreme mood swings
- Depression

If you see one or more of these signs, your loved one is probably misusing ecstasy regularly or maybe has an ecstasy addiction. It's [critical to get them treatment](#) as soon as possible to avoid long-term repercussions from the medicine. There are several risks associated with ecstasy usage since it produces immediate chemical alterations in brain circuits.

Can I go to detox or rehab for ecstasy addiction?

[Detox is a crucial component of therapy](#) since it is at this stage that ecstasy is removed from your body so that your system can reestablish its brain chemistry and relearn to function properly without the drug.

The detox procedure involves withdrawal symptoms that may be severe depending on the severity of your addiction, necessitating medical attention to relieve and avoid problems.

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