

# HEADS UP REAL NEWS ABOUT DRUGS AND YOUR BODY



## Rave Realities: The Truth About Club Drugs

Some teens go to all-night dances, called raves or trances. Some like to party at clubs. Many of the young people who are into the club and dance scene don't do drugs. But some do. They may be attracted to club drugs like MDMA (ecstasy) because they promise increased stamina for hours of dancing and intoxicating highs. But what these teens don't know may hurt, or even kill, them. Here are the facts on club drugs.

### MDMA (Ecstasy)

The so-called "love drug" can cause psychological problems like confusion, depression, sleep problems, and severe anxiety. MDMA can also cause physical difficulties, such as faintness, nausea, muscle tension, blurred vision, involuntary teeth clenching, and chills or sweating. MDMA can also cause severe overheating. In rare cases, this has led to death in MDMA users. Some side effects of MDMA don't go away when the drug wears off. Depressed feelings can emerge several days after MDMA is taken. Animal studies show that MDMA can cause brain damage; this may also occur in people.

### LSD

A hallucinogen, LSD causes extreme changes in sensory perceptions. Also known as acid, the drug produces physical effects including tremors, sleeplessness, dry mouth, dilated pupils, loss of appetite, and increased heart rate and blood pressure. People taking LSD may also lose touch with reality. For example, they may see or hear things that aren't there (hallucinations). They may also have bizarre or paranoid thoughts and act on them, causing injury to themselves or others. Users may also have perception problems, sometimes called flashbacks, that may come and go for a long time after they take LSD. For example, they may see trails of lights that aren't there or feel like the room is spinning.

### Methamphetamine

This highly addictive drug has many street names—speed, ice, chalk, meth, crystal, crank, fire, and glass. It's a stimulant with many serious health risks. Methamphetamine can cause memory loss, aggression, violence, psychotic behavior, heart problems, brain damage, stroke, and extreme anorexia. Scientists are investigating whether heavy, long-term methamphetamine use contributes to a permanent loss of muscle control that includes shakes and tremors. This drug can kill in many ways; for example, by causing convulsions, dangerously high body temperature, and disabling heart and lung function.

