

Questions and Answers

Question 1

Q: Is ecstasy a man-made substance, or is it a naturally occurring drug?

A: Ecstasy is synthetic (man-made).

Question 2

Q: True or false- the best strategy to cope with the unpleasant feelings associated with coming down from ecstasy is to smoke cannabis.

A: False – When a person is coming down from ecstasy the best strategy is to simply rest and give their body and mind time to recover from using. It is not advisable to smoke cannabis to prevent the horrible feelings that may occur when a drug is wearing off (i.e., the come down).

Question 3

Q: Will two ecstasy pills with the same logo and colouring always have the same ingredients in them?

A: No, there is no way of knowing the ingredients in any ecstasy tablet; one tablet can vary from the next even if they have the same colouring and logo. For example, as soon as news gets out there is a popular pill with a particular logo, then the illegal manufacturers just copy that logo onto any pill so it will sell. It could be a bad pill. A person has no way of ever knowing.

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Question 4

Q: After ecstasy wears off, a neurotransmitter in the brain (which is a chemical that allows messages to move throughout the brain) called serotonin becomes depleted and the user may feel d_____ and a_____.

A: Depressed and anxious.

Question 5

Q: List four possible long-term harms related to ecstasy use:

- A:
- Relationship problems
 - Financial stress
 - Mental health problems
 - Physical health problems

Question 6

Q: List four possible short-term harms related to ecstasy use:

- A:
- Injury
 - Depression or anxiety when 'coming down'
 - Overheating
 - Dehydration

Question 7

Q: True or false- when coming down from a drug, you should take something to help get you over the depressive or anxious feelings you may experience.

A: False - you should not mix drugs to get over feelings of depression and anxiety when you 'come down' from taking a drug. There is a chemical reason for why you feel the way you do and you should not complicate the recovery process through the use of other drugs.

Questions and Answers

Question 8

Q: Can you become addicted to ecstasy?

A: Addiction to ecstasy is not likely. A very small minority of people become addicted to ecstasy. Although, there is evidence that with increased use of ecstasy people can become tolerant to its effects (i.e., they need to take higher doses of ecstasy to achieve the same effect). When people take higher doses, they often experience more of the negative, rather than the positive effects from ecstasy, and for this reason people often cease or moderate their use.

Question 9

Q: Can you die from taking ecstasy?

A: Yes, people have died from taking ecstasy but it is very rare. The majority of ecstasy related deaths have not been caused from 'poisoning' by the drug, but by a combination of using the drug and other circumstances in which it is used. For example, using ecstasy in a hot, crowded place may result in death by overheating or dehydration. A few people have also died from drinking too much water after taking ecstasy. When a person drinks too much water it affects the levels of salt and other minerals in the blood and can then cause the brain to swell, which can lead to a coma and possibly death. It is important that water is sipped and not drunk in excessive quantities.

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Question 10

Q: When someone is taking ecstasy, why is it important for them to stay cool?

A: Ecstasy has a direct effect on your body's ability to control temperature, so your body temperature increases no matter what you are doing. If a person takes ecstasy in a crowded and hot environment, like a party or dance party, this can greatly increase the risk of overheating. In addition, when a person takes ecstasy with other drugs which also dehydrate the body, especially speed and alcohol, this increases the risk of both dehydration and overheating which can lead to very serious consequences.

Question 11

Q: List 4 signs of overheating and dehydration.

A:

1. Starting to feel very hot, unwell and confused
2. Not being able to urinate or noticing that your urine is thick and dark
3. Not sweating even when you're dancing
4. Fainting, collapsing or convulsing

Question 12

Q: Is it possible to drink too much water when on ecstasy?

A: You would have to drink a lot of water for this to happen. A few people have died after drinking too much water when taking ecstasy. When you drink too much water, such as more than 1 litre per hour, you dilute the levels of salt and other minerals in the blood so much that it causes the brain to swell. This can lead to coma and possibly death.

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Question 13

Q: If your friend has taken ecstasy and they seem to be getting too hot, what could you do to help?

A: Any/all of the following:

- Stay with them
- Move them to a cooler quiet area (outside is often best)
- Remove excess clothing and try to cool them down
- Encourage them to sip non-alcoholic fluids like water or soft drinks
- Take them to the first-aid area if in an organised venue
- If symptoms persist, call an ambulance, but make sure someone stays with them
- *Note:* If they're slipping in and out of consciousness, don't attempt to give them fluids as they can easily choke. Put the person in the recovery position and call the ambulance immediately.

Question 14

Q: True or false- methamphetamine is stronger than amphetamine?

A: True. Methamphetamine is stronger than amphetamine.

Question 15

Q: Is methamphetamine natural?

A: No. Methamphetamine is a synthetic or man-made stimulant drug.

Questions and Answers

Question 16

Q: List 4 names that methamphetamine is sold under.

A: Any of the following:

- speed
- meth
- ice
- crystal meth

Question 17

Q: Speed is usually found in what form?

A: Powder.

Question 18

Q: In what ways can speed be used by a person?

A: Speed can be snorted, injected or taken orally.

Question 19

Q: True or false- 'ice' is more addictive than 'speed'.

A: True. Ice is about 80% pure, compared to speed, which is about 10-20%.

Although some people prefer ice because it gives a stronger high and lasts longer, the side effects are stronger and it can cause greater agitation, worse come downs and it is very addictive.

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Question 20

Q: True or false- ice can be made from drugs in cold and flu tablets?

A: True. Some of the ingredients in cold and flu tablets can be used in the preparation of ice. For this reason, when you buy cold and flu tablets from a pharmacy they now keep a record. This is a way of trying to prevent people from getting large quantities to make ice.

Question 21

Q: True or false- people who inject methamphetamine are more likely to be addicted than users who snort or swallow methamphetamine?

A: True. Injectors are almost five times more likely to be addicted than people who snort or swallow methamphetamine. They are also much more likely to suffer from both physical and mental problems related to the drug use than people who don't inject.

Question 22

Q: What risks are associated with injecting drugs?

A: Injecting drug users are at risk of getting Hepatitis C or other blood born viruses (hepatitis B and HIV). Over half of the injecting drug users in Australia are estimated to have hepatitis C. HIV is less common (<3% of injecting drug users has HIV). Injecting any drug can cause problems with your veins. Thrombosis can also occur – that is when the veins get blocked. Thrombosis is serious.

Questions and Answers

Question 23

Q: Is methamphetamine a stimulant or depressant?

A: Stimulant. Methamphetamine stimulates the central nervous system (CNS) and speeds up the messages going between the brain and the body. These drugs typically increase energy, heart rate and appetite.

Question 24

Q: Name 5 short-term effects of methamphetamine?

A: Any of the following:

- A sense of well-being
- Increased alertness
- Rapid and irregular heart beat
- Sweating, dilation of pupils
- Feeling anxious

Question 25

Q: What feelings are associated with 'coming down' after methamphetamine use?

A: Any of the following:

- Feeling irritable and down
- Depression – this can last from a few hours to a few days
- Lethargy and paranoia
- Not being able to sleep because of feeling 'wired' and agitated

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Question 26

Q: What are two of the possible symptoms of methamphetamine psychosis?

A: Delusions- These are false and unrealistic beliefs. An example of a delusion would be someone believing that an alien is chasing them and is going to poison them.

Hallucinations- These occur when a person thinks they can either hear, feel, touch or see something that is not there. An example of a hallucination would be someone believing that the television is talking to them.

Question 27

Q: List four symptoms of methamphetamine intoxication?

A: Any of the following:

- Sweat/clammy skin
- Dilated or large pupils
- Agitation
- Talkativeness

Question 28

Q: Of all young people aged between 14 to 19 years of age, how many have used methamphetamine in the past year?

A: 1.6%