

Should I worry about Ecstasy? Yes! Here's the latest on "E" in BC:

1. **If you took "E" and feel sick or overheated, don't wait! Go to a hospital.** By the time some people got there, it was too late and they died. (You won't get arrested!)
2. **"E" is almost ALWAYS a combo drug.** You never know what's in it. One tab tested had: MDMA (Ecstasy), meth, coke, ketamine, DMP, and TFMPP ("Legal X"). **PMMA is in "E" too, and it may have been there a while.**
3. **PMMA (a toxic meth chemical) has been found in people who died taking so-called "E".** Even by itself, "E" can cause dangerous body overheating. Overheating can cause seizures, brain damage, or death. **PMMA can block the "E" high so people take more and overheat more easily.**

E + PMMA = more toxic

4. **Even 1 or 2 tabs can be a problem.** Some people's bodies just can't handle even one tab. Taking several tabs at once or over a few hours can really be bad.
5. **Using other drugs** (booze, prescription or street) at the same time **makes toxic effects worse.**
6. **If you take "E", always have someone sober with you** to take you to hospital **right away** if you get sick or overheat.
7. **Best idea? Don't do "E", especially right now. Remember, you never know what you are really taking.**

(Info from BC Drug & Poison Info Centre and BC Coroner Service)

(Source: John Carsley MD, VCH MHO, January 13, 2012©)