

Marijuana

What is Marijuana?¹

Marijuana comes from the dried flowers of the hemp plant, Cannabis Sativa.

- Other names for marijuana are weed, herb, pot, grass, bud, dope, and Mary Jane.
- When smoked, THC (a chemical in the plant) goes to the brain and other organs.
- THC can change how the mind and body work.

Marijuana & Health

- Marijuana smoke has over 450 chemicals, many that can cause cancer.²
- Marijuana burns 16 times hotter than tobacco.³
- Users often breathe in deep, keep smoke in long, and do not use filters.⁴
- This can harm the lungs.
- Marijuana smoke has toxins that can harm non-users.⁴



Short-Term Effects¹

Users may have short-term changes with:

- Mood
- Memory
- Sight, sound, time, touch
- Problem-solving
- How the body moves
- Heart rate

Long-Term Effects^{1,2,5}

Regular, long-term users may have:

- Daily cough and mucus
- Colds and flu more often
- Severe nausea and throwing up
- Lung infections
 - Comes from mold on the hemp plant that gets in the lungs via smoke
- Fertility issues like:
 - Changes in a woman's period
 - Less healthy sperm for men
- For teens who use often, marijuana may affect how the brain develops

1. National Institute on Drug Abuse. (2018). Marijuana.
2. American Thoracic Society. (2013). Smoking Marijuana and the Lungs.
3. Stevens, P. & Smith, R. Substance Abuse Counseling: Theory and Practice. Fifth Edition.
4. American Lung Association. (2015). Marijuana and Lung Health.
5. University of Washington, Alcohol and Drug Abuse Institute. (2015). Marijuana and Reproduction/ Pregnancy.
6. National Institute on Drug Abuse. (2018). Marijuana. Retrieved 8/7/18 from: <http://www.drugabuse.gov/publications/drugfacts/marijuana>
7. American Thoracic Society. (2013). Smoking Marijuana and the Lungs. Retrieved 8/7/18 from: <https://www.thoracic.org/patients/patient-resources/resources/marijuana.pdf>

8. Stevens, P. & Smith, R. Substance Abuse Counseling: Theory and Practice. Fifth Edition. Pearson, 2012. Print.
9. American Lung Association. (2015). Marijuana and Lung Health. Retrieved 8/8/18 from: <http://www.lung.org/stop-smoking/smoking-facts/marijuana-and-lung-health.html>
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