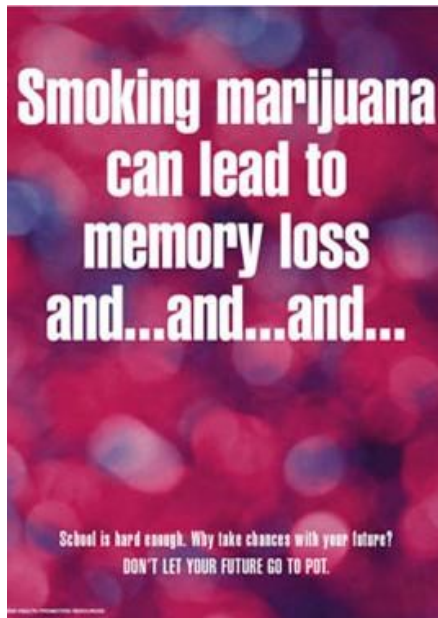


## Effects of marijuana

- Physical effects:
  - Dry mouth
  - Nausea
  - Headache
  - Decreased coordination
  - Increased heart rate
  - Reduced muscle strength
  - Increase appetite
- Short term effects
  - Memory loss
  - Difficulty focusing
  - Panic and anxiety
  - Food cravings
  - Hallucinations
  - Mood swings
- Mental effects:
  - Anxiety
  - Paranoia
  - Confusion
  - Anger
  - Hallucinations
  - Tiredness
  - Possible
  - Suicidal thoughts
- Long term effects
  - Respiratory problems
  - Depression
  - Lowered immune systems
  - Higher risk for abuse of other drugs
  - Cancer



## Facts and Myths About Marijuana Effects of Marijuana



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## Facts and Myths About Marijuana

- **Fact: Marijuana is addictive.**

The active ingredient in marijuana, THC. THC causes the release of the dopamine, which creates a feeling of pleasure. This effect is partly responsible for the high a person feels when they smoke marijuana. It is one of the main reasons people use marijuana again and again, which can lead to addiction. 1 in 6 teens who use marijuana will become addicted. 1 in 11 adults who use marijuana will become addicted.

- **Fact: Marijuana use can negatively affect your performance in school and athletics.**

THC affects a part of the brain called the hippocampus, which is critical for processing and storing new information, making it difficult to learn. THC also affects attention, impairing your ability to do complex tasks that require focus and concentration. These effects can last even after the high is long gone, especially for frequent users of marijuana, and that can make it harder for them to do well. THC also affects parts of the brain that control timing, movement, and coordination. This not only diminishes athletic performance, but also puts you at risk for serious injury.

### SMOKING MARIJUANA CAN HURT YOUR ABILITY TO . . .

- concentrate
- remember what you learned
- focus on projects or tasks
- react quickly while driving
- perform in sports owing to effects on coordination

- **Fact: Driving under the influence of marijuana is dangerous**

The parts of your brain that control your alertness, concentration, coordination, judgment, and reaction time are affected by THC. These are the skills you need to drive safely. Marijuana is the most common illegal drug found in the systems of drivers who die in car accidents.

- **Fact: Marijuana effects the brain**

Marijuana affects brain development when used by young people. Its effects on thinking and memory may last a long time or sometimes be permanent. Marijuana users who began using in adolescence revealed reduced connectivity among brain areas responsible for learning and memory. Teen users lose an average of 8 IQ points and even after stopping usage cognitive abilities are not always fully restored

- **Myth: Marijuana is safe to use because it is plant**

Not all plants are safe to use because it's a plant. Oleander, Ficus, and Lily of the Valley are some of the hundreds of plants that are poisonous. Heroin, cocaine, cyanide and strychnine are all harmful substances made from plants.

- **Myth: Marijuana isn't as Bad as Cigarettes**

Pot actually contains many of the same cancer causing chemicals found in tobacco. Smoking marijuana may increase your risk for cancer more than smoking tobacco. Marijuana smoke contains more than 400 chemicals.

- **Myth: Marijuana is Harmless**

Regular marijuana use has been associated with long term and short term problems and can lead to physical and mental problems.

Here's what you need to know about Marijuana and **Brain Development**

Teens who use marijuana are more likely to have on-going problems with attention, learning, and the ability to quickly process information.

