

# MARIJUANA

## What is Marijuana?

- A dry, shredded green/brown mix of flowers, stems, seeds, and leaves from the hemp plant
- Most commonly abused illicit (unlawful) drug in the United States

## How is Marijuana Abused?

- Smoked as a cigarette (joint), or in a pipe/blunts
- Mixed in food (edibles) or brewed as a tea
- Smoking oils from the plant (“dabbing”)
- Using electronic vaporizers (“vaping”)

## How does Marijuana Affect the Brain?

- Acts upon specific brain receptors that lead to the high – passing from the lungs into the bloodstream
- Causes difficulty in perception, coordination, thinking, problem-solving, learning, and memory

## Addictive Potential for Marijuana?

- Long term marijuana use leads to addiction — 9% of users become addicted.

## Marijuana and Mental Health Correlation

- Chronic (long-lasting) marijuana use is associated with increased rates of anxiety, depression, and schizophrenia

## Other Harmful Effects of Marijuana

Marijuana affects both the heart and lungs in the following ways:

- Heart rate increases by 20 to 50 beats per minute shortly after smoking
- Risk for heart attack increases in the first hour after smoking marijuana
- Respiratory problems: daily cough and phlegm and increased risk of lung infections
- May increase cancer risk

## How Marijuana Affects Daily Life

- Marijuana impairs physical/mental health, cognitive abilities, social life, and career status
- Increases work problems—absences, tardiness, and accidents

## What Treatment Options Exist for Marijuana Users?

- Counseling treatments (cognitive behavioral therapy and motivational interviewing)
- No medications are currently available

## Can Marijuana Be Used as Medicine?

- Marijuana contains ingredients that can help relieve pain, decrease nausea, stimulate appetite, and decrease fluid pressure inside the eye
- Scientists continue to investigate the medicinal properties of marijuana to help patients



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