



Did you know?

- Marijuana can impair driving!
- Driving while under the influence of marijuana is just as dangerous as driving after drinking alcohol.

What to expect when cutting back or quitting:

- Your doctor or behavioral health specialist can help you set up a plan.
- Change takes time.
- You will need support.
- You may have some withdrawal symptoms.
- Contact your doctor if you have any medical concerns.

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MARIJUANA



al-sbirt

Marijuana

The active ingredient in marijuana is delta-9-tetra-hydrocannabinol also known as **THC**.



THC changes the way your brain works. You may not notice the changes, but marijuana may be affecting everyday things.

Marijuana can:

- Change how we experience events
- Slow reactions or lower coordination
- Make problem solving and concentration difficult
- Cause problems with learning and memory

Does my marijuana use lead to:

- Missing work or being late to work?
- Problems at work, including accidents or fights?
- Fights or arguments with family or friends?
- Money issues or financial concerns?
- Arrests or legal problems?
- Using before important events?
- Needing more to feel high?

EFFECTS OF MARIJUANA

- Brain** (during use)
- Short-Term Memory Problems
 - Lowers Judgment and Processing Skills
 - Learning Skills Impaired

- Alertness**
- Excessive Drowsiness
 - Less Coordination
 - Slower Reaction Time

- Heart** (During Use)
- Higher Heart Rate

- Lungs** (Heavy Smoking)
- Increased Risk for Several Breathing Problems

- Stomach**
- Possible Weight Gain due to Increased Appetite or “Munchies”

- Diabetic Concern**
- If Binge Eating After Use, Blood Sugar Can Be Affected

- Feelings**
- More Anxiety/Panic
 - Worsen Depression
 - Lower Pleasure

- Immune System**
- Worsen Breathing-Related Allergy Symptoms due to Smoking

Symptoms you may have because of marijuana smoking:

- Coughing
- Extra Phlegm
- Getting Colds or Bronchitis
- Trouble with Blood Sugar (After Binge Eating Which Often Follows Marijuana Use)