

Effects Of Marijuana

MARIJUANA AND THE BRAIN

Active chemicals in marijuana can negatively affect the parts of the brain responsible for memory, thinking, concentration, coordination, balance, reaction time, and sensory and time perception. (National Institute on Drug Abuse, 2012).

Link between marijuana use and depression, anxiety, suicidal thoughts and attempts, psychosis (mental illnesses, short or long term, that cause hallucinations and delusions), and schizophrenia and personality disturbances, including anti-social behavior.

MARIJUANA AND MENTAL HEALTH

MARIJUANA AND DRIVING

Marijuana affects the parts of the brain that control depth perception, motor coordination, and reaction time, much like alcohol. Not a good mix behind the wheel.

A state where the use of marijuana can lead to apathy and passivity. The syndrome results in missed classes, poor academic performance and increased risk of academic discipline. Heavier users are more likely to experience this syndrome.

AMOTIVATIONAL SYNDROME

EDIBLES

Marijuana-infused products (edibles) come in many forms – mints, candy, baked goods, even sodas. The THC (tetrahydrocannabinol – one of the active substances in marijuana) concentration can vary widely, and product labeling only provides a rough estimate. While a user can feel the effects of smoking pot within a minute or so, it takes anywhere from 30 minutes to two hours with edibles. The “high” typically tends to last longer with edibles.

Marijuana suppresses gag reflex and nausea. Adding alcohol can lead to poisoning. Marijuana can dangerously increase the heart rate resulting in heart attacks. (Mittleman, M. A. et al., 2001). Marijuana smoke can cause lung irritation, coughing, and respiratory illness much like tobacco. One joint can equal 5 to 7 cigarettes because it's unfiltered, and the smoke is pulled in much deeper and held in much longer. Heavy, long-term use of marijuana decreases testosterone levels in males, and can lead to a decreased libido and impotence (UpToDate, 2013). Marijuana use can decrease your quality of sleep, which affects memory, mood and lowered immune support. Munchies can lead to weight gain.

MARIJUANA AND THE BODY

MARIJUANA AND ADDICTION

Long-term heavy use of marijuana, especially in people who start at a young age, can lead to addiction. Withdrawal symptoms can include irritability, trouble sleeping, decreased appetite, anxiety, and cravings. It takes far longer to experience the initial withdrawal symptoms, with the total detox time being anywhere from several weeks to almost a year, depending on age of onset, frequency and amounts/concentrations of use. This is very different than the withdrawals and detoxing associated with alcohol, other drugs or tobacco.

“Dabbing” means using very potent, concentrated forms of marijuana hash oil. It comes in other forms besides oil, including shatter (thin, hard, shiny brown slabs), and wax (sometimes called earwax or budder). THC content ranges from 70-90 percent and may increase the risk of panic attacks, anxiety, psychosis, and other mental health conditions.

WHAT IS “DABBING”

STRESS REBOUND

Rebound anxiety happens when you stop using marijuana, and your anxiety rebounds to a higher level. This anxiety could lead to sweating, panic or increased feelings of worry, irritability, and fear.