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 nonusers.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.

Call for FREE help to quit smoking! 1-800-300-8086

⁵ University of Washington (2015). Marijuana, Reproduction, and Pregnancy.











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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.