

# Get Straight on the Facts



Some

## Dry mouth and throat

**Increased appetite  
("munchies")**

**marijuana**

use are:

don't smoke marijuana.

PB-DA62 or visit [www.ESPublish.com](http://www.ESPublish.com)

~~ISBN 1-56230-539-5~~

Yes, it is true. Marijuana is approximately 7-10 times stronger today than it was in the Sixties.

tobacco cigarettes.

## other types of cancer?

200

## Can using marijuana

## be additive?

unborn child?

unborn child.

and respiratory system.





# what is marijuana?

Marijuana is an illegal drug. Derived from the hemp plant, also known as Cannabis sativa, marijuana has a greenish-brown, shredded, dried-leaf appearance. Some of its street names are pot, herb, reefer, weed, bud, dope, grass, homegrown, ganja, and Mary Jane. Whatever the name, marijuana is a dangerous and understated drug, containing over 400 harmful chemicals, including tar and carcinogens, cancer-causing substances.



## The Straight Facts on

# marijuana

### If You Use, You Lose

Using marijuana is not only harmful to your health but to your freedom. If you use, sell, or even possess marijuana you are breaking the law and could be imprisoned for long-term sentences and fined thousands of dollars.

Freedom and money may not be the only things you lose. Marijuana purchased on the street or supplied by someone else could contain other dangerous drugs, like PCP or contaminants, such as herbicides, that could be immediately fatal.



### If Not Today, Tomorrow...

Marijuana use can cause serious health complications, possibly resulting in shortening your life-span, as well as diminishing your quality of life.

While almost everyone knows how bad smoking tobacco cigarettes is, and that they are the leading cause of lung cancer, smoking marijuana is five times more harmful to the lungs.

Whether marijuana is smoked in a rolled-up cigarette form, known as a joint, or loosely

out of a pipe or bong, or orally ingested, it is still harmful and can produce dangerous physical and mental side effects.

### How Can A Plant Be So Dangerous?

Delta-9-tetrahydrocannabinol (THC) is the main mind-altering chemical in marijuana. When marijuana is used, it enters the bloodstream and is eventually stored in fatty tissues of the body – the brain, reproductive organs, liver, lungs and spleen. THC damages these tissues, and hinders normal body functions.

While in the brain, THC widens the gaps between nerve cells, causing a decrease in the transmission of impulses. Over time this can result in speech problems, memory loss, and confusion. It also kills brain cells.

### Benefits?...

There aren't any benefits of using marijuana. These are all possible outcomes of marijuana use, even from one time.

- Cardiac arrhythmias, or irregular heartbeats
- Tightness in chest, and difficulty in breathing
- Severe anxiety and panic attacks
- Delusions
- Possible psychotic episodes

### Some Health Problems From Long-Term Use Include:

- Respiratory damage and illness, including emphysema and bronchitis
- Immune system cell and tissue damage
- Disruption of the normal menstrual cycle
- Disruption of sperm production and impotence
- Infertility for both males and females
- Hormonal imbalances
- Inhibition of puberty
- Addiction

### Getting High Is A Real Downer

Persons who use marijuana often become depressed and suffer from a loss of motivation and interest in life. This can be especially harmful during teen years when goals and decisions are an important part of growth and planning for the future.

This overall disinterest in doing anything, combined with a loss of short-term memory, and difficulty in completing thought processes is referred to as "burnout". A decline in school and work performance can be signs of burnout, in which there is a lack of motivation, ambition, and ability to carry out plans.

Clinical mental problems that are treated due to marijuana use include

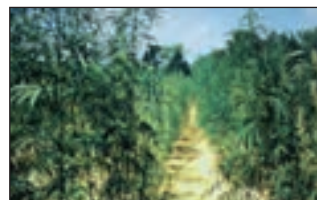
depression, hallucinations, anxiety, paranoia, and mental addiction.

### Does It Go Away?

After the high has worn off, the user's vision and coordination can be affected for at least 4-6 hours. Traces of THC can be found through urine testing up to a week or even 30 days after use, even though this chemical can be stored in the body's fatty tissue for months.

### Treatment

While there are currently no medications to treat marijuana dependency, treatment programs focus on counseling and group support systems. Community resource centers have access to information about support groups for adults while school counselors may provide specific information about treating teenage marijuana use.



Don't Be A Dope.  
Don't Smoke Marijuana.