HOW DOES MARIJUANA WORK?

The main compound that is mind-altering is tetrahydrocannabinol (THC).

When marijuana is consumed, it releases compounds that alter certain areas of the brain.

MARIJUANA'S EFFECTS ON THE BRAIN AND BODY LAST ABOUT THREE HOURS.

SHORT-TERM PHYSICAL EFFECTS

While under the influence, users may experience the following:

- Abnormal increase in heart rate
- Red and dry eyes
- Dry mouth
- Sensation of changes in skin temperature
- Relaxation of muscles

SHORT-TERM MENTAL EFFECTS

Marijuana use can result in:

- Distorted time and depth perception
- Inability to concentrate
- Anxiety/Paranoia
- Hallucinations or psychedelic effects
- Unable to perform simple tasks

ADDICTION

LONG-TERM USE CAN RESULT IN MARIJUANA USE DISORDER

The inability to stop using marijuana even though it's causing health and social problems.

The risk is greater in individuals who start using marijuana during youth or adolescence and who use marijuana frequently.

LUNGS

SMOKING MARIJUANA CAN LEAD TO:

- Wheezing, asthma, shortness of breath
- Damaged lung tissue
- Increased risk of bronchitis
- Suppressed immune system and a greater chance of a lower respiratory tract infections

Smoke from marijuana has many of the same toxins, irritants and cancer-causing chemicals as tobacco smoke.

HEART

EFFECTS OF MARIJUANA ON THE HEART CAN INCLUDE:

- Increased heart rate and blood pressure
- Higher chance of stroke, heart disease, and other vascular diseases
- Greater chest pain when the heart is under stress

THERE ARE STILL MANY UNKNOWNS ABOUT THE EFFECTS OF MARIJUANA ON THE HEART.

BRAIN

The impact of marijuana use on the brain depends on many factors, including:

- Amount of THC (concentration or strength)
- How often it is used
- Whether other substances (tobacco and alcohol) are used at the same time

USING MARIJUANA BEFORE AGE 18 MAY AFFECT HOW THE BRAIN BUILDS CONNECTIONS FOR FUNCTIONS LIKE ATTENTION, MEMORY, AND LEARNING.

Those who use marijuana, particularly at an early age, are more likely to develop long-lasting mental disorders.

LONG-TERM EFFECTS

Long-term cannabis users can experience deficits in learning and processing speed. The more frequently an individual used marijuana, the greater the resulting cognitive impairment.

Using marijuana during adolescence or young adulthood, when the brain has yet to develop fully, is especially likely to produce long-term negative effects.

THE IMPACT OF MARIJUANA ON COGNITIVE IMPAIRMENT WAS FOUND TO BE GREATER THAN THAT OF ALCOHOL OR TOBACCO USE.