

Marijuana and CBD

What is marijuana and what are the risks of using it?

Marijuana is a psychoactive drug derived from the Cannabis sativa plant with the main compound *THC* believed to be the primary ingredient producing the psychoactive effect.

- Most marijuana is smoked as a rolled cigarette (a joint), in a pipe, or a bong.
- Marijuana is also mixed with food, candies, and oils (CBD), or brewed in tea.



Impairs your memory.

Using marijuana can affect your memory, learning, concentration, and attention. Other effects include difficulty with thinking and problem solving.

Affects your performance.



Using marijuana can lead to worse educational outcomes. Compared with teens who don't use, students who use marijuana are more likely not to finish high school or get a college degree.

Cannabidiol (CBD)

There is ongoing research on the use of CBD-containing products for conditions such as epilepsy, PTSD, Tourette's disorder, pain, and other diagnoses. For now, the use of CBD is only FDA-approved in children for specific forms of epilepsy and in adults for chemotherapy induced nausea and vomiting. Currently, there is not enough evidence to recommend CBD for other uses, in children and adolescents including the treatment of autism and other developmental disorders.

Marijuana use among teens:

Many teenagers try marijuana and some use it regularly:

- Teenage marijuana use is at its highest level in 30 years, and today's teens are more likely to use marijuana than tobacco.
- While some states allow recreational marijuana use for adults, recreational marijuana use by children and teenagers is not legal anywhere in the United States.
- Other names used to describe marijuana include weed, pot, spliffs, or mary jane.

Lowers brain power.

Marijuana affects your brain development. Use by adolescents has been linked to a decline in IQ scores — up to 8 points! Those are points you don't get back, even if you stop using.



Additional Resources:

[Marijuana Facts for Teens](#)

[World Health Organization](#)

[National Institute on Drug Abuse](#)



COALITION for a
HEALTHY MIDDLETOWN

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Can you become addicted to marijuana?



1 in **10**

Risk of addiction.

About **1 in 10** people who use marijuana may become addicted to marijuana — and **1 in 6** when use begins before age 18.

What are the health risks of using marijuana?

Marijuana use can have various side effects that have a lasting effect on the body:

impaired judgement

THC alters the way you process information, so your judgment may be impaired.

increased dopamine release

Marijuana triggers the release of dopamine in your brain, giving you the infamous high feeling. Dopamine can also heighten your sensory perception.

increased or decreased anxiety

The impact of marijuana on anxiety differs from person to person. Some people say marijuana helps them relax. Others say that their anxiety worsens.

glaucoma relief

Marijuana can lower pressure within the eyes and relieve symptoms of glaucoma for a short time.

red eyes

The THC in marijuana can cause red eyes. This is due to the blood vessels in your eyes expanding.

accelerated heartbeat

Smoking marijuana causes an almost immediate jump in your heartbeat that can last for hours.

the munchies

Marijuana stimulates the appetite, which can be useful for people being treated for cancer or AIDS. However, if you're watching your weight, this side effect may not be desirable.

reduced nausea and vomiting

People being treated with chemotherapy may benefit from using marijuana to reduce side effects such as nausea and vomiting.

pain relief

Marijuana may temporarily help relieve pain and inflammation in the body.

withdrawal symptoms

There's a small possibility of becoming addicted to marijuana after long-term use. When you stop using it, you may experience

memory problems

THC changes how information is processed in a part of your brain called the hippocampus. It can affect your ability to form fresh memories.

increased or decreased depression symptoms

Marijuana may ease certain symptoms of depression, but withdrawal may advance feelings of depression.

trouble for the developing brain

Babies whose mothers use marijuana while pregnant may develop problems with memory and concentration.

burning mouth

When smoking marijuana, it's possible to burn your mouth and throat.

bronchitis

Frequent smoking can irritate your bronchial passages and increase your risk of bronchitis.

phlegmy cough

If you smoke marijuana often, you're likely to cough and produce a lot of phlegm.

lung irritation

Marijuana smoke contains a mixture of toxic chemicals and carcinogens that can irritate your lungs, similar to tobacco smoke.

increased lung cancer risk

Smoking marijuana may lead to long-term lung problems, such as cancer.

weakened immune system

THC might harm your immune system, making you more vulnerable to illness.

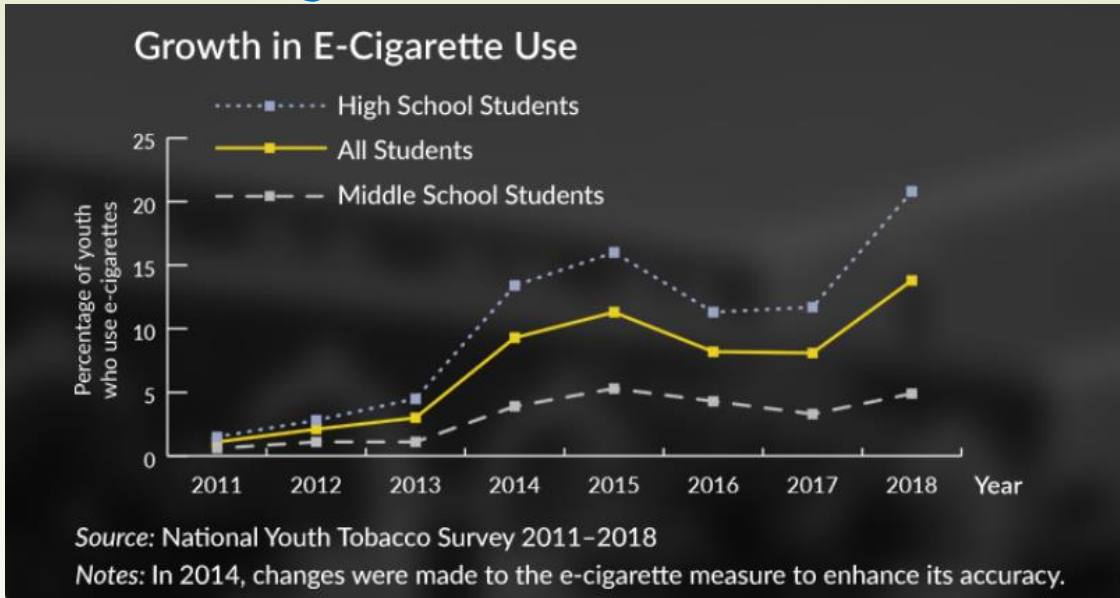
slowed reaction time

Marijuana affects your balance and coordination. Your reflexes may be slower than usual, affecting things such as your ability to drive.

decreased risk of tumor growth

Research suggests that THC, an active ingredient in marijuana, may interfere with tumor growth as it's carried throughout your bloodstream. However, it's still unclear if there's a direct connection yet between marijuana use and tumor risk.

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How can you tell if using marijuana is a problem for you?

Cannabis Self-Assessment

The Cannabis Use Disorder Identification Test – Revised (CUDIT-R)

Have you used any cannabis over the past six months? **YES / NO**

If **YES**, please answer the following questions about your cannabis use. Circle the response that is most correct for you in relation to your cannabis use over the past six months:

1.	How often do you use cannabis?	Never 0	Monthly or less 1	2-4 times a month 2	2-3 times a week 3	4 or more times a week 4
2.	How many hours were you “stoned” on a typical day when you had been using cannabis?	Less than 1 0	1 or 2 1	3 or 4 2	5 or 6 3	7 or more 4
3.	How often during the past 6 months did you find that you were not able to stop using cannabis once you had started?	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
4.	How often during the past 6 months did you fail to do what was normally expected from you because of using cannabis?	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
5.	How often in the past 6 months have you devoted a great deal of your time to getting, using, or recovering from cannabis?	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
6.	How often in the past 6 months have you had a problem with your memory or concentration after using cannabis?	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
7.	How often do you use cannabis in situations that could be physically hazardous, such as driving, operating machinery, or caring for children:	Never 0	Less than monthly 1	Monthly 2	Weekly 3	Daily or almost daily 4
8.	Have you ever thought about cutting down, or stopping, your use of cannabis?	Never 0	Yes, but not in the past 6 months 2		Yes, during the past 6 months 4	

Scores of 8 or more indicate hazardous cannabis use.

Scores of 12 or more indicate a possible cannabis use disorder, for which further intervention may be required.