

My goal is to...

feel anxiety, panic, manic and psychotic: It's well known that using cannabis can cause temporary psychotic/hallucinatory symptoms but scientists are just beginning to learn the long term effects of THC on our moods. We now see a clear link between THC and becoming psychotic, we know how cannabis use may make bipolar symptoms worse, and it looks like marijuana use can even cause mania symptoms (Gibbs, Winsper et al. 2015, Gunn, Rosales et al. 2015).

damage my lungs: Long-term regular use of even 1 joint per month causes changes in lung tissue and higher rates of bronchitis and inflammation (Joshi, Joshi et al. 2014).

have heart problems: Right after using marijuana, heart rate speeds up and risk of having a heart attack increases five-fold (Hall and Degenhardt 2009).

lose my coordination: Regions of the brain that coordinate movement, especially for "eye-hand" skills like sports and driving, shut down after using THC. This becomes more pronounced in regular marijuana users (Weinstein, Brickner et al. 2008).

have difficulties thinking: Use any form of THC—plant or synthetic/medical—as a teen or young adult, and lose an average of eight IQ points by the time you're 38. These lost mental abilities didn't fully return in those who later quit marijuana (Meier, Caspi et al. 2012).

get into car wrecks: Even very low blood levels of THC cause impairment (Harder and Rietbrock 1997). With half to three-fourths of "under the influence" traffic cases testing positive for very low blood levels of cannabis (THC)—levels that may still be there 24-48 hours after use—several European countries have enacted "zero tolerance" for driving with detectable blood THC residues (Senna, Augsburgers et al. 2010, Steentoft, Simonsen et al. 2010). Need to drive to work in the morning? Don't do drugs tonight.

have low birth-weight babies: Marijuana easily crosses the placenta to the new fetus and is found in breast milk. Harmful effects to the unborn and newly born include poor fetal growth, stillbirth and preterm birth (Saurel-Cubizolles, Prunet et al. 2014, Metz and Stickrath 2015). Remember, THC stores in fat tissues and will be released a very long time even after marijuana use stops.

go through drug withdrawal: Yes, marijuana is addictive—one in ten users develop an addiction. Withdrawal symptoms include insomnia and depression (Hall and Degenhardt 2009).

...said no one, ever.

Where's your life going?



MARIJUANA™

THE MYTH

Quick Marijuana Facts:

Cannabis is the word used to refer to all products of *Cannabis sativa*, a type of hemp plant, including Marijuana, hashish (hash) and hash oil.

Over 400 chemicals have been found in *Cannabis sativa*, nearly 90 belong to the cannabinoid chemical family (Ahmed, Ross et al. 2008, Radwan, Elsohly et al. 2009, Ahmed, Ross et al. 2015).

In addition to cannabinoids, the smoke contents of marijuana contain about the same chemicals, in the same amounts, as cigarette tobacco; chemicals known to be toxic to lung tissue, known to cause cancer, and known to impact liver function (Tashkin 2014).

All cannabinoids have drug effects in the body. Tetrahydrocannabinol (THC) is just one of many cannabinoids in marijuana—the one associated with mind-altering effects. Two others: **Cannabinol and cannabidiol** do not have the same mind-altering characteristic as THC.

What about medical marijuana? Untested drugs can have unpredictable and unintended consequences and are not subject to the same high level of quality control as FDA-approved medications. The FDA has not approved medical marijuana as a safe and effective drug for any health situation, in people or in animals.

To approve a drug, the FDA reviews clinical trials evaluating drug safety and, once safety is demonstrated, then reviews clinical trials evaluating whether or not the new drug is better than other existing medications or if there are no medications. The University of Mississippi has been contracted to run clinical trials including growing and harvesting medical marijuana under very stringent conditions where the potency can be standardized. To date, not even drug safety has been demonstrated.

Two non-THC cannabinoid drugs, however, have been formulated for pharmaceutical control of pain, nausea and vomiting in certain medical situations. These approved drugs contain synthetic or purified versions of cannabinoids selected for not causing mental impairment—an adverse effect of THC.

How do states allow medical marijuana when the FDA hasn't approved it? Several states have either passed laws that remove state restrictions on the medical use of marijuana and its derivatives or are considering doing so. Although legal, medical marijuana does not have the FDA's quality control, potency control, or official drug side effect monitoring system—although some adverse events have been reported.

Although some states have recently legalized marijuana for personal use by adults, marijuana still earns the top third addiction slot accounting for 16 percent of admissions to drug treatment facilities.

Marijuana Street Names:

Weed	Skunk	Bo-Bo	Dagga	Good Butt
Pot	Boom	Bobo Bush	Dinkie Dow	Hot Stick
Reefer	Chronic	Bomber	Ding	Jay
Grass	Cheeba	Boom	Dona Juana	Jolly Green
Dope	Blunt	Broccoli	(or Juanita)	Joy Smoke, Joy
Ganja	Ashes	Cripple	Flower, Flower	Stick
Mary Jane	Atshitshi		Tops	Roach
Hash	Baby Bhang		Gasper	
Herb	Bammy		Giggle Smoke	
Aunt Mary	Blanket		Good Giggles	