

Consequences of Marijuana

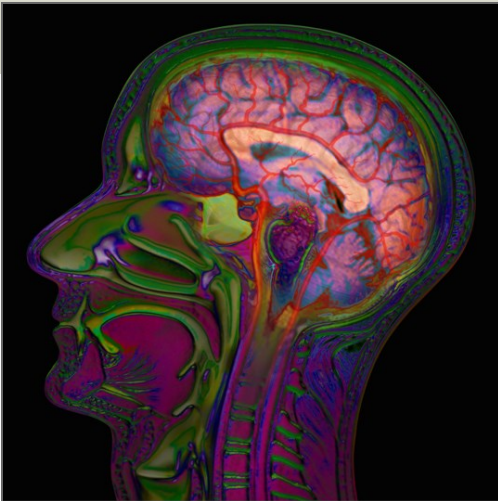
Use

Short-Term

- Impairs short-term memory
- Impairs attention, judgment, and other cognitive functions
- Impairs coordination and balance
- Increases heart rate
- Increases appetite
- Impairs memory and learning skills

Long-term (cumulative effects of chronic abuse)

- Psychotic episodes
- Sleep impairment
- Dependency
- Increases risk of chronic cough, bronchitis
- Increases risk of schizophrenia in vulnerable individuals
- increase risk of anxiety, depression, and a-motivational syndrome¹



Need Help?

RWU students who are struggling with marijuana or any other drugs can get help at:

Health Services

CSD Room 220

(401) 254-3156

Counseling Center

CSD Room 200

(401) 254-3124

Office of Health Education

CSD Room 210

(401) 254-3413

Sources Used:

- http://www.ndsu.edu/alcoholinfo/students/marijuana_myths_facts/
- <http://science.howstuffworks.com/marijuana3.htm>
- <http://controlexperimental.weebly.com/effects-of-drugs-and-alcohol.html>
- <http://science.howstuffworks.com/marijuana3.htm>
- <http://www.drugpolicy.org/drug-facts/10-facts-about-marijuana>

Marijuana Myths vs. Facts



**I was gonna go to
class... but then I
got high.**



Myth: Marijuana is not addictive

FACT:

- 10-15 % of Marijuana users develop a dependency
- In 2004, 64% of teens were admitted for treatment for marijuana as their main drug of choice
- Heavy users develop withdrawal symptoms (irritability, anxiety and trouble sleeping)

Myth: Marijuana is harmless

FACT: Use of marijuana causes significant health, safety, social and learning problems.

- Problems with memory and learning
- Difficulty sleeping
- Distorted perception
- Difficulty with thinking and problem solving
- Loss of coordination
- Increased heart rate
- Anxiety, paranoia and panic attacks
- Lower productivity in school
- Lowering grades in school

Myth: Marijuana is not as bad for you as tobacco...it's natural

FACT: 1 joint= 20 cigarettes

- Marijuana actually contains the same cancer-causing chemicals found in tobacco.
- People who smoke pot on a regular basis often have the same breathing problems as tobacco users.
- Research done at UCLA found that marijuana can cause potentially serious breathing problems at an early age.



Myth: Marijuana makes you mellow

FACT:

- Marijuana increases your heart rate from 20 to 100 % which can lead to anxiety and paranoia.

Myth: Driving while high is safer than driving drunk

FACT:

- Marijuana impairs the essential skills for safe driving such as **motor coordination, reaction time** and **alertness**
- marijuana use more than **doubles a driver's risk** of being in an accident.
- Researchers also found that 17% (1 in 5) of crash victims under the age of 18 tested positive for marijuana



Myth: Marijuana is used to treat cancer and other diseases

FACT:

- Marijuana's primary chemical THC can be useful in treating a range of medical symptoms, but does NOT cure cancer or any other diseases