



MARIJUANA

Get the Facts: Things Everyone Should Know About Marijuana

1. There are more than **400 chemicals** in marijuana; the main active chemical is delta-9-tetrahydrocannabinol, (THC) which is a mind-altering drug.
2. Short term effects of marijuana use include: problems with memory, distorted perception, trouble with thinking & problem solving, & loss of motor coordination.
3. Smoking marijuana raises blood pressure & heart rate, & lowers oxygen in the blood. **Risk of a heart attack** in the first hour after smoking marijuana is **4X** the usual risk.
4. Smoking marijuana regularly causes many of the same breathing problems caused by smoking tobacco.
5. Marijuana has some of the same **cancer-causing chemicals** found in tobacco smoke; long-term marijuana use may increase the risk of cancer of the head, neck, & lungs.
6. Marijuana use may produce feelings of anxiety, fear, or panic.
7. In one year alone, marijuana was a factor in **110,000+ emergency room visits**.
8. Long-term marijuana use **can** lead to **addiction**.
9. In one year, 280,000 people entering drug treatment programs in the U.S. said that marijuana was their main drug of abuse.
10. **Withdrawal symptoms** may include feeling irritable or anxious, insomnia, nausea, & cramping.
11. **Drug tests** can find traces of THC in the body **months** after a person has smoked marijuana.

What are you putting into your body?

NUTRITION FACTS

Serving size 1 joint (0.5g)
 Servings per container

varies

| Amount Per Serving | % * |
|--|------|
| THC (delta-9-tetrahydrocannabinol) | |
| 400+ other chemicals | 90% |
| May contain unknown amount of: cocaine, crack, PCP, embalming fluid | |
| Increases heart rate as much as | 50% |
| Risk of heart attack increases by | 400% |
| Ingredients may cause: | |
| Emphysema and Cancer | |
| Impaired Thinking, Reading Comprehension, Verbal & Mathematical Skills | |
| Decreased Academics | |
| Slow Reflexes avoid driving | |
| Anxiety/Panic | |
| Bloodshot Eyes | |
| Dry Mouth | |
| Reduced Short-Term Memory, Altered Sense of Time, & Reduced Ability to Concentrate | |
| Reproductive Problems | |

* More cancer-causing agents than are found in tobacco smoke

Stored in: fat cells
 for as long as several months

For more information about this drug and your usage visit the e-TOKE link:
<http://sandiego.edu/aods/publications.php>

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