**Natural, but not harmless.**

- Marijuana use contributes to health problems
- It is four times stronger than in the 1980s
- Risky no matter method of use, including smoking, vaporizing, and edibles (food containing marijuana)
- Heavy use in young adults can cause lasting damage to the brain and decrease intelligence
- Marijuana can directly worsen symptoms of anxiety, depression, and schizophrenia

**Marijuana can be addictive.**

- Marijuana use can lead to addiction, just like with other drugs
- 4.5 million people in the U.S. are addicted
- Chances of addiction are increased:
  - 17% of adolescents who use will become addicted
  - 25-50% of people who use everyday will become addicted
- Withdrawal symptoms include cravings, trouble sleeping, anxiety, appetite loss

**Marijuana use impairs driving.**

- Doubles a driver’s risk of an accident
- Use with alcohol increases risk

**Legal does not mean safer.**

- Marijuana is not FDA-approved
- There may be some chemicals in marijuana that help a range of illnesses or symptoms
- Lack of clinical evidence supporting benefits
- Benefits do not outweigh health risks

**Marijuana and pregnancy.**

- Marijuana use during pregnancy affects child development
- Health risks for the child include low birth weight; premature birth; problems with attention, memory, and problem solving; and reduced IQ

**Using marijuana with other substances.**

- Mixing marijuana and alcohol increases risk for nausea and reactions of panic, anxiety, or paranoia
- Mixing tobacco and marijuana increases risk of developing respiratory diseases and/or cancer

### Tips for Cutting Back

**Think about changing.**

- Why do you use? What do you like about it?
- Why do you want to cut down or stop?

**Plan for the change you want.**

- Set a goal and date for changing your use. Make it realistic.
- Share your plan with people you trust and ask for support.

**Act on your decision.**

- **Distract and do something.** Make a list of fun activities unrelated to your use and keep busy.
- **Delay.** Stop and think before using. Wait 15 minutes to ride the craving, and the wave of desire may pass.
- **Plan ahead.** Avoid high-risk situations and people who use.

**Have a back-up plan.**

- If you haven’t achieved your goal yet, that’s okay.
- Consider the situation in which you used and see what could be changed next time.
- Review your plan and see if it needs revising.

### Helpful Links:

- [Easyread.drugabuse.gov/marijuana-effects.php](http://easyread.drugabuse.gov/marijuana-effects.php)

### Relaxation Alternatives:

- [Everyday Tai Chi](http://www.everyday-taichi.com/index.html)
- [3-Minute Breathing Space](http://umurl.us/GUi)
- [Breathing and Relaxation Exercise](http://umurl.us/AMF)
- [Body Scan Meditation](http://umurl.us/B0dyScan)

MARIJUANA
Effects on the Body

Problems with coordination, judgment, learning, memory, reaction time, sensory perception, sleeping

Panic/anxiety, depression, paranoia, lack of motivation, mood swings

Cancer of the head and neck

Increased blood pressure and heart rate, risk of heart attack

Weight gain, weakened immune system, chronic fatigue

Respiratory problems, asthma attacks, infections, emphysema

Dry mouth, tooth decay, bad breath

During pregnancy: less oxygen to fetus; premature birth; drug via placenta, umbilical cord, and breast milk; low birth weight; early lung problems

In women: low sex drive, irregular periods, fertility problems

In men: low sex drive, low testosterone, low sperm production, erectile dysfunction, increased breast growth, testicular cancer

Visit www.sbirt.care for more resources!

This work is supported by grants T025355, T026442, and T024226 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.