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Marijuana Information Sheet

Could I become chemically dependent on marijuana?

Yes. When you're chemically dependent on marijuana, it means:

- you crave it,
- you need to use more and more to get the same effect,

You may have withdrawal symptoms when you stop using it, such as:

- depressed feelings,
- trouble sleeping,
- Nausea.

Because marijuana is a lot stronger now than it used to be, the adverse effects happen more quickly and are of a more permanent nature than before 1987 when THC levels were lower.

What are the common side effects of marijuana use?

The following are some of the common side effects of using marijuana:

- Trouble remembering things
- Sleepiness
- Anxiety
- Paranoia (feeling that people are "out to get you")
- Altered time perception

Using marijuana for a long time makes some people lose interest in school, work, relationships and other activities. It may also cause legal problems. Using marijuana can be especially dangerous in certain situations, such as when you are driving.

How can marijuana affect me physically?

The following are some of the common physical effects of marijuana:

- Tremors (shaking)
- Nausea
- Headache
- Coordination becoming worse
- Breathing problems
- Increased appetite
- Reduced blood flow to the brain
- Changes in the reproductive organs

Like tobacco, marijuana contains many chemicals that can hurt the lungs and cause cancer. One marijuana cigarette can cause more damage to the lungs than many tobacco cigarettes because marijuana has more tar in it and is usually smoked without filters.

Source

Marijuana: Medical Implications by JR Hubbard, M.D., Ph.D., SE Franco, M.D. and ES Onaivi, Ph.D.
(*American Family Physician* December 1, 2005,