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About Marijuana

- ❖ Marijuana is a green, brown, or gray mixture of dried, shredded leaves, stems, seeds, and flowers of the hemp, or cannabis, plant. It goes by many different names—pot, herb, weed, grass—and stronger forms include sinsemilla (sin-seh-me-yah), hashish (“hash” for short), and hash oil
- ❖ Cannabis products contain the mind-altering chemical *delta-9-tetrahydrocannabinol* (THC). They can also contain more than 400 other chemicals.
- ❖ Researchers have found that the use of marijuana and other drugs usually peaks in the late teens and early twenties, then declines in later years. Therefore, marijuana use among young people remains a natural concern for parents and is the focus of continuing research, particularly regarding its impact on brain development, which continues into a person's early twenties. Researchers are studying how long marijuana's effects last and if the changes could be permanent.

Marijuana

Marijuana Effects on the Brain, Body and Behavior

Short-term effects (while using or right after using) include:

Learning, attention, and memory problems; distorted perception (sights, sounds, time, touch); poor coordination and motor skills; increased heart rate; anxiety, paranoia; and psychosis (not common)

Effects that last longer than the short term (a few days) but may not be permanent Include:

Learning and memory problems; and sleep problems

Long-term effects (effects of repeated use) include:

Risk of marijuana addiction; long-term learning and memory problems; risk for chronic cough, bronchitis; and risk of schizophrenia in some people with higher genetic risk



Is Marijuana Medicine?

According to the National Institute on Drug Abuse, research shows that some chemicals in marijuana, **THC** as well as **cannabidiol (CBD)**, could have medical uses. The FDA has approved some THC-based medications to treat nausea in patients undergoing chemotherapy and to help patients with AIDS gain an appetite. However, **these medications are not smoked**. The FDA has also approved a CBD oil-based medication to treat rare and severe forms of epilepsy. Additional clinical trials are being conducted to develop medications that contain THC and/or CBD for pain relief and seizure disorders.

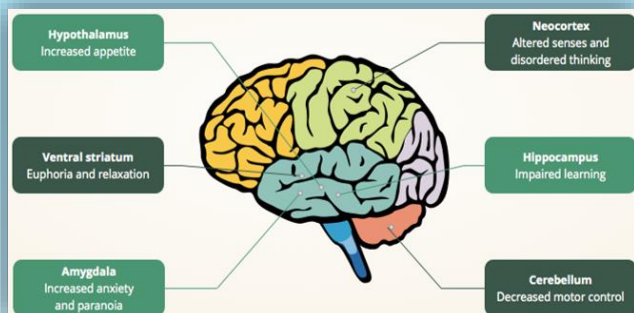


Image from Elon University Substance Education

Virginia Beach Behavioral Health Wellness and Prevention Services