



## MARIJUANA: GENERAL INFORMATION

Marijuana is a drug. It is produced by drying out the flower and other parts of the *cannabis* plant. Marijuana contains chemicals such as tetrahydrocannabinol (THC) and cannabidiol (CBD).

## HEALTH EFFECTS\*

Marijuana use will affect each person's health in different ways. A person's age and gender, how the drug is used, and other factors will determine how marijuana affects their health. Use by young people may cause long-term damage to the brain. Long-term use of marijuana may increase the risk developing a use disorder, cancer, and have other negative health effects.

**Short term effects can include:** euphoria, altered senses, changes in mood, impaired body movement, difficulty with thinking and problem-solving, decreased/increased anxiety, increased appetite, rapid heart beat, increased blood pressure, red eyes, paranoia, and hallucinations.


## HOW IT'S CONSUMED

**INHALED:** Marijuana can be inhaled in different ways. It can be smoked in a joint, pipe, or bong. It can be inhaled using a vaporizer or vape pen. It can also be "dabbed" by heating a concentrate on a hot surface and inhaling. Smoking marijuana along with tobacco products, like blunts and blunt wraps, introduces chemicals known to cause cancer into the body.

**EDIBLES:** Sometimes marijuana is added to candy, food or drink. The effects of these "marijuana edibles" are felt more slowly making it easier to overuse.

## BE AWARE

Consult a doctor before using marijuana while taking prescription medication.

 Using alcohol and marijuana at the same time is likely to result in greater impairment than use of either one alone.

Looking for resources or support around marijuana or other substance use? Call 311.  
For more information about marijuana, visit [bphc.org/marijuana](https://bphc.org/marijuana)

\*Health effects and other information adapted from [www.CDC.gov/marijuana](https://www.CDC.gov/marijuana)