

# MARIJUANA: Long Term Effects

**Distorted perception  
(sights, sounds, time, touch)**

**Impaired memory and learning**

**Loss of coordination/disorientation**

**Trouble with thinking and problem-solving**

**Increased heart rate, reduced blood pressure**

**Hallucinations and delusions**

**Impaired growth and development**

**Lower sperm production in men**

**Irregular menstrual cycles in women**



# MARIJUANA: The Real Truth

**93% of Missouri College students are not regular marijuana users**

**Most Missouri college students have not used marijuana in the past year.**

**Of the students who do use marijuana, most of them refuse to drive while using.**

**Social smoking (at parties, with friends, hanging out) is marijuana use and can still have negative consequences.**

# MARIJUANA: Effects on Lungs

Smoking marijuana, even infrequently, can cause burning and stinging of the mouth and throat, heavy coughing, and:

Daily cough and phlegm production

More frequent acute chest illnesses

Increased risk of lung infections

Obstructed airways

Potentially cancer (Marijuana smoke contains **50-70% more cancer causing chemicals than tobacco products!**)



# MARIJUANA: Addiction Potential

Marijuana contains THC,  
which is an addictive chemical

About 30% of users develop some degree  
of problem use

People who have used marijuana before  
the age of 18 are 4 to 7 times more likely  
to develop an addiction

25% to 50% of daily users become addicted

**Marijuana withdrawal symptoms**

**Irritability, Sleeplessness, Anxiety,  
and Drug-Cravings**

(information taken from National Institution for Drug Abuse)



# MARIJUANA: Break the Habit

## Get Moving!

Any **serious physical activity** can boost your spirits and clear your head.

## Eat better!

A **junk-food-free diet** can help decrease any blues that can come from quitting marijuana use. Taking a break from caffeine and sugar wouldn't hurt, either.

## Relax!

**Take it easy.** Try a new activity or practice a skill that you've let slide for a while and just enjoy yourself.

