

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



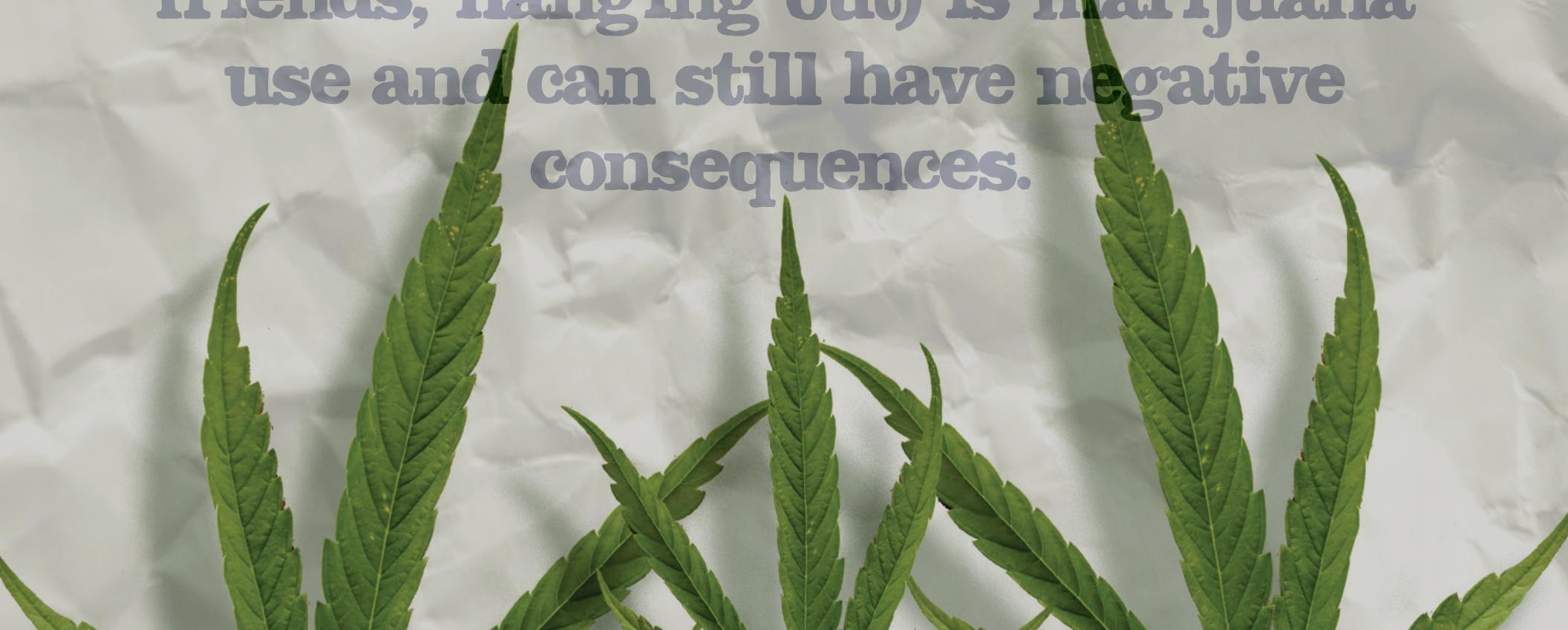
MARIJUANA: The Real Truth

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.

