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

IRREGULAR MENSTRUAL CYCLES
Most Missouri college students have not used cannabis in the past year.

Most students who use cannabis do not drive after use.

Social cannabis use (at parties, with friends, hanging out) can still have negative consequences.
Effects on Lungs

Smoking and/or vaping cannabis, 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 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 4-7 times more likely to develop an addiction. 25% to 50% of daily users become addicted. Marijuana withdrawal symptoms include irritability, sleeplessness, anxiety, and drug-cravings. (Information taken from National Institution for Drug Abuse)
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.