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# **KNOW THE FACTS:**

## **MARIJUANA**

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**Marijuana (pot, weed, dope, cannabis) is a mind-altering substance, made from a dried marijuana plant and can be smoked or mixed with food.** Dabbing is a practice of smoking oils or other parts of the marijuana plant. The two main chemicals in marijuana are tetrahydrocannabinol (THC) and cannabidiol (CBD). THC makes people feel “high”. Scientists are still learning about CBD, but think it acts differently on the nervous system, and does not cause a “high” feeling.

**While some states have made marijuana legal to use as medicine, there isn't enough research to prove it is an effective treatment.** Marijuana is often smoked and can damage your lungs, heart, and brain. Each marijuana plant grows differently, and the amount of chemicals in each varies, so you never know how much you're actually getting. Two medicines have been made from a different chemical, that acts like THC, to help treat nausea and increase appetite for people that have diseases like cancer or AIDS.

**Marijuana is the most commonly used illegal drugs in the United States and 1 in 10 users will become addicted.**

It can cause memory, learning, and coordination issues, effect decision making and reaction time, cause health issues like lung disease, heart disease, stroke, and cancer, negatively affect mental health and increase the risk of using other drugs.



**Teen brains are developing rapidly; marijuana use, until the mid-20s, can harm the developing brain.** Marijuana use in early adolescence and adulthood have been shown to poorly effect school performance, increase depression and anxiety, impair driving, and lead to addiction when the user choose the drug over other important activities, family, or friends.

**Synthetic marijuana, also called K2 or Spice, is when unknown chemicals are sprayed on dried plants and smoked, or sold as liquids to be inhaled via vaping devices.** 100s of chemicals are used, causing many unknown health risks. These products are sold at convenience stores under various names including Black Mamba, Fake Weed, Green Giant, Scooby Snax, and many others.



**Synthetic marijuana can cause serious life-threatening emergencies like nausea, anxiety, paranoia, brain swelling, seizures, hallucinations, aggression, heart problems, and severe bleeding.** Call your local position center if you know someone who took synthetic marijuana (1-800-222-1222) and 911 right away if someone collapses, stops breathing, or has a seizure.

**For more information** about marijuana and synthetic cannabinoids (K2, Spice), visit [www.cdc.com](http://www.cdc.com).

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1. Centers for Disease Control and Prevention (2018). What are the health effects of marijuana. <https://www.cdc.gov/marijuana/index.htm>

2. Wisconsin department of health services (2018). Synthetic cannabinoids. <https://www.dhs.wisconsin.gov/chemical/synthetic-cannabinoids.htm>

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