

# The Facts About Cannabis

The effects of marijuana on the body can be separated into short term and long term effects. The long term effects are typically experienced by heavy marijuana users. Since marijuana use is against the law and University policy, making a decision to use puts you at risk for several legal and judicial consequences.

## Short-Term



- Changes to mind and mood include
  - Feelings of euphoria
  - Distorted sense of time
  - Random thinking
  - Paranoia
  - Anxiety
  - Depression
  - Short term forgetfulness
  - Slowed reaction time
  - Decreased reasoning ability
  - Heightened smell perception, leading to increased appetite



- Marijuana increases the heart rate by 20 - 50 beats per minute
- Studies indicate that individuals are 4 times more likely to experience heart attacks within the first hour of use

## Sources:

<http://www.webmd.com/mental-health/addiction/marijuana-use-and-its-effects?page=2>

<http://www.drugabuse.gov/publications/drugfacts/marijuana>

<http://www.webmd.com/smoking-cessation/news/20121207/recreational-marijuana-health-effects>

[https://www.colorado.gov/pacific/sites/default/files/M\\_RM\\_Marijuana-and-Methods-of-Use-FAQs.pdf](https://www.colorado.gov/pacific/sites/default/files/M_RM_Marijuana-and-Methods-of-Use-FAQs.pdf)

## Long-Term



- A link has been shown between marijuana use and the worsening of mental health problems such as depression, anxiety, suicidal thoughts, short-term psychosis, and schizophrenia
- Marijuana use may accelerate the process of aging of your memory's functioning
- IQ impairment has been observed in individuals whose marijuana use began in adolescence
- Potent strains of marijuana can increase the risk for psychosis by threefold



- Marijuana smoke can contain up to 70% more cancer-causing agents than tobacco smoke
  - Some of these agents can be reduced by using vaporizers or edibles
- Research is inconclusive regarding the benefits of using vaporizers on lung health
- Regular users are more likely to have ongoing cough, chest colds, and lung infections due to irritation from smoke



# Resources



Long-term users of marijuana can experience physical withdrawal symptoms, including cravings, irritability, sleeplessness, and decreased appetite.

1 in 9 adults who use marijuana will become dependent on it.

1 in 6 individuals who begin using marijuana in adolescence will become dependent on it.

25-50% of individuals who use marijuana daily will become dependent on it.

## Where can I go if I am dependent on marijuana?

### Narcotics Anonymous

- Offers recovery to addicts around the world
- Weekly meetings on campus Wednesdays 7:30 – 8:30
- Visit <http://ctna.org/> for the helpline and more info

### Rushford Center

- Addiction and mental health treatment provider at 1250 Silver Street, Middletown CT
- Will conduct an assessment by appointment to determine appropriate next steps
- For more information, visit <https://www.rushford.org/> for more information or call 1.877.577.3233 to make an appointment

### Recovery@

- A network for Wesleyan students and administrators in recovery who gather for mutual support
- Primary purpose is to help each other stay clean and sober and to support one another along the process
- For more information and to join the network, email [recovery@wesleyan.edu](mailto:recovery@wesleyan.edu)

### Smart Recovery

- Recovery support group that sponsors face-to-face meetings in addition to daily online meetings
- Online message board and 24/7 chat room available
- Visit <http://www.smartrecovery.org/> for more information

## Where can I go if I am worried about my marijuana use?

### Counseling and Psychological Services (CAPS)

- Provides comprehensive mental health services
- Located at 327 High St. on the 2nd floor of the Davison Health Center
- Open 9AM-5PM Monday through Friday with some evening appointments available
- To make an appointment, call **860.685.2910**

### Brief Motivational Interview Session

- Allows students to privately discuss personal marijuana use with health educator Tanya Purdy, Director of Health Education
- For more information or to set up a meeting, email [tpurdy@wesleyan.edu](mailto:tpurdy@wesleyan.edu)

### Marijuana eCHECKUP To Go

- Online marijuana assessment that provides individualized feedback based on responses to survey
- All personal information will be de-identified by the system to ensure your confidentiality
- To complete 20-25 minute assessment, visit <http://www.wesleyan.edu/weswell/echeckup/>

## Where can I go to find more information about marijuana?

### The National Institute of Drug Abuse

- Visit <http://www.drugabuse.gov/>
- Answers questions such as:
  - How widespread is marijuana abuse?
  - How does marijuana affect the body?
  - What treatment options exist?
  - Is marijuana medicine?