



MARIJUANA

There are a number of different ways in which marijuana can be produced as well as taken. While they all have different potencies, all three types of marijuana (cannabis, hashish and hash oil) are capable of causing a variety of mental and physical problems that result from short and long term use.

MARIJUANA FACTS AT A GLANCE

The signs and symptoms of using marijuana can include:

- » Slow thinking
- » Increased appetite
- » Slow reflexes
- » Mood swings
- » Reduced coordination
- » Panic attacks
- » Reduced motivation
- » Anxiety and paranoia
- » Problems concentrating
- » Psychosis
- » Dilated pupils
- » Hallucinations
- » Blood shot or glassy eyes
- » Delusions

Consequences of using marijuana may include:

- » Dependence
- » Respiratory illness
- » Anxiety and depression
- » Cancer of lung, mouth,
- » throat, tongue
- » Sleep problems
- » Paranoia
- » Learning difficulties
- » Hallucinations
- » Memory problems
- » Schizophrenia

Effects of using marijuana:

In the short term, using marijuana can lead to learning difficulties, impaired motor skills, slower reflexes, reduced coordination and bloodshot or glassy eyes. Short term use can also lead to acute mental health issues such as memory loss, learning difficulties, mood swings, paranoia, anxiety, decreased motivation, hallucinations, dependence, psychosis and psychotic symptoms and suicidal thoughts. Marijuana can also lead to deterioration in the condition of people with pre-existing mental illnesses and symptoms of schizophrenia.

While these mental illnesses may disappear when people stop using, there is a risk that with continued use these illnesses can become long lasting. These, and other problems associated with marijuana use are more common in those who first use at an early age and use higher doses for longer periods of time.

If a person is dependent on marijuana and suddenly stops using it, they usually experience withdrawal symptoms, as their body readjusts to functioning without the drug. These symptoms usually last for less than a week, although people often experience difficulties with concentration, memory and learning as well as problems sleeping.

Adapted from Australian Government Illicit Drugs in Sport Education Program

