

A decorative border of green marijuana leaves frames the top and bottom of the page. The leaves are detailed and vibrant green, with some showing the serrated edges and vein structure.

Marijuana: How Can It Affect Your Health?

ADDICTION

About 1 in 6 marijuana users will become addicted for people who begin using before the age of 18, (1 in 10 for adults) where addicts need to smoke more and more to get the same high.

BRAIN HEALTH

Marijuana use directly affects the brain — specifically the parts of the brain responsible for memory, learning, attention, decision making, coordination, emotions, and reaction time. It has also been linked to lower IQs.

CANCER

Studies of man-made forms of the chemicals found in the marijuana plant can be helpful in treating nausea and vomiting from cancer chemotherapy.¹ Studies have found that marijuana can be helpful in treating neuropathic pain (pain caused by damaged nerves).¹

HEART HEALTH

Using marijuana makes the heart beat faster.¹ It could also lead to increased risk of stroke and heart disease.²⁻⁶

LUNG HEALTH

Smoked marijuana, in any form, can harm lung tissues and cause scarring and damage to small blood vessels.¹⁻² It contains many of the same toxins, irritants, and carcinogens as tobacco smoke.³ and can also lead to a greater risk of bronchitis, cough, and phlegm production.⁴

MENTAL HEALTH

Marijuana use, especially frequent (daily or near daily) use and use in high doses, can cause disorientation, and sometimes cause unpleasant thoughts or feelings of depression, anxiety and paranoia. It has also been linked to suicide among teens.

POISONING FROM EDIBLES

Edibles, or food and drink products infused with marijuana and eaten, have some different risks than smoking marijuana, including a greater risk of poisoning

Take from 30 minutes to 2 hours to take effect. So some people eat too much, which can lead to poisoning and/or serious injury.