

# EFFECTS OF MARIJUANA

## Physical and Psychological Effects

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# Physical

## SHORT TERM

- Increased heart rate
- Lack of coordination
- Increased awareness of senses
- Lethargy
- Increase in Appetite

## LONG TERM

- Insomnia
- Lowers Testosterone levels and sperm count
- Disrupts periods in females
- Memory Loss
- Loss of Appetite

# Physical

- Damages Brain cells that control emotion, thinking, pleasure, mood, memory, and coordination
- Increased heart rate can cause hypertension and heart disease
- Causes damage to lungs, reducing ability to bring in oxygen and release carbon dioxide.....Emphysema or chronic bronchitis
- Increase risk of lung cancer as Marijuana has 2x the amount of tar as cigarettes
- Breaks down the immune system and makes it harder for the body to fight off infection

\*[www.smokedepot.net/wp-content/uploads/2010/10/efects marijuana.jpg](http://www.smokedepot.net/wp-content/uploads/2010/10/efects marijuana.jpg)

# Physiological/Psychological

## SHORT TERM

- Euphoria
- Paranoia
- Agitation
- Anxiety
- Altered state of consciousness

## LONG TERM

- Depression
- Irritability
- Anxiety
- Anger
- Lack of motivation

# Other Effects

- Hallucinations/Distorted Images
- Decreased Interest in Completing Tasks
- Inability to perform tasks that require complex coordination
- Dry Mouth
- Decrease in Problem Solving Skills
- Reduced Muscle Strength

\*[www.livescience.com/24558-marijuana-effects.html](http://www.livescience.com/24558-marijuana-effects.html)

# Need Help?

If you or someone you know is struggling with marijuana use, please contact the counseling center at 304-929-1237 or [tech-counseling@mail.wvu.edu](mailto:tech-counseling@mail.wvu.edu)