

Cannabis (Marijuana) Health Effects

Greenish-gray mixture of the dried, shredded leaves, stems, seeds, and/or flowers of Cannabis sativa or cannabis indica—the hemp plant

Health Effects

Acute	Heightened sensory perception; euphoria, followed by drowsiness/relaxation; impaired short-term memory, attention, judgment, coordination and balance; increased heart rate; increased appetite
Long-term	Addiction: About 9 percent of users; about 1 in 6 of those who started using in their teens; 25 to 50 % of daily users. Mental disorders: may be a causal factor in schizophreniform disorders (in those with a pre-existing vulnerability); is associated with depression and anxiety. Smoking related: chronic cough; bronchitis; lung and upper airway cancers is undetermined.
In combination with alcohol	Magnified tachycardia and effect on blood pressure; amplified impairment of cognitive, psychomotor, and driving performance
Withdrawal symptoms	Irritability, difficulty sleeping, strange nightmares, craving, and anxiety.

Associated Special Vulnerabilities/Populations

Youth	Almost 44 percent of teens have tried marijuana by the time they graduate from high school (MTF, 2010)
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Treatment options

Medications	There are no FDA-approved medications to treat marijuana addiction.
Behavioral Therapies	<ul style="list-style-type: none">• Cognitive-behavioral therapy (CBT)• Contingency management, or motivational incentives• Motivational Enhancement Therapy (MET)• Behavioral treatments geared to adolescents <p>(For more information on these treatments, please see NIDA's Principles of Drug Addiction Treatment: A Research-Based Guide - Behavioral Therapies.)</p>