

## How Marijuana Affects Your Body

Marijuana- pot, weed, grass, ganja-goes by many names. It can be smoked, mixed with food, or made into a tea. When you use marijuana, its chemicals move through the body. The chemical THC can affect how a person acts, thinks, and feels.

### **Brain**

- Marijuana alters your senses such as sight, sounds, touch, and time.
- It can affect your memory while high and afterward. It can change a way a young person's brain develops.
- It can affect how a person thinks and problem solves. The damage can be lifelong.
- Some people become dependent or addicted. Long-term users may have withdrawals when trying to quit.
- Irritability, anxiousness, and difficulty sleeping are common.

### **Immune System**

Studies have shown that marijuana can affect the part of your body that fight disease.

### **Eyes**

Marijuana can make your eyes glassy and bloodshot.

### **Mouth and Throat**

Marijuana can make your mouth and throat very dry.

### **Heart**

- Marijuana can make your blood pressure increase and heart beat faster.
- Increases risk of heart attack. In the first hour after smoking, the risk is four times higher.
- Reduces the amount of oxygen in your blood, which can make your body work harder to do its job.

### **Lungs**

- People who smoke marijuana are more likely to get coughs and colds. They are also more likely to get bronchitis or pneumonia.
- Marijuana smoke has many of the same cancer causing chemicals that are found in tobacco smoke.

### **Stomach**

Marijuana increases your appetite, which may make you gain weight.

For more information, visit [www.drugabuse.gov](http://www.drugabuse.gov)

