

Marijuana



California
Smokers'
Helpline
1-800-NO-BUTTS

Did you know...

- Today's marijuana is often 10 times stronger than it was in the 60's and 70's.
- The short-term effects of smoking marijuana include: difficulty keeping track of time, trouble concentrating, poor coordination, poor short-term memory, hallucinations, paranoia, bloodshot eyes, dry mouth and throat, and hunger.
- Marijuana has some of the same poisons as regular cigarettes, like carbon monoxide (car exhaust fumes), ammonia (in glass cleaner), and hydrocyanic acid (gas chamber poison). And because joints don't have filters, you get 4 times as much tar in your lungs.
- There are 50-70% more cancer causing agents in marijuana than in tobacco.
- Because marijuana is usually smoked by inhaling deeply and holding the breath, the cancer causing poisons are highly concentrated in the smoke.
- Marijuana causes problems with the reproductive cycles of men and women. It also lessens sexual pleasure. Long-term use can even stop the pleasure completely.
- In men, marijuana may lower sperm production and testosterone levels. Testosterone is the "masculine" hormone which controls hair and beard growth, development of the genitals, muscle mass, and voice changes at puberty.
- In women, marijuana may alter hormone levels, causing menstrual problems. Women may also find themselves unable to have children after long-term regular use.
- Marijuana weakens your immune system, making it harder for your body to protect itself from illness, or heal when you do get sick.
- Smoking marijuana has been connected with more wheezing, coughing, colds, flu, pneumonia, and bronchitis.
- In addition, smoking marijuana can damage the lining of the lungs and bronchial tubes.

