

HEAD TO TOE with Marijuana

- **Most of marijuana's effects are short-term. Some, however, are long-term while others can even be permanent. Known effects include:**¹
 - **Physical:** digestive issues, dry mouth and eyes, increased phlegm, rapid heartbeat, red eyes, stinging or burning in mouth or throat, and lung irritation
 - **Mental:** an altered sense of time, delusions, hallucinations, memory problems, mood changes, psychosis, slowed reaction time, trouble thinking or problem-solving
 - **Systemic:** affected brain development in teens, affected fetal development, affected tumor growth, breathing problems, increased risk for heart attack, weakened immune system, worsening of respiratory issues

Prevention Action Alliance

This fact sheet was created by the Marijuana Task Force, a collaboration of the Ohio Prevention Professionals Association and Prevention Action Alliance. Members of the Marijuana Task Force include:

- PreventionFirst!
- Jennifer's Messengers
- Empower Tusc
- Mental Health and Recovery Board of Union County
- Alliance for Substance Abuse Prevention
- Westshore Enforcement Bureau
- Westshore Young Leaders
- Network
- Summit County Community
- Partnership

Prevention Action Alliance is a 501(c)3 nonprofit located in Columbus, Ohio. We're dedicated to leading healthy communities in the prevention of substance misuse and the promotion of mental health wellness. Learn more at preventionactionalliance.org.

If you have concerns about your own use of marijuana or of a loved one and wish to seek help, please visit: findtreatment.samhsa.gov/

For more information about marijuana and health, contact Prevention Action Alliance at:
(614) 540-9985
contact@preventionactionalliance.org

Sources

1 medicalnewstoday.com/articles/324948/#physical-health