



RETAIL MARIJUANA: HEALTH EFFECTS



The Retail Marijuana Public Health Advisory Committee systematically reviewed the literature on the health effects of marijuana. This is a summary of the high-level findings from Monitoring Health Concerns Related to Marijuana in Colorado: 2016. For a complete report on their findings, visit bit.ly/CDPHE_RMPHAC.

IMMEDIATE EFFECTS

- Being high or even buzzed can make some activities more dangerous. For occasional users, a single serving (10 mg THC) of marijuana is enough to hurt your ability to drive or do other activities safely. Marijuana increases your risk of a crash.
- People often feel the effects from smoking or vaping marijuana within minutes, while it may take hours to feel effects from edibles. The effects and the time before effects are felt can be different for everyone.
 - Wait at least 6 hours after smoking or at least 8 hours after eating/drinking marijuana before driving, biking, skiing or doing other activities.
- Marijuana may make your heart beat faster after use.
- The chemical in marijuana that makes you feel “high,” tetrahydrocannabinol (THC), can cause temporary psychotic symptoms. These symptoms, like not knowing what is real and paranoia, are more common with large doses of THC.

RESPIRATORY EFFECTS



- Both firsthand and secondhand smoke contains many of the same cancer-causing chemicals as tobacco smoke.
- People who smoke marijuana daily or near daily may have a daily cough, bronchitis, mucus, and wheezing.

INTERACTIONS WITH OTHER SUBSTANCES



- Using alcohol and marijuana at the same time is more dangerous than using either alone and increases the risk of a car crash.
- Use caution when taking medication and marijuana at the same time. There may be drug interactions between marijuana and your medication.

Talk to your healthcare provider about marijuana use if you are taking prescription medications.

BRAIN AND MENTAL HEALTH EFFECTS



- Daily or near daily use of marijuana can have a negative effect on your memory.
 - This damage can last a week or more after the last time you used.



USE DURING PREGNANCY/BREASTFEEDING



- There is no known safe amount of marijuana use during pregnancy or if breastfeeding.
- Using marijuana while pregnant may harm the baby. THC in marijuana passes to the baby, which may make it harder to pay attention and learn, especially as they grow.

For more information on health effects for pregnant or breastfeeding women and their babies, visit bit.ly/Mj_Mothers.

MARIJUANA EDIBLES

- Since the body slowly digests edibles like regular food, marijuana-infused products can take up to 4 hours to take full effect.
- All edible retail marijuana products must have clear single servings of 10 mg THC, with no more than 100 mg THC per product.
 - Use caution when consuming any marijuana. Start with up to one serving, then wait until you feel the effect before deciding to use more.
- Marijuana products can be confused for regular food or candy. Be sure to keep all marijuana products in child-resistant packaging, clearly labeled and locked up.
- All marijuana products must use the universal symbol on packaging and edible products. Be sure to teach your kids not to eat or drink anything with this symbol.



CHILDREN AND ACCIDENTAL MARIJUANA USE



- More children accidentally get into marijuana in states with legal marijuana. Marijuana can make children very sick, sometimes needing hospitalization.
- Child-resistant packaging can help stop accidental poisoning.
 - Marijuana products purchased from retail or medical marijuana stores are required by law to have child-resistant packaging. Keep marijuana in this packaging and store it in a locked area children cannot see or reach.

Talk to your doctor if you have concerns about marijuana and your health.

USE AMONG ADOLESCENTS AND YOUNG ADULTS

- Brain development is not complete until age 25. For the best chance to reach their full potential, youth should not use marijuana.
- Youth who use marijuana regularly are more likely to have a hard time learning, problems remembering and lower math and reading scores.
- Marijuana is addictive. It is harder to stop using marijuana if started at a young age.
- Youth who start using marijuana, alcohol, or other drugs may be more likely to continue using later in life.

RESOURCES



- For more information on marijuana in Colorado, including laws, health effects and resources for youth prevention, visit Colorado.gov/Marijuana.
- If you are worried that you used too much marijuana, call the poison control hotline as soon as possible. Calling is free and you will be helped quickly: **1-800-222-1222. If symptoms seem bad, call 911 or go to an emergency room right away**

For more information and tips for youth prevention, visit bit.ly/Mj_youth.



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