

For Marijuana Registry Patients and Caregivers

What are the negative health effects of marijuana?

Short-term health effects of marijuana use may include:

- trouble thinking, learning and remembering
- confusion, anxiety, panic or paranoia
- increased heart rate or blood pressure
- dizziness
- slower reactions
- hunger
- dry mouth
- red eyes

Marijuana affects a number of skills required for safe driving—alertness, concentration, coordination, and reaction time—so it's not safe to drive while under the influence of marijuana.

Is marijuana addictive?

Long-term marijuana use can lead to addiction, which means a person has trouble controlling their drug use and often cannot stop even though they want to. An estimated one in six people who start using marijuana as a teen, and 50 percent of people who use marijuana daily, become addicted.

What are the signs/symptoms of addiction?

People who use marijuana may feel withdrawal when they stop using the drug. Withdrawal symptoms may include:

- irritability
- sleeplessness
- lack of appetite, which can lead to weight loss
- anxiety
- drug cravings

What should I do if I, or someone I know, needs help?

If you need information on addiction or treatment, contact your doctor or a substance abuse counselor in your area. To find a substance abuse counselor, treatment provider, or recovery center in your area, call the Vermont Department of Health's Division of Alcohol and Drug Abuse Programs (ADAP) at 802-651-1550, or visit the Vermont Substance Abuse Treatment and Recovery Directory on the Health Department's website at www.healthvermont.gov

Safe Storage and Accessibility

Limiting access to marijuana is key in preventing accidental poisonings among young children, and deterring illicit use among youth.

Marijuana can have serious effects on children. An amount that may cause very small effects in an adult can cause a much stronger reaction in a young child.

Edible marijuana or other infused marijuana products—like brownies, cookies, or candy—may lead to accidental ingestion among children because unpackaged products appear to be regular food or candy.

To avoid accidental ingestion at home, all marijuana infused products should be:

- clearly labeled
- stored in a child-resistant container
- kept in a locked cabinet

Symptoms of smoking, eating, or swallowing too much marijuana include extreme confusion, anxiety, panic, paranoia, fast heart rate, increased blood pressure, hallucinations, delusions, severe nausea, or vomiting.

In extreme cases, children who have accidentally ingested marijuana have experienced difficulty breathing, or become so drowsy that it was difficult to wake them up.

If a child accidentally ingests marijuana, or if you or someone you know is experiencing any of the symptoms above, call your health care professional, the Poison Center hotline, 911, or go to an emergency room immediately.



Sources:

<http://www.drugabuse.gov/>

https://www.colorado.gov/pacific/sites/default/files/M_RM_Marijuana-Health-Effects-FAQs.pdf

<https://sites.google.com/a/state.co.us/marijuana/parents/safestorage>

<https://sites.google.com/a/state.co.us/marijuana/usingtoomuch>

<http://www.nnepc.org/regional-news/marijuana-at-home-can-be-a-risk-for-children>

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