HASHING OUT THE TRUTH ON MARIJUANA

BROUGHT TO YOU BY

Villanova University
Office of Health Promotion
WHAT WE SEE DEPENDS MAINLY ON WHAT WE ARE LOOKING FOR.

JOHN LUBBOCK
"IF YOU CHANGE THE WAY YOU LOOK AT THINGS, THE THINGS YOU LOOK AT CHANGE."

WAYNE DYER
DRUG CLASSIFICATION: HALLUCINOGEN

ADDICTION POTENTIAL: MODERATE

ONSET OF DRUG EFFECTS: EFFECTS PEAK WITHIN 30 MINUTES OF INGESTION AND RESIDUAL EFFECTS CAN LAST UP TO 3 HOURS

CHEMICALS FROM MARIJUANA REMAIN IN THE BODY FOR MUCH LONGER, INCLUDING SEVERAL WEEKS, DEPENDING ON AMOUNT AND POTENCY OF THE MARIJUANA USED.
THE CHRONIC MISPERCEPTION
DESPITE RECENT INCREASES IN MARIJUANA USE AMONG HIGH SCHOOL AND COLLEGE STUDENTS, MORE THAN 62% OF STUDENTS HAVE STILL NOT SMOKED MARIJUANA IN 2015.

OVER 35% OF MODERATE USERS AND 68% OF FREQUENT USERS DEMONSTRATE AT LEAST ONE SIGN OF DEPENDENCE.

MOST MARIJUANA USERS ALSO USE OTHER SUBSTANCES.
WHAT DOES PROBLEMATIC USE LOOK LIKE?
Frequent, heavy THC consumption is clearly harmful. While marijuana use is less researched than alcohol use, emerging research in states that legalized its use has revealed an increase in emergency room visits and traffic accidents attributed to marijuana use.

ZACHARY SEIGEL & LUCY BERRINGTON
EXCESSIVE CANNABIS USE CAN LEAD TO A HIGHER TOLERANCE TO THE EFFECTS OF THE DRUG (MEANING YOU’LL NEED TO SMOKE MORE TO GET THE DESIRED EFFECT), AND EVEN SYMPTOMS OF WITHDRAWAL WHEN USE IS ABRUPTLY STOPPED.

DR. RYAN VANDREY, BEHAVIORAL PHARMACOLOGY RESEARCH UNIT, JOHNS HOPKINS UNIVERSITY SCHOOL OF MEDICINE
I WOULD CHALLENGE STUDENTS TO CONSIDER WHY THEY ARE [USING MARIJUANA] IN THE FIRST PLACE.

[USING MARIJUANA TO COPE WITH STRESS, ANXIETY, AND OTHER ISSUES CARRIES THE RISK OF DEPENDENCE AND LEARNING PROBLEMS.

DR. JOSE VALDES, ASSISTANT PROFESSOR OF NEUROPSYCHIATRY, NOVA SOUTHEASTERN UNIVERSITY
YOUR BRAIN ON POT

LONG-TERM USE
FREQUENCY USE OF CANNABIS CAN INTERFERE WITH ATTAINING GOALS, TENDING TO RESPONSIBILITIES, AND INTERPERSONAL RELATIONSHIPS, AND [EVEN THOSE WITH NEGATIVE CONSEQUENCES] IT GETS HARDER TO QUIT OR REDUCE USE.

DR. RYAN VANDREY, BEHAVIORAL PHARMACOLOGY RESEARCH UNIT, JOHNS HOPKINS UNIVERSITY SCHOOL OF MEDICINE
WHEN USED BEFORE THE AGE OF 25, MARIJUANA MAY REDUCE THINKING, MEMORY, AND LEARNING FUNCTIONS.

MARIJUANA MAY AFFECT IQ BY AS MUCH AS 8 POINTS BETWEEN AGES 13 AND 38.

LOST POTENTIAL MAY NEVER BE RECOVERED, BASED ON EARLY STUDIES OF MARIJUANA USE AND THE BRAIN.
THE PROBLEM WITH

EDIBLES
“DRIED MARIJUANA (THE FLOWERING TOPS AND LEAVES OF PLANTS) IS GENERALLY LESS POTENT THAN HASHISH (DRIED AND COMPRESSION RESIN EXTRACTS) AND HAS OIL EXTRACTS. EDIBLES TAKE LONGER TO HAVE AN EFFECT, AND THE QUANTITY CONSUMED IS TRICKIER TO CONTROL (COMPAARED TO SMOKING), INCREASING THE LIKELIHOOD FOR OVERUSE.

ZACHARY SEIGEL & LUCY BERRINGTON
NEW EDIBLE USERS OR PEOPLE WITH SMALLER FRAMES MIGHT FIND 10 MILLIGRAMS IS TOO POTENT, A SINGLE CHOCOLATE BAR TYPICALLY CONTAINS AS MUCH AS 100 MILLIGRAMS OF THC - WHICH IS 10 DOSES! THIS MEANS THAT ONE DOSE IS A VERY SMALL BITE!

SIGNS OF EDIBLE OVERDOSE:
- PARANOIA
- LACK OF COORDINATION
- HALLUCINATIONS
MARIJUANA-INFUSED EDIBLES ARE TYPICALLY MUCH STRONGER THAN SMOKED OR VAPORIZED CANNABIS.

WHEN YOU CONSUME EDIBLES, THC IS METABOLIZED BY THE LIVER WHICH CONVERTS IT TO 11-HYDROXY-THC (WHICH IS A DIFFERENT CHEMICAL THAN WHEN IT IS SMOKED). THIS ACTIVE METABOLITE IS PARTICULARLY EFFECTIVE IN CROSSING THE BLOOD-BRAIN BARRIER, RESULTING IN A MORE INTENSE HIGH.
Even professional distributors have difficulty capturing the advertised dose in their edible products. Because of the delay between ingestion and onset of effects, users can more easily overdose unintentionally.
KNOW YOUR RESOURCES
ASSISTANT DEAN FOR ALCOHOL & DRUG INTERVENTION
GAEET.FARROW@VILLANOVA.EDU
610-519-4200

UNIVERSITY COUNSELING CENTER
610-519-4050

OFFICE OF HEALTH PROMOTION
HEALTHBYTES@VILLANOVA.EDU
610-519-7407