

# Marijuana



## Contact Us

Please contact us for further information.

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Everyone Makes a Mark

# What is Marijuana?

Also known as Cannabis Sativa, it is a plant which grows in most parts of the world. Marijuana is the unprocessed flowers, seeds, stems, and dried leaves of the plant. It is the most widely used substance in the world.

Tetrahydrocannabinol (THC) is the psychoactive compound that is responsible for most of the high produced by marijuana.

Marijuana is otherwise known as;

- Weed
- Dope
- Pot
- Bud
- Ganja
- Grass
- Mary Jane

## Who Uses It?

The main reason why most young people use cannabis is to experience a high.

- Prevalence of past year cannabis use among youth aged 15 to 24 years was 25.1%
- The average age of initiation for cannabis use among youth aged 15-24 years of age is approximately 15.7 years of age
- According to the Canadian Addiction Study, majority of individuals who take up smoking marijuana are young males in rural areas.
- 26 percent of the Canadian population, approximately 1.1 million, has used the drug in the past year

## Did you know?

Marijuana is often smoked in hand-rolled joints or in a pipe. It can also be eaten in food or made into a tea. It cannot be injected because cannabis resin is not water-soluble. Use during pregnancy may cause learning problems for the child.

Health Canada allows access for medical use of marijuana to those who are suffering from a debilitating or grave illness. But it still considered an illegal substance in terms of general consumption.

## What are the effects?

### Short term:

- Relaxation
- Reddened eyes
- Dry mouth and throat
- Hunger
- Altered perceptions such as distortion of time and intensified senses of touch, smell and taste
- Panic
- Nausea/vomiting
- Anxiety and confusion

### Long term:

- Anxiety/ Depression
- Chronic bronchitis and impaired respiratory function
- Risk of emphysema (coughing/wheezing)
- Increased risk of cancer
- Cardiovascular effects
- Difficulties with concentration and memory

## How can I get help?

Best treatment options for marijuana dependence for youth involves behaviourally based interventions such as:

- Cognitive Behavioural therapy (CBT)
- Motivational Enhancement Therapy (MET),
- Contingency Management (CM)
- Family based treatment programs

The combination of CBT, MET and CM is the most effective long term treatment for decreased use of cannabis and abstinence.