

Common Marijuana Arguments

<p>“It’s not harmful”</p>	<p>Short-Term Effects: altered senses (i.e. seeing brighter colors), altered sense of time, changes in mood, impaired body movement, difficulty with thinking and problem-solving, impaired memory, increased heart rate, hallucinations (when taken in high doses), delusions (when taken in high doses), psychosis (risk is highest with regular use of high potency marijuana). Long-Term Effects: brain development in teens/young adults, long/breathing problems, child development during and after pregnancy, nausea/vomiting, lower life satisfaction, poorer mental health, more relationship problems, less academic/career success, addiction. <i>Source:</i> National Institute on Drug Abuse (NIDA).</p>
<p>“It’s not addictive”</p>	<p>Research suggests that between 9 and 30 percent of those who use marijuana may develop some degree of marijuana use disorder. People who begin using marijuana before age 18 are four to seven times more likely than adults to develop a marijuana use disorder. Many people who use marijuana long term and are trying to quit report mild withdrawal symptoms that make quitting difficult. These include: grouchiness, sleeplessness, decreased appetite, anxiety, cravings. No medications are currently available to treat marijuana use disorder, but behavioral support has been shown to be effective. Examples include therapy and motivational incentives (providing rewards to patients who remain drug-free). <i>Source:</i> National Institute on Drug Abuse (NIDA).</p>
<p>“People can’t overdose on marijuana”</p>	<p><i>Overdose should not be a measure of safety - for anything.</i> Overdoses can occur when marijuana is combined with alcohol or other drugs, including over-the-counter and prescription medicines. Accidental marijuana poisoning is becoming common, requiring emergency room visits or hospitalizations. Seen most commonly with edibles, too much is consumed and the intoxicating effects last longer than expected. Drugged driving (driving while impaired by marijuana) can also cause harm. <i>Source:</i> Centers for Disease Control and Prevention (CDC).</p>
<p>“It’s a medicine”</p>	<p>The Food and Drug Administration (FDA) has not recognized or approved the marijuana plant as a medicine.</p>
<p>“It’s natural”</p>	<p>Things like tobacco, opium, poison ivy, asbestos, and arsenic are also natural. Natural does not mean safe, especially when referring to human consumption. Natural just means natural. Furthermore, not all marijuana is natural - it can also be synthetic (lab made). Like ‘natural’ marijuana, synthetic marijuana can be addictive. Unlike ‘natural’ marijuana, overdose and other symptoms including death <i>can</i> be linked to synthetic marijuana. Other reactions can include: toxic elevated blood pressure, reduced blood supply to the heart, kidney damage, seizures. <i>Source:</i> National Institute on Drug Abuse (NIDA).</p>
<p>“Years of research has been conducted”</p>	<p>Research supporting the use of marijuana for medical purposes is on THC, the psychoactive ingredient, less than 10% but the average content of THC products used is actually 90%. <i>Source:</i> Potency Monitoring Report, supported by NIDA (National Institute on Drug Abuse).</p>