

Is Marijuana Medicine?

You may have heard that marijuana can help you get over negative things happening in your life. But it's important to understand the difference between short-term symptom relief and long-term problems from using marijuana. The fact is, the U.S. Food and Drug Administration (or FDA) has only approved medical marijuana use for two rare seizure disorders, nausea associated with chemotherapy, and the treatment of anorexia wasting syndrome. So, contrary to popular belief, it's rare to receive a prescription for marijuana as medicine. Getting a medical marijuana card means you are using drugs outside of approved, safe uses. There are NO studies showing any benefit of today's high-potency marijuana for teens. So, what problems are teens trying to treat using unapproved marijuana products?



PROBLEM CATEGORY 1: MENTAL HEALTH

- 1. Feelings of sadness can increase when you use marijuana.** Marijuana increases your risk of developing depression and suicidal behavior later in life. jamanetwork.com/journals/jamapsychiatry/fullarticle/2723657
- 2. Using marijuana does not help with depression.** Marijuana use has been shown to double the risk for depression. pubmed.ncbi.nlm.nih.gov/28750823/
- 3. Marijuana does not help with ADHD.** Adolescents with ADHD exhibit more severe symptoms with marijuana use. www.ncbi.nlm.nih.gov/pmc/articles/PMC3390681/

PROBLEM CATEGORY 2: FEAR & ANXIETY

- 1. Marijuana will not help you reduce anxiety.** While "chilling out" can be a short-term effect, the long-term impact can be quite the opposite and make anxiety worse. pubmed.ncbi.nlm.nih.gov/12943018/
- 2. Using marijuana before a party will not help you calm your nerves.** Self-medicating with THC increases the risk for social phobia in anxious people. www.sciencedaily.com/releases/2011/08/110801172550.htm
- 3. Pot use prevents you from learning to tolerate stress.** Those who start using marijuana frequently at a young age are more likely to have an anxiety disorder in early adulthood. pubmed.ncbi.nlm.nih.gov/17314727

PROBLEM CATEGORY 3: LIFE STRESSORS

- 1. Using marijuana to escape from painful problems won't help.** Self-medicating can have serious long-term consequences for mental illness and cause extreme paranoia. academic.oup.com/schizophreniabulletin/article/41/2/391/2526091
- 2. Marijuana is not better than cigarettes.** In the U.S., dependence on marijuana has increased more than dependence on any other drug. www.ncbi.nlm.nih.gov/pmc/articles/PMC2797098/pdf/ascp-04-1-4.pdf
- 3. You will not sleep better if you use marijuana.** Weed only makes insomnia and sleep problems worse. www.sciencedaily.com/releases/2016/10/161017155004.htm

QUESTION: Which category do most of your challenges tend to fall under (Mental Health, Fear and Anxiety, Life Stressors)? What is a good activity you can do instead when feeling this way?

REFLECT

