

# SHORT- & LONG-TERM EFFECTS



**JOHNNY'S**  
AMBASSADORS

When you use marijuana, some things happen to you in the short term, and if you keep using it, more things can happen in the long term. Short-term effects of marijuana include:

- Lethargy
- Impaired coordination and balance
- Slurred speech
- Increased heart rate
- Poor decision making
- Anxiety and panic attacks

**Possible death.** While overdosing on marijuana won't stop your breathing, it does kill people indirectly by:

- Increased car crashes from driving high, which causes slowed reaction time
- House fires from people trying to make homemade marijuana concentrates
- Increased thoughts of suicide
- Non-stop vomiting, called cannabinoid hyperemesis syndrome, which causes your organs to shut down from dehydration

Research: [www.samhsa.gov/marijuana](http://www.samhsa.gov/marijuana)

**ARE YOU WILLING TO "ROLL THE DICE" AND POSSIBLY EXPERIENCE THESE NEGATIVE OUTCOMES ON YOUR BRAIN AND YOUR LIFE?**

Long-term effects on youth who use marijuana include:

**Brain impacts.** Teens who use marijuana have impaired cognition and memory problems. They also have lower graduation rates and lower IQ. Marijuana can cause permanent IQ loss of as much as eight points when people start using it at a young age. These IQ points do not come back, even after quitting marijuana.

**Poor life outcomes.** Using marijuana can affect performance and how well people do in life. Research shows that people who use marijuana are more likely to have relationship problems, worse educational outcomes, lower career achievement, and reduced life satisfaction.

**Mental health issues.** Studies link marijuana use to depression and anxiety. Marijuana use can also cause delusional thinking and psychosis, which can lead to permanent schizophrenia, bipolar disorder, and other mental illnesses. Marijuana use is also correlated with an increase in suicidal thinking, suicide attempts, and suicide.

**Is it possible to overdose on marijuana?**  
YES! It is possible to overdose with today's dangerously high THC products. Dr. Karen Randall, an emergency room physician in Pueblo, Colorado, says she sees teens in the ER with acute psychotic episodes, poisonings, and uncontrollable vomiting as a result of using too much THC.

