



CANNABIS & YOUR HEALTH

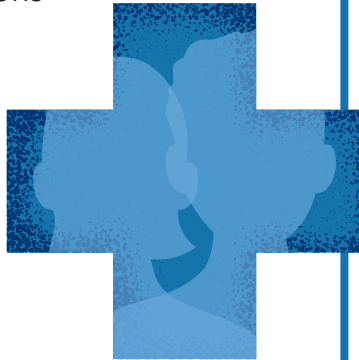


Cannabis use can impact many parts of a person's health, especially with long-term use.

PHYSICAL HEALTH

Some people who use cannabis from time to time may not have any bad experiences; others who use it more often and for a longer period of time can develop physical health problems, including:

- Breathing problems
 - Respiratory problems and infections
 - Coughing
 - Wheezing
 - Trouble with physical activity
- Lung cancer
- Cannabinoid hyperemesis syndrome (frequent, severe vomiting)



CAN YOU BECOME ADDICTED TO MARIJUANA?

Recent research is showing that cannabis use disorder can develop in about 20% of users.



MENTAL HEALTH

Cannabis is often used as a way to manage conditions such as anxiety.

It may seem to help in the short-term, but long-term use of marijuana can actually lead to mental health conditions, including:

- Difficulties with memory and learning
- Increased anxiety and depression
- Mood swings
- Paranoia
- Schizophrenia, temporary psychosis and other mental disorders
- Marijuana/cannabis use disorder (addiction)



If you are becoming concerned about your use of cannabis there is support available. Call 800-563-4086 for help.



To learn more, visit **BeInTheKnowCT.org** or scan the QR code.