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MARIJUANA FACTS

BRAIN DAMAGE. MENTAL ILLNESS. ADDICTION. PSYCHOSIS. SCHIZOPHRENIA. DNA DAMAGE.

What every person, politician, teacher, parent, and student should know about marijuana to make an enlightened decision about using it or allowing others to do so.

MARIJUANA CAN CAUSE PERMANENT BRAIN DAMAGE

It physically alters the brain before full maturity at or above age 25. Marijuana reduces the amount of white and grey matter by as much as 80%. It shrinks the hippocampus, the brain's learning, cognition, and memory center, and can cause a loss of up to 8 points in IQ by age 38. (NIDA) The damage is age and dose-related: the younger one starts and the more they use, the greater the toxic effect on the brain. Quitting later doesn't reverse the damage. Adolescent marijuana use diminishes academic achievement and leads to more dropouts, less life satisfaction, and fewer opportunities for higher-paying jobs. Brain damage before brain maturity can have life-long adverse consequences.

MARIJUANA CAN CAUSE MENTAL ILLNESS

In vulnerable individuals (about 30%), it has and is causing psychotic breaks leading to violent acts of homicides, mass murders, and suicides, as well as other mental health disorders including schizophrenia, paranoia, anxiety, depression, and bipolar. The problem is people don't know they are vulnerable until they experience the problem, then it may be too late for some and a question of long-term recovery for others. Psychotic episodes have led to a dramatic increase in emergency room visits. Daily users are 5 times more likely to develop mental health disorders; weekend users are 3 times more likely than non-users. A UK study showed that Skunk was responsible for 1/4th of the new cases of schizophrenia. Studies from Australia and

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New Zealand showed that teens who use marijuana were 7 times more likely to commit suicide. Marijuana is a significant cause of the nation's crisis of mental health crisis and suicides.

MARIJUANA-INDUCED PSYCHOSIS IS A THREAT TO OTHERS

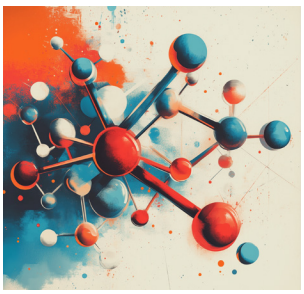
With rare exceptions, every mass shooter has suffered from schizophrenia or marijuana-induced psychosis, where they hear voices telling them to kill. Some have a complete break from reality where people don't know who they are, where they are, or who they are with. In numerous cases, in an altered state, people have killed and decapitated loved ones. Mothers have killed their children. Use caution if a marijuana user starts showing signs of aggression, or if you are a user, stop using it and get help.

MARIJUANA VAPING IS PARTICULARLY DANGEROUS.

Vaping is a significant cause of health problems, causing severe lung injuries and death. Vitamin E Acetate, added to THC for vaping, is highly harmful. Vaping causes lung and organ damage, breathing problems, addiction, and more. Vaping one time can significantly harm your lungs. (verywellhealth.com) Experts say don't vape.

MARIJUANA IS NOT SAFER THAN ALCOHOL

Unlike alcohol, which consists of one chemical that is excreted from the body in a matter of hours, marijuana is fat-soluble, one-half of which stays in the body and brain for a month, longer than any other drug. It consists of 483 chemicals that turn into over 2,000 when smoked. 61 are cannabinoids, all of which are bioactive, and some are psychoactive. The main psychoactive drug is THC (Delta 9 tetrahydrocannabinol). The THC content of marijuana has increased from about 2% in the '60s and '70s to as high as 40% in smoked form and up to 99% as wax or BHO (Butane Hemp Oil) used in dabbing, vaping, and edibles. While alcohol in moderation may even be beneficial, as with a glass or two of wine, today's high potency pot causes many severe harms to the body and brain.



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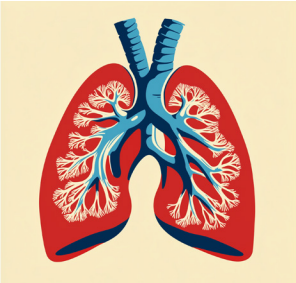
MARIJUANA IS ADDICTIVE

One in six (17%) of adolescents who use marijuana will become addicted; one in eleven (9%) of those who start after age 18. Recovery from marijuana addiction is particularly difficult because it remains in the body for so long. Addicts can't work effectively if at all, so they have to turn to crime and public support.



MARIJUANA DAMAGES THE LUNGS AND RESPIRATORY SYSTEM

Marijuana causes impaired respiratory conditions, including reduced lung density, lung cysts, and chronic bronchitis, and causes an eightfold rise in lung cancer risk. (Dr Stuart Reece, U of Queensland) One joint is the equivalent of five cigarettes. Marijuana smoke has ammonia levels 20 times greater than tobacco and 3 to 5 times more hydrogen cyanide, nitric oxide, and aromatic amines. Marijuana smoke causes deterioration of lungs 20 years ahead of tobacco smokers.

MARIJUANA CAN KILL OR PERMANENTLY HARM A FETUS

Today's high-potency pot can cause fatal brain damage to a fetus only two weeks after conception before the mother even knows she is pregnant. (Psychoses, U of Texas) Research from forty years ago at the UC Davis Primate Center showed an increase in stillbirths from 12% normal to 44%. Babies that survived childbirth often had physical deformities and brain alterations that altered behavior and caused learning deficits well into the teens. Babies of mothers who smoked pot during pregnancy had an 11-fold increase in non-lymphoblastic leukemia. Marijuana use by either parent before conception can adversely affect a fetus. Maternal use during pregnancy or when breastfeeding can directly affect a baby when they are most vulnerable. Recent science shows it is also a cause of autism which now affects 1 in 36 male babies, compared to 1 in 2,000 in the 70s.

MARIJUANA CAUSES HEALTH PROBLEMS, INCLUDING CANCER

Marijuana can cause cancer of the head, neck, bladder, brain, and testicles. It can cause chronic bronchitis and other respiratory problems and elevates the risk of heart attack by 4.8 times within 1 to 3 hours after smoking. Studies in the UK show that it is a major cause of strokes as well. It affects the pituitary gland, a pea-sized structure at the base of the brain that is the control center

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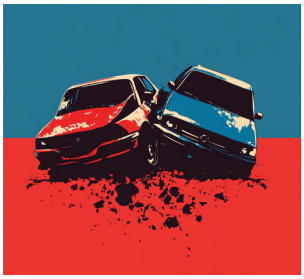
for sex and reproductive hormones and, in turn, sexual dysfunction. Studies done in the 70s showed that marijuana caused more DNA damage than even heroin (Dr.Miroshima), resulting in mutations to sperm and chromosomal abnormalities that can adversely affect future generations. The modern craze of vaping is causing lung damage and death. Continual use can cause hyperemesis (i.e., scromitting), where one screams and vomits concurrently, sometimes for days.

MARIJUANA IS NOT MEDICINE

Isolated components of the plant, like CBD, have been approved for certain illnesses, and marijuana has some value in suppressing vomiting and nausea and stimulating appetite in AIDs patients. However, the FDA classifies the whole plant as a Schedule I drug because it has no accepted medicinal use, has the potential for harm, and cannot be adequately administered under supervision. Real medicines must have known compounds, potency, and dosage and be reproducible uniformly (like pills). That isn't possible with smoke or vapor, and the consistency of marijuana plants varies widely, often with fungus and insecticides that are very harmful. The term "medical marijuana" was coined by people to give it a good name as the first step toward full legalization. Allowing anyone 18, even 21, easy access to marijuana is a threat to their underdeveloped brains. There is no difference between "medical" and recreational marijuana.

MARIJUANA DOUBLES THE RISK OF TRAFFIC DEATHS

Traffic deaths have doubled where marijuana has been legalized. In a Maryland Trauma Center, 27% of injured drivers tested positive for pot. 50% of drivers under 21 tested positive for pot, compared to only 33% for alcohol. Intoxication from either alcohol or marijuana is a major cause of injury in traffic accidents; mixing the two is particularly dangerous. Traffic accidents are the leading cause of death in teenagers. Because marijuana stays in one's system for a month, compounding with additional use, 1 in 4.5 drivers are impaired to some degree with impaired judgment and reaction time. Because pot-impaired drivers focus on an object and drive to it. People aren't even safe on the sidewalk or side of the road. Since 2009, pedestrian deaths have increased by 80%. California is first in the nation with pedestrian deaths, amounting to one in ten traffic fatalities.



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MARIJUANA CAUSES DNA DAMAGE THAT AFFECTS FUTURE GENERATIONS

Some of the thousands of scientific studies over 50 to 60 years, when the THC content was to 2%, revealed the following:

• "In my twenty years of research on human cells, I have never found any other drug, including heroin, which came close to the DNA damage caused by marijuana. … All animals and plants have their own specific number of chromosomes in the nucleus of each cell. Humans have 46, with the exception of sperm and eggs, which have 23 each. When they get together, the new starting cell has 46. I discovered that one-third of "weekend smokers" who average just two joints a week had only 20 to 30 chromosomes, about the same as a frog."

• The detrimental effect on body cells is the most alarming finding of the harms of marijuana because "…They are the underlying cause of all of the other of deleterious effects that researchers have reported. Not only do far-soluble cannabinoids clog the cells, inhibiting their function, but many studies have shown that chronic pot smokers have a large number of abnormal cells."

• Cannabinoids are mutagenic – meaning they can transmit abnormalities across generations, skipping one and adversely affecting the next. In one experiment with mice, a fetus was discovered with no skull, just the brain covered by skin, and the backbone was outside the body. Neither parent nor grandmother received THC, just the grandfather.

• Research at UC Davis Primate Center revealed that Rhesus monkeys revealed that female monkeys who had received the THC equivalency of 1 to 2 joints a day had 44% birth loss compared to 12% normal.

• Babies born to mothers who had been given THC during pregnancy and survived childbirth had lower birth weights, smaller head sizes, cardiac murmurs, small eye openings, broad low nasal bridges, and low-set ears. 41% required oxygen resuscitation at birth, and 57% exhibited fetal feces (meconium) compared to 25 normal.

• Young people who smoke pot are 6 times more likely than others to develop psychosis: 3 times more likely to have hallucinations and 4 times more likely to have delusions. Side effects can appear years after you quit."

• Teens who smoke marijuana at least once a month are three times more likely to have suicidal thoughts than non-users." (Office of National Drug Control, 2008 Marijuana Sourcebook)

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• Heavy marijuana users are more likely to be diagnosed with schizophrenia later in life. (Summit, S. Swedish Conscripts of 1969)

• Schizophrenia.com reports 1) Teenagers who indulge in cannabis as few as five times in their lives significantly increase their risk of psychotic symptoms. 2) Regular use by adolescent girls could trigger long-term depression, and for those vulnerable to psychotic disorder, even a small amount of cannabis could pose a threat. 3) The risk is higher when drugs are used by people under the age of 25, a time when the human brain is developing rapidly and is particularly vulnerable."

• Marijuana use can cause a lack of sexual desire and a lower frequency of organisms

• 72.2% of all individuals who used cannabis and 81.85 of those with CUD (Cannabis Use Disorder) had a mental illness.

• There are 84 joints in one ounce of marijuana. One joint causes 4 hours of intoxication. 84 joints equals 336 hours of high per ounce. States that allow 2 to 3 ounces are just creating drug dealers. (The Recovery Center.org)