Marijuana Affects More Than You May Know

As marijuana has become more commonly used, the latent health effects are often misinterpreted and even ignored. Yet, studies have indicated that Marijuana affects both mind & body. For instance:

**The Brain:** Marijuana distorts activities controlled by the brain, such as coordination, reaction time, short-term memory, the ability to follow moving objects, and the ability to learn and make wise decisions.

**The Lungs:** Like cigarettes, marijuana contains tar and carbon monoxide, which is believed by scientists to lead to breathing difficulties and increase the chance for lung cancer, lung infections and pneumonia.

**The Heart:** Marijuana causes a temporary increase in heart rate. This can have serious consequences for those who already incur heart conditions, high blood pressure, or other circulatory problems.

**The Immune System:** Marijuana may weaken the ability to fight disease.

**For Men:** Regular usage of marijuana causes a decrease in sperm number and movement.

**For Women:** Marijuana has been linked to irregular menstrual cycles and has been known to lower the levels of sex hormones.

**For Adolescents:** Marijuana hinders a teenager’s path of physical, mental, emotional, and sexual development.

**For Everyone:** Marijuana may cause emotional effects like psychological problems, poor social skills, personality problems, or disorientation.