

THE HARMFUL EFFECTS OF MARIJUANA

BRAIN & CENTRAL NERVOUS SYSTEM IMPAIRED THINKING, MOOD, MEMORY, AND COORDINATION

• Marijuana (THC) is an extremely powerful and pleasurable intoxicant. It affects, alters, and damages brain cells controlling thinking, emotion, pleasure, coordination, mood, and memory. The pituitary gland is also damaged which regulates hunger, thirst, blood pressure, sexual behavior, and release of sex hormones.

CLOGGED SYNAPSES, BRAIN DAMAGE, AND ADDICTION

• Marijuana accumulates in the microscopic spaces between nerve cells in the brain—called "synapses." This clogging interferes by slowing and impairing transfer of critical information.

• Long term use causes the brain to stop production of brain chemicals necessary to "feel good"—a negative feedback condition. And, the user becomes chemically addicted to marijuana.

OTHER AFFECTS ON CENTRAL NERVOUS SYSTEM

Distortions of perception, thinking, and reality •
Difficulty in forming concepts and thoughts •

Poor concentration •

Mental confusion •

Loss of motivation •

Wide mood swings •

Aggression and hostility •

Depression, anxiety, and paranoia •

EYES

Sleepy looking, blood-shot eyes •
with dilated pupils.

THROAT

Irritates membranes of the esophagus; •
increases chance of developing
cancer of larynx and esophagus.

LUNGS

Significant damage and •
destruction of the air sacs
of the lungs, reducing the
lungs ability to bring in
oxygen and remove carbon
dioxide — Emphysema.

Causes bronchial tubes to
be inflamed, thickened,
and to produce more
mucus; resulting in
narrowing of the air
passages—

Chronic Bronchitis.

Marijuana smoke has
twice as much "tar" as
cigarette smoke and
significantly increases
chance of lung cancer,
inflammation and
infection.

IMMUNE SYSTEM

Marijuana depresses •
immune systems' ability
to protect itself and
body against invading
bacteria, viruses,
chemicals, foreign
particles, parasites,
fungal microorganisms,
infections, and decreases
ability to protect and
prevent growth of cancer
cells throughout the
body.

ORGANS AND GLANDS AFFECTED:

Thymus •

Lymph System •

Spleen •

Stomach •

Duodenum •

Bone Marrow •

HEART

• Speeds up heartbeat as
much as 50%, increases
blood pressure, and
poses great risk
to those with
hypertension
and heart
disease.

ENDOCRINE SYSTEM

• Marijuana damages the network
of glands, organs, and hormones
involved in growth and development,
energy levels, and reproduction.

ORGANS AND GLANDS AFFECTED:

• Pituitary Gland

• Thyroid Gland

• Stomach

• Duodenum

• Pancreas

• Adrenal Glands

• Testis

REPRODUCTIVE SYSTEM

MALES & FEMALES

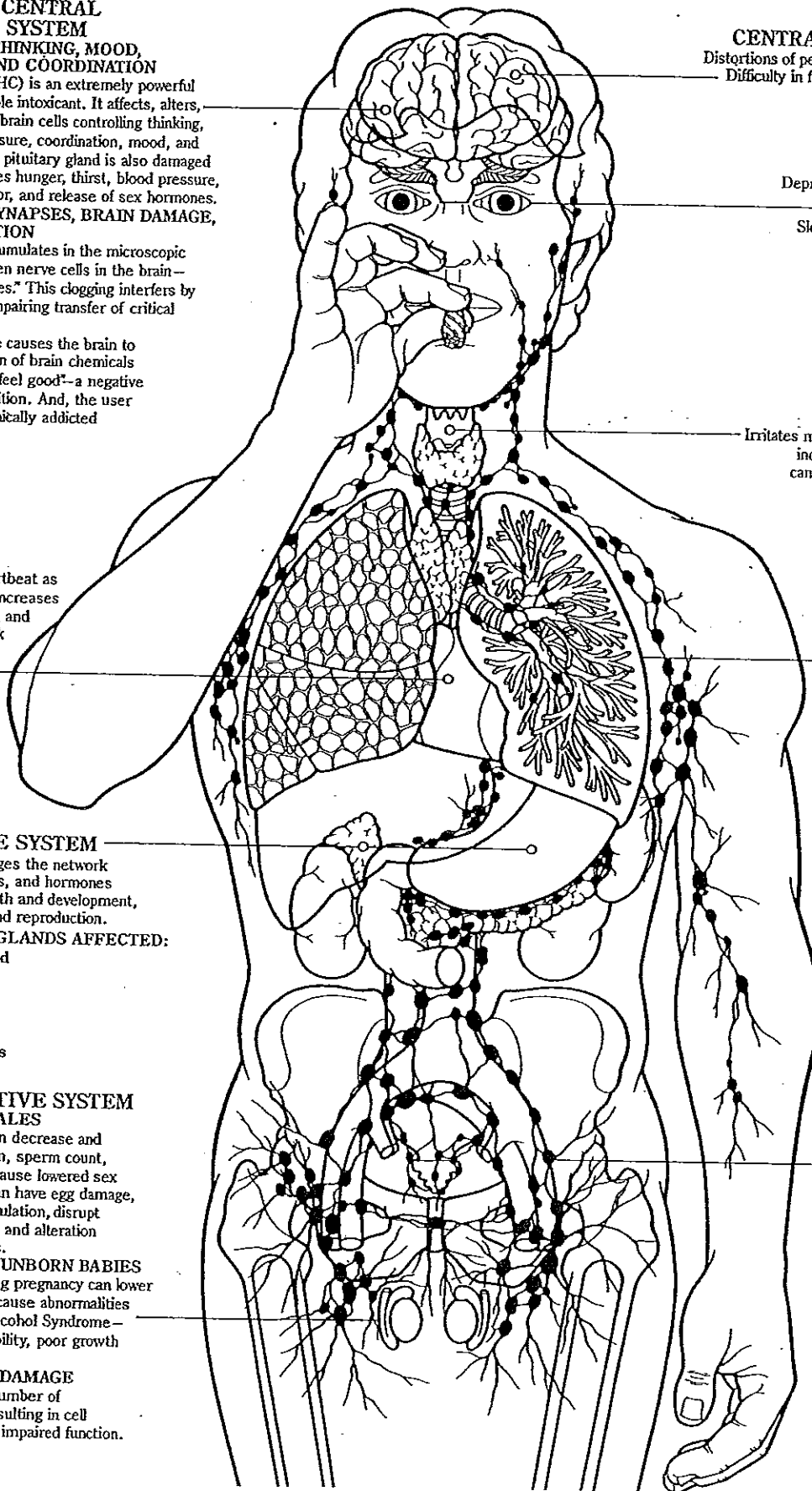
• Marijuana use can decrease and
degenerate sperm, sperm count,
movement, and cause lowered sex
drive. Females can have egg damage,
suppression of ovulation, disrupt
menstrual cycles, and alteration
of hormone levels.

PREGNANCY & UNBORN BABIES

• Regular use during pregnancy can lower
birth weight and cause abnormalities
similar to Fetal Alcohol Syndrome—
small head, irritability, poor growth
and development.

CHROMOSOME DAMAGE

• Can destroy the number of
chromosomes, resulting in cell
abnormalities and impaired function.



THE HARMFUL EFFECTS OF ALCOHOL

BRAIN & CENTRAL NERVOUS SYSTEM IMPAIRED BEHAVIOR, JUDGEMENT, MEMORY, CONCENTRATION, AND COORDINATION

• Drinker experiences mild euphoria and loss of inhibition as alcohol impairs regions of the brain controlling behavior and emotion. Alcohol impairs judgement, memory, concentration, and coordination; as well as inducing extreme mood swings and emotional outbursts.

BRAIN DAMAGE & AFFECT

• Alcohol acts as a sedative on the Central Nervous System, depressing the nerve cells in brain, dulling, altering, and damaging their ability to respond. Large doses cause sleep, anesthesia, respiratory failure, coma, and death.

BRAIN DISORDERS & ADDICTION

• Long term drinking may result in permanent brain damage, serious mental disorders, and addiction to alcohol.

LUNGS

• High amounts of alcohol may cause breathing to stop; then death.
• Lowered resistance to infection.

LIVER

• Chronic heavy drinking may cause alcoholic hepatitis (inflammation and destruction of liver cells) and then cirrhosis (irreversible lesions, scarring, and destruction of liver cells). Impairs the liver's ability to remove yellow pigment and skin appears yellow (jaundice).
• Liver damage causes fluid to build in extremities (Edema).
• Decreases production of blood-clotting factors; may cause uncontrolled bleeding.
• Liver accumulates fat which can cause liver failure, coma, and death.

REPRODUCTIVE SYSTEM MALES & FEMALES

• Sexual functioning can be impaired and deteriorate, resulting in impotence and infertility, sometimes irreversible. Females also have high risk of developing breast cancer.

PREGNANCY & UNBORN BABIES

• Drinking during pregnancy significantly increases chance of delivering a baby with Fetal Alcohol Syndrome; small head, possible brain damage, abnormal facial features, poor muscle tone, speech and sleep disorders, and retarded growth and development.

OTHER AFFECTS ON CENTRAL NERVOUS SYSTEM

• Impaired visual ability
• Unclear hearing
• Dulled smell and taste
• Loss of pain perception
• Altered sense of time and space
• Impaired fine motor skills
• Slows reactions
• Impaired sexual performance

EYES

• Distorted vision and ability to adjust to lights. Pinpoint pupils and red eyes.

EARS

• Diminishes ability to distinguish between sounds and perceive their direction.

MOUTH

• Slurred speech. Dulls taste and smell, reducing desire to eat.

THROAT

• Irritation and damage of lining of esophagus, induces severe vomiting, hemorrhaging, pain, and difficulty swallowing. Cancer.

HEART

• Weakens the heart muscle and ability to pump (Cardiomyopathy).
• Heart enlargement, abnormal heart signs, and irregular heart beat.
• Increases blood pressure, risk of heart attack, and strokes.
• Inhibits production of white and red blood cells.

MUSCLES

• Muscles become weaker and atrophy, pain, spasms; and tenderness.

STOMACH

• Irritation of stomach lining, peptic ulcers, inflammation, bleeding lesions, and cancer.

PANCREAS

• Significant risk of pancreatitis, a chronic inflammation of pancreas.

INTESTINES

• Irritation of the lining of the intestinal tract and colon. Chronic drinking may result in inflammation, ulcers, and cancer of intestines and colon.
• Nausea, diarrhea, vomiting, sweating, and loss of appetite are common.
• Alcohol impairs small intestine's ability to process nutrients and vitamins.

BONES

• Alcohol interferes with body's ability to absorb calcium resulting in bones being weak, soft, brittle, and thinner (Osteoporosis).

