

## How will I know I need to quit or cut back on my marijuana use?

- ✓ *You miss work or are late to work.*
- ✓ *Friends complain that you won't go out anymore.*
- ✓ *You've stopped doing things you liked to do in the past.*
- ✓ *You can't remember things.*
- ✓ *You feel sad or angry when you're not high.*
- ✓ *You are constantly waiting to get high.*
- ✓ *You drive high.*
- ✓ *You're having arguments with family or friends.*
- ✓ *You spend a lot of your money on marijuana.*
- ✓ *You smoke before important events.*

## What to expect when cutting back or quitting

- ⇒ *Change takes time.*
- ⇒ *You will need support.*
- ⇒ *You may have some withdrawal symptoms.*
- ⇒ *Contact your doctor if you are having any medical concerns.*
- ⇒ *Your doctor or Behavioral Health Clinician can help.*

## Something to try

List goals, change plan, or treatment information here:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## HELPFUL TIPS

- ◆ **Set a goal to quit or cut back.**
- ◆ **Quitting cold-turkey is the most effective. If this isn't for you, try to establish a tapering plan.**
- ◆ **Portion out your pot ahead of time.**
- ◆ **Make your decision clear to your family and friends.**
- ◆ **Find distractions.**
- ◆ **Stick with it!**
- ◆ **Plan a small celebration a month from your quit date.**

# MARIJUANA: Facts and Advice



*An initiative of CT DMHAS, in collaboration with  
UConn Health.  
Funded by SAMHSA-CSAT.*

# Effects of Marijuana

## Marijuana



The active ingredient in marijuana is **delta-9-tetrahydrocannabinol**, also known as **THC**.

**THC changes the way your brain works. You may not notice the changes, but marijuana may be affecting everyday things.**

### What's my level of risk?

Low <input type="checkbox"/>	You are at low risk of health and other problems from your current pattern of use.
Moderate <input type="checkbox"/>	You are at risk of health and other problems from your current pattern of use.
High <input type="checkbox"/>	You are at high risk of developing severe problems as a result of your current pattern of use and are likely to be dependent.

#### Brain

- Decreased memory and concentration
- Lowered judgment and processing skills
- Learning skills impaired
- Memory problems

#### Lungs

- Increased risk for breathing problems
- Chronic bronchitis
- Lung cancer

#### Did you know...

Smoking 5 cannabis joints is like inhaling the same amount of toxic chemicals as a whole pack of cigarettes. It's true; ***marijuana smoke contains four times more tar and carbon monoxide than cigarette smoke.***

#### Immune system

- Worsened allergy symptoms (breathing related)
- Slow recovery time

#### Diabetic concerns

- If binge eating after use, blood sugar can be affected

#### Emotions and Mental Health

- Increased anxiety/panic/paranoia
- Worsened depression
- Lowered pleasure
- Increased risk for mental health problems
- Relationship problems

#### Heart

- Increased heart rate

#### Alertness

- Excessive drowsiness
- Impaired coordination
- Slower reaction time

#### Stomach

- Possible weight gain due to increased appetite or the "munchies"

#### Fertility

- Decreased fertility in both men and women
- Interferes with sex drive and hormone production

#### Did you know...

Marijuana can impair driving. Driving while under the influence of marijuana is just as dangerous as driving after drinking alcohol.

