

Marijuana and Health Effects

People who have taken large doses of marijuana may experience an acute psychosis, which includes hallucination, delusions, and a loss of the sense of personal identity. These unpleasant but temporary reactions are distinct from longer-lasting psychotic disorders, such as schizophrenia, that may be associated with the use of marijuana in vulnerable individuals.

Marijuana, National Institute on Drug Abuse (NIDA), February 12, 2018, 8.

Several studies have been published that link marijuana to increased risk for psychiatric disorders, which include psychosis (schizophrenia), depression, anxiety and other mental disorders that lead to substance abuse.

Marijuana, NIDA, 24.

Cannabis users who carry a variant of a specific gene are at a seven times greater risk of developing psychosis than users without the variant.

M. DiForti, C. Iyegbe, H. Sallis, et al., "Confirmation that the AKT1(rs2494732) genotype influences the risk of psychosis in cannabis users," *Biological Psychiatry* 72, no. 10 (November 15, 2012): 81-816.

Marijuana use could be problematic for people with an irregular heartbeat, or arrhythmia, because it activates the sympathetic nervous system.

"Legalized Marijuana and Your Heart," *The Beat*, University of Ottawa Heart Institute, published June 2017.

Within a few minutes after inhaling marijuana smoke, a person's heart rate speeds up, the breathing passages relax and become enlarged, and blood vessels in the eyes expand, making the eyes look bloodshot. The heart rate—normally 70 to 80 beats per minute—may increase by 20 to 50 beats per minute or may even double in some cases. Taking other drugs with marijuana can amplify this effect.

Marijuana, NIDA, 31.

Smoking marijuana may reduce the respiratory system's immune response, increasing the likelihood of the person acquiring respiratory infections, including pneumonia.

Marijuana, NIDA, 25.

Smoking marijuana has been linked to cases of air pockets in between both lungs and between the lungs and the chest wall, as well as large air bubbles in the lungs among young to middle-aged adults, mostly heavy smokers of marijuana.

"Marijuana and Lung Health," American Lung Association, last modified March 23, 2015.

Marijuana's higher-burning temperature, combined with its smoking method, causes increased loss of cilia in the lungs, leading to increases in rates of life-threatening emphysema.

M. L. Howden, M.T. Naughton, "Pulmonary Effects of Marijuana Inhalation," *Expert Review of Respiratory Medicine* 5, no. 1 (February 2011): 87-92.

THC is detectable in the body after as little as 15 minutes of exposure even if the person is not actively smoking it. Anyone exposed to second-hand smoke in a poorly ventilated room will test positive.

"Second-hand marijuana smoke can cause bystanders to fail drug test: study," *Edmonton Journal*, December 1, 2017