

A growing body of research surrounding marijuana use has helped us to understand more about the effects this drug has on the human body, particularly the functions of the brain.

While all research has limitations, what we do know is becoming clearer by the day, and it will cause many to question what they thought they knew about marijuana/cannabis.

The relatively new “Vape” trend has fast undergone a similar safety reassessment.

The evidence is now sufficient to prompt careful consideration of all the risks, especially concerning use of modern high-potency cannabis and synthetic cannabinoids.



▼ Helpful Resources

El Dorado County Sheriff's Office:

- ▶ www.edcgov.us/Government/sheriff

CA Dept of Public Health marijuana information

- ▶ www.cdph.ca.gov/Programs/DO/letstalkcannabis/Pages/LetsTalkCannabis.aspx

For help to quit vaping or smoking:

- ▶ <https://teen.smokefree.gov/>

Vaping facts:

- ▶ <https://vapingfacts.health.nz/the-facts-of-vaping/>

EDC Health & Human Services:

- ▶ www.edcgov.us/Government/hhsa/Pages/hhsa_programs_and_services.aspx

If you or anyone you know is having problems with marijuana & wants to talk, your School Resource Officer is always available at school or online at SRO@edso.org

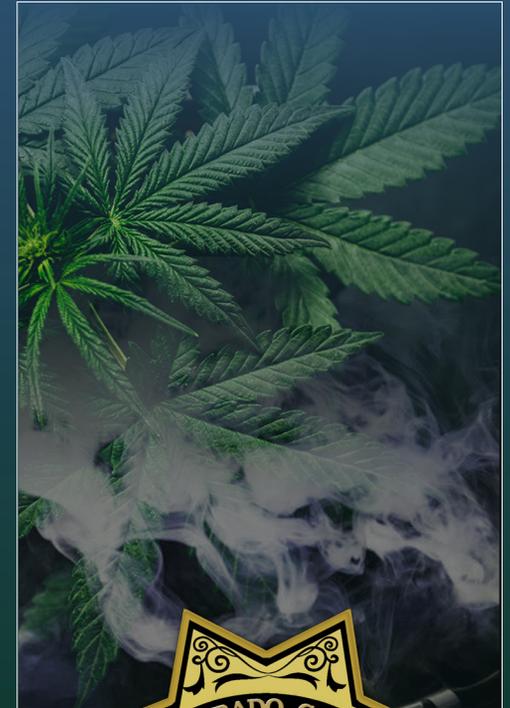
El Dorado County Sheriff's Office
200 Industrial Drive | Placerville CA 95667



Contact Us

Non-Emergency:
(530) 621-5655

Emergency: 911



El Dorado County Sheriff's Office

**Marijuana
and Vaping
INFORMATION**

What is Marijuana?



Marijuana comes from the hemp plant *Cannabis Sativa*, and when smoked or ingested the user quickly begins to feel high.

Marijuana contains a chemical called Tetrahydrocannabinol or THC. When you inhale marijuana smoke into your lungs, the THC quickly makes its way through your bloodstream and

into your brain. If you eat or drink marijuana, it will take longer for the user to feel the effects, but once they are felt the effects are much stronger.

When you smoke or ingest marijuana, the THC causes your brain to release dopamine which is a chemical in your body that makes you feel happy. Normally when you do something you enjoy like spending time with friends your body naturally releases dopamine, but when you use marijuana your brain is tricked and releases too much dopamine making you feel high.

Side Effects

Your Digestive System:

Nausea and vomiting are common side effects of eating Marijuana because of how your liver processes it. Your liver can also be damaged because it's trying to process something that's not supposed to be in your system. Marijuana use can also result in an increased appetite often called "munchies" which can result in weight gain.

Your Heart:

Within minutes of using marijuana, as the THC spreads through your bloodstream, your heart rate may increase by 20 to 50 beats per minute.

Proceedings of the National Academy of Sciences:

"Persistent adolescent-onset cannabis users" showed "an average 8-point IQ decline from childhood to adulthood."

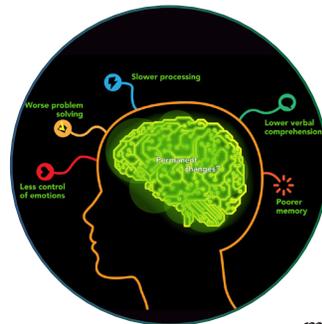
Many people who use marijuana report feeling anxious or paranoid because their heart is pounding so fast. A rapid heart rate can be deadly if you have a heart condition such as heart disease as it may cause a heart attack.

Lungs:

Smoking marijuana is associated with inflammation and lung hyperinflation, plus symptoms of chronic bronchitis. It may also reduce the respiratory system's immune response, increasing the likelihood of acquiring respiratory infections like pneumonia.

Clinical Psychological Science Journal:

Duke University and UC Davis researchers found that "those dependent on cannabis experienced more financial difficulties, such as paying for basic living expenses and food, than those who were alcohol dependent."



Other Effects

Heavy marijuana use in adolescence or early adulthood has been associated with a dismal set of life outcomes including poor school performance, higher dropout rates, increased welfare dependence, greater unemployment and lower life satisfaction.¹

Several studies seem to link marijuana use to continued functional impairment in cognitive abilities. The degree and duration of impairment depends on the age when a person began using and how much/how long they used.²

Other research has suggested that for genetically predisposed people, smoking high-potency marijuana every day could increase the chances of developing psychosis by nearly *five times* compared to people who have never used it.

The more we learn, the more the truth about marijuana just isn't as simple as many people have believed.

Vaping

What is a Vape? Vapes are e-cigarette devices used to inhale and exhale aerosol.

- Vapes can contain nicotine, flavorings, or chemicals such as THC.
- Concentrated cannabis oil or "wax" is heated and turned into aerosol, not a vapor.
- Vapes can look like flashdrives, pens and other small electronics and they usually are battery powered.

NOT a safe alternative...

Many people think vaping is less harmful than smoking, but it can be just as bad if not worse.

- Inhaling smoke of any kind causes damage to the respiratory system.
- Using "vape" products is not a harmless alternative to smoking, it's just another form of smoking.
- Sharing these devices puts users at risk of getting herpes, mono, and colds.
- The THC concentration depends on the oil used, which is often mislabeled.
- Vaping is NOT harmless.
- E-cigarettes have been linked to thousands of cases of serious lung injury, some resulting in death.



1. Marijuana and the developing brain, 11/2015, American Psychological Association

2. Effects of cannabis use on human behavior, cognition, motivation, psychosis, 2016, JAMA Psychiatry

