

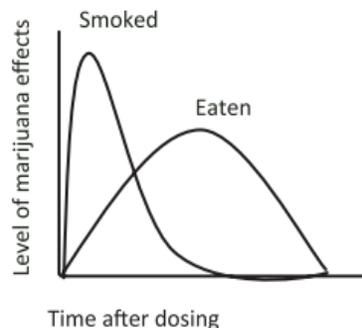
# THE FACTS ABOUT MARIJUANA

## AVOID MARIJUANA IF YOU

- Are under age 21
- Are going to drive a vehicle or operate machinery
- Are pregnant or breastfeeding
- Have a health condition made worse by marijuana, such as mental health, respiratory, or immune system issues
- Are going to have surgery soon
- Take medications that interact with marijuana—ask your healthcare provider

## RISKS OF USING EDIBLE MARIJUANA

Edibles can contain wide variations of marijuana concentrate and produce a delayed high, which can result in dangerous doses. The effect can be unpredictable.



\*\*Seamon MJ, Fass JA, Maniscalco-Feichtl M, Abu-Shraie NA. Medical marijuana and the developing role of the pharmacist. Am J Health Syst Pharm 2007;64:1037-

## REDUCING RISK

- Use less frequently to reduce risk of dependency.#
- Designate a sober driver—A cab ride is cheaper than a DUID (\$10,000 on average).
- Know your drug-free workplace policy, and what may happen if you go to work impaired or fail a drug test.
- Exposure to secondhand smoke puts others at risk.
- Avoid using marijuana and alcohol, opiates, or benzodiazepines together as their effects intensify each other. \*\*
- Know the laws—marijuana is illegal on a Federal level.
- Keep marijuana away from kids, adolescents, & pets—just as you would with prescription medications.
- Talk to your healthcare provider about other ways to reduce harm.

## HAVE YOU THOUGHT ABOUT REDUCING YOUR MARIJUANA USE?

HOW READY ARE YOU?

NOT AT ALL

HOW CONFIDENT ARE YOU?

SOMEWHAT

HOW IMPORTANT IS IT TO YOU?

EXTREMELY



FUNDED BY



Peer Assistance Services

• Abridge, M., Hayden, J. A., & Cartwright, J. L. (2012). Acute cannabis consumption and motor vehicle collision risk: systematic review of observational studies and meta-analysis. *BMJ*, 344.

• Polun, R. W., Flechman, M. W., & Byrne, M. F. (1988). Effects of smoked marijuana on food intake and body weight of humans living in a residential laboratory. *Appetite*, 11(1), 1-14.

\*\*\* NIDA, <https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/health-effects/marijuana>

† Moeller, K. E., Lee, K. C., & Kisseck, J. C. (2008, January). Urine drug screening: practical guide for clinicians. In *Mayo Clinic Proceedings* (Vol. 83, No. 1, pp. 66-70). Elsevier.

## RISKS OF MARIJUANA USE

- **Addiction**— 9% of overall users, 17% of young users, and 25-50% of daily users will become addicted\*\*\*
- **Car accidents:** Stoned drivers are almost twice as likely as a sober person to be in an accident†
- **Intensified depression, anxiety, paranoia, and risk of suicide among people with mental health conditions**
- **Disciplinary action at work**
- **Cognitive/learning problems**
- **Increased calorie intake and weight gain\*\***



## HOW LONG MARIJUANA STAYS IN YOUR SYSTEM

Potentially impairing you at work, while driving, and your overall judgment

### APPROXIMATE LENGTH OF TIME MARIJUANA CAN BE DETECTED IN URINE AFTER LAST USE†

After one use	3 days
When using 4 times a week	5-7 days
When using daily	10-15 days
After using heavily for a long time	More than 30 days

Factors that impact how long marijuana stays in your system include body weight/fat content, dose amount, health issues, medications

## QUESTIONS TO ASK WHEN THINKING ABOUT YOUR MARIJUANA USE

- How could I change my use to reduce risk? Less each time? Less often? Not while using alcohol or other drugs?
- How confident am I that I could make a change if I tried?
- How is my life or behavior different than how I want it to be because of marijuana use?
- Who could I ask or where could I get help?

## FOR MORE HELP

- Contact your EAP or a counselor/therapist
- Seek a referral:  
[www.Linkingcare.org](http://www.Linkingcare.org)  
[www.SAMHSA.org](http://www.SAMHSA.org)  
[www.DrugAbuse.gov](http://www.DrugAbuse.gov)  
[www.NodUIColorado.org](http://www.NodUIColorado.org)  
[www.Goodtoknowcolorado.com](http://www.Goodtoknowcolorado.com)