

Long Term effects Marijuana affects

• Respiratory Illness

High risk of respiratory illness like lung cancer, chronic bronchitis and pneumonia.

• Cancer

High risk of throat, head and neck cancer.

• Brain Function

Marijuana reduces concentration, memory and ability to learn.

• Hormones

Cannabis affects hormone production and leads to lower sex drive, irregular menstrual cycles and lower sperm counts.

• Psychosis

Heavy and regular use can result in a condition called cannabis psychosis (user loses touch with reality and have hallucinations and delusions).

• Less Motivations

Regular users have less energy and motivation, performance at work and school suffers.

• Family & Work Problems

Can arise out of cannabis and important matters like school, family, work etc. take a lower priority.

• Cannabis & Pregnancy

Use during pregnancy result in:

- smaller and lighter babies
- learning difficulties as they grow older

• Dependence

• Psychological
Using cannabis becomes more important than any other activities.
• Physical
When the body gets used to drugs, it will keep craving for it.

- Your Health
- Your Performance
- Your Life, Family & Society



National Substance Abuse A D V I S O R Y C O U N C I L

Need Help

talk to a:

- Counsellor ■ Church Worker ■ Social Worker
- Teacher ■ Police Drug Officer ■ Health Worker

If you would like more information on cigarettes, alcohol, marijuana or any other drugs and substances, please contact:



MINISTRY
Health
Shaping Fiji's Health

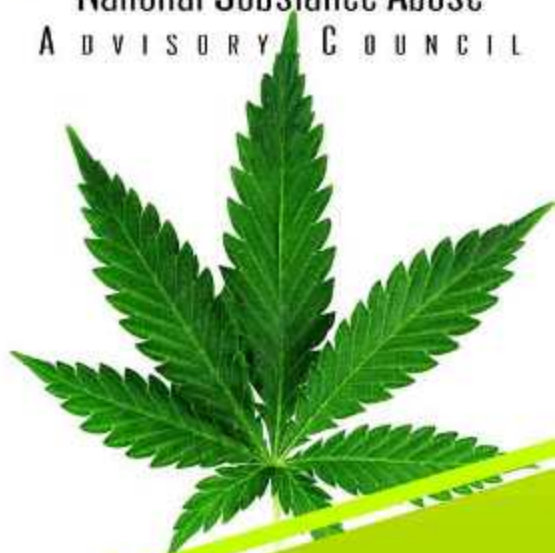


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MINISTRY
Health
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Marijuana

Cannabis Sativa

What is Cannabis ?

Cannabis is a "depressant" drug that comes from the cannabis sativa plant.

Depressant drugs slow down the nervous system. They slow down the messages going to the brain from the body and from the brain to the body.

The active chemical in cannabis is called THC (delta 9 tetrahydrocannabinol).

The traces of THC can still remain in the blood sample for days even weeks after use.

Cannabis Sativa Plants



Cannabis has more **tar** than tobacco so it has a more **damaging** effect on the **lungs**

What is Marijuana ?



MARIJUANA
(The dried leaves and flower of the plant) is one of the 3 main forms of cannabis.



JOINTS
It is the most common form and is normally smoked in hand rolled cigarettes (joints).

HASHISH
These are small blocks of dried cannabis resin.



HASHISH OIL
These are thick oily liquid, golden brown to black in colour.

Immediate Effects ?

Relaxed and Less Inhibited

Users may feel happy, relaxed and comfortable. They tend to giggle and laugh a lot often at what may not seem funny to other people. They may feel shy and do things they would normally do, including actions that could put lives at risk.

Increased Appetite

Marijuana increases the appetite and often leads to users snacking on junk food.

Affects Perception

Awareness and perception of colour, sounds and other sensations are increased. Vision and perception of time and space are also affected.

Less Coordination

Coordination of different parts of the body decreases making it dangerous to drive or operate machinery.

Thinking and Memory

Users cannot often think logically and lose track of what they are saying or thinking. When under the influence of marijuana, some people may feel as though they have had great ideas or insights of that they have the ability to "predict" the future.

Confusion

Larger doses can change the first mild effects to confusion, restlessness, excitement, worry or panic. Hallucinations can occur - users may see, hear, feel/taste or smell something that is not there.

parents can Help Prevent children from using Drugs

- Spend time with your children
- Listen to what your children have to say
- Build their self-esteem
- Give them the security that comes from knowing you care

life is precious
you have life you have hope
YOU DON'T NEED DOPE TO COPE