

## Marijuana... is it safe?

Even at lower doses marijuana impairs attention and coordination and affects the way the mind processes information. Because of these effects marijuana use has contributed to automobile, household, and occupational accidents, resulting in harm to the user and to others. High doses of marijuana may result in image distortion, loss of personal identity, and hallucinations.

The abuse of marijuana also can cause serious physical and mental problems including frequent respiratory

infections, impaired memory and learning ability, increased heart rate, anxiety, and panic attacks. Individuals who regularly abuse the drug may experience the same problems as tobacco smokers including cough, phlegm, chronic bronchitis, and frequent chest colds. In addition, because marijuana contains toxins and carcinogens marijuana smokers increase their risk of cancer of the head, neck, lungs, and respiratory tract.

Source: [www.justice.gov](http://www.justice.gov)

### Marijuana Facts

Marijuana has maintained its popularity for decades as the number one illicit drug in America. Marijuana is often considered “safe,” and is also considered a “gateway drug” because of the perception by many of its users that it is mostly harmless. However, marijuana is a mind altering substance, and it does have very real and lasting effects on the body.

Marijuana is most often smoked in rolled papers of homemade “joints.” However, it can also be smoked in a bong or a pipe. Sometimes, marijuana is mixed with other drugs (notably cocaine) and smoked in that manner. Marijuana is also rather famously known as a substance that can be baked as well as brewed into a tea.

Individuals of all ages use marijuana. Data reported in the National Household Survey on Drug Abuse indicate that 37 percent of U.S. residents aged 12 and older used marijuana at least once in their lifetime. The survey also revealed that a significant percentage of teenagers and young adults use marijuana—20 percent of individuals aged 12 to 17 and 50 percent of individuals aged 18 to 25 used the drug at least once.

Marijuana use among high school students is a particular problem. Nearly half (48%) of high school seniors in the United States used the drug at least once in their lifetime, and 22 percent used the drug in the past month, according to the University of Michigan’s Monitoring the Future Survey.



## Upcoming Events

### February 2010

Children of Alcoholics Week  
February 14-20  
National Association for Children of Alcoholics  
[www.nacoa.org](http://www.nacoa.org)

### March 2010

National Problem Gambling Awareness Week  
March 7-13  
National Council on Problem Gambling  
[www.npgaw.org](http://www.npgaw.org)

National Poison Prevention Week  
March 14-20  
Poison Prevention Week Council  
[www.poisonprevention.org/poison.htm](http://www.poisonprevention.org/poison.htm)

### April 2010

Alcohol Awareness Month  
SAMHSA's Health Information Network  
[www.ncadi.samhsa.gov/seasonal/aprilalcohol](http://www.ncadi.samhsa.gov/seasonal/aprilalcohol)

National Cancer Control Month  
American Cancer Society  
[www.cancer.org](http://www.cancer.org)



**Do you need help with a drug or alcohol problem?**  
**Help is out there! Contact us for local treatment info at 610-376-8669.**

## Street Terms for Marijuana

The most common terms for marijuana are grass, pot, and weed. But did you know that there are many other terms or slang for the drug that your children may be using?



If you hear any of these terms being used, please know that they are all nicknames for marijuana:

420  
Acapulco gold  
BC bud  
Buddha  
Cheeba  
Chronic Dope  
Ganja  
Green goddess

Herb  
Homegrown  
Hydro  
Indo  
KGB (killer green bud)  
Kindbud  
Locoweed  
Mary Jane  
Shake  
Sinsemilla  
Skunk  
Wacky tabacky

## Council on Chemical Abuse

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Council on Chemical Abuse serves as the coordinating agency for publicly supported drug and alcohol programming in Berks County. These services are made possible through the Berks County Board of Commissioners, tax dollars received from federal and state governments through the Bureau of Drug and Alcohol Programs (Pennsylvania Department of Health), the United Way of Berks County, and private monies received from client fees and private/corporate contributions. The Department of Health specifically disclaims responsibilities for any analysis, interpretations or conclusions herein.