

Marijuana Facts



Marijuana, also called weed or pot, is a green, brown, or gray mix of dried, crumbled leaves. The leaves are from the marijuana plant. Marijuana is illegal in most states.

How can marijuana affect your health?

- You may feel silly, relaxed and laugh for no reason.
- You may feel dizzy, sleepy, nervous or scared.
- You may have red, bloodshot eyes.
- You may have trouble learning in school or paying attention at work.
- It can make you feel hungry and crave unhealthy food.
- It may change your senses of sight, hearing and touch.
- It can damage your lungs and cause breathing problems.
- It makes your heart beat faster than normal. This raises your risk of heart attack.
- It can slow your reaction time. It is never safe to drive if you are high on marijuana.

What are signs of marijuana use and addiction?

- Your clothes smell of marijuana smoke and you use cologne or perfume to hide the smell.
- You need to smoke more marijuana than before to get the same high effects.
- When you try to quit smoking marijuana, you might:
 - Be in a bad mood
 - Feel nervous
 - Have trouble sleeping
 - Feel a strong need to take the drug

Call your provider if you think you suffer from marijuana abuse. You can recover!

Self-Help:

National Drug and Alcohol Treatment Hotline:
(800) 662-HELP

[MolinaHealthcare.com](https://www.molinahealthcare.com)



Do you have health questions?

Call our 24-hour Nurse Advice Line. We are here to help you.

English and other languages: **(888) 275-8750** Español: **(866) 648-3537** TTY/TDD: **711**

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