



## ***Cardiac effects of marijuana***

Marijuana is the most widely used recreational drug in the world. The immediate neurological effects of marijuana vary among different people, but marijuana can also have adverse effects on other parts of our bodies that are not often thought about. Here are some of them.

### ***How does marijuana affect the heart and circulation?***

- Marijuana increases heart rate and blood pressure.
- Marijuana causes constriction (narrowing) of the blood vessels, including the coronary arteries, which supply our heart muscle with blood and oxygen. This can trigger a heart attack, especially in young males.
- Someone smoking marijuana is FIVE TIMES as likely to have a heart attack in the hour after use.
- Marijuana also has a longterm effect of causing inflammation in blood vessels, which can lead to atherosclerosis (hardening of the arteries that can lead to heart attacks and strokes).
- Marijuana use has been associated with arrhythmias (electrical abnormalities of the heart), such as atrial fibrillation and ventricular tachycardia.

### ***What about the lungs?***

- Marijuana smoke contains cancer-causing chemicals, similar to tobacco smoke, and causes inflammation in the lungs.

### ***How does marijuana affect the brain?***

The effect of marijuana on the brain is similar to its effect on the heart.

- Marijuana causes constriction of blood vessels in the brain. This leads to less blood flow to the brain, and can cause a stroke.
- Similar to its effect on coronary arteries, marijuana can cause inflammation and atherosclerosis in the arteries that supply the brain with blood, further increasing the risk of stroke.
- Research has shown that heavy marijuana use leads to a gradual decline in IQ over time.
- Marijuana can cause anxiety, panic, and difficulties with attention.

### ***What about edible marijuana?***

- The effects of edible marijuana have not been studied as much as the effects of smoking marijuana.
- Because it takes longer to feel the effect of edible marijuana, there is a greater likelihood of overdose.
- Although research on effects of edible marijuana on the heart has been inconclusive, there have been case reports of heart attacks following consumption of edible marijuana.