

What to expect when quitting

- ⇒ *When you stop using marijuana, it will take at least six weeks before most of it has left your system.*
- ⇒ *Change takes time.*
- ⇒ *You will need support.*
- ⇒ *You may have some withdrawal symptoms.*
- ⇒ *Contact your doctor if you are having any medical concerns.*
- ⇒ *Your doctor or Behavioral Health Clinician can help you set up a plan.*

HELPFUL TIPS

- ◆ **Set a goal to quit.**
- ◆ **Quitting cold-turkey is the most effective method. If this isn't for you, try to establish a tapering plan.**
- ◆ **Portion out your pot ahead of time.**
- ◆ **Make your decision clear to your family and friends.**
- ◆ **Find distractions.**
- ◆ **Stick with it!**
- ◆ **Plan a small celebration a month from your quit date.**

Something to try

List goals, change plan, or treatment information here:

1. _____

2. _____

3. _____

How do I stay off marijuana?

- ⇒ *Try to develop daily and weekly plans, create new routines.*
- ⇒ *Create a plan of action for stressful situations.*
- ⇒ *Try to establish new relationships.*
- ⇒ *Try to be conscious of the value in your relationships.*
- ⇒ *Try to avoid situations and places that will lead to using again.*
- ⇒ *If or when you get cravings, try to find the origin.*
- ⇒ *Once in a while it is important to focus on what made you decide to quit.*
- ⇒ *Get rid of all your smoking paraphernalia.*
- ⇒ *Do not substitute your marijuana habit with alcohol or other drugs.*

MARIJUANA: A Guide to Quitting



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Effects of Marijuana

Marijuana



The active ingredient in marijuana is delta-9-tetrahydrocannabinol, also known as THC.

THC changes the way your brain works and smoking marijuana leads to some changes in the brain similar to those caused by cocaine, heroin and alcohol. You may not notice the changes, but marijuana may be affecting everyday things.

What's my level of risk?

| | |
|--------------------------------------|---|
| Low <input type="checkbox"/> | You are at low risk of health and other problems from your current pattern of use. |
| Moderate <input type="checkbox"/> | You are at risk of health and other problems from your current pattern of use. |
| High <input type="checkbox"/> | You are at high risk of developing severe problems as a result of your current pattern of use and are likely to be dependent. |

Brain

- Decreased memory and concentration
- Lowered judgment and processing skills
- Impaired learning skills
- Memory problems

Lungs

- Increased risk for breathing problems
- Chronic bronchitis
- Lung cancer

Did you know...

Smoking 5 cannabis joints is like inhaling the same amount of toxic chemicals as a whole pack of cigarettes. It's true; **marijuana smoke contains 50-70% more cancer causing material than cigarette smoke** (*American Lung Assoc.*).

Immune system

- Worsened allergy symptoms (breathing related)
- Slow recovery time

Diabetic concerns

- If binge eating after use, blood sugar can be affected

Emotions and Mental Health

- Increased anxiety/panic/paranoia
- Worsened depression
- Lowered pleasure/satisfaction
- Increased risk for mental health problems
- Relationship problems

Heart

- Increased heart rate

Alertness

- Excessive drowsiness
- Impaired coordination
- Slower reaction time

Stomach

- Possible weight gain due to increased appetite or the "munchies"

Fertility

- Decreased fertility in both men and women
- Interferes with sex drive and hormone production

Did you know...

Marijuana smoking may expose a user's respiratory system to infectious organisms such as molds or fungi (*Journal of Gen Internal Med.*).

