
Marijuana



Marijuana

Street names: dope, ganja, grass, pot, weed

The chemical Tetrahydrocannabinol (THC) found in marijuana is what makes people feel 'high'.

What are the effects of marijuana?

A high from smoking can last 1-2 hours.

Often people feel relaxed, may lose track of time and have increased appetite.

Marijuana may make some people feel anxious, panicked and have mild paranoia.

Marijuana can affect attention span and short-term memory. It can also slow down reaction time and affect your senses.

Smoking marijuana, like smoking cigarettes, can hurt the lungs and increases the risk of cancer.

Is marijuana addictive?

People who use marijuana regularly may start to crave the high.

They may feel that they need marijuana and become anxious if they can't get it.

A person may become physically dependent on marijuana if they have been using it long-term.

Is marijuana dangerous?

Marijuana can impair the ability to do tasks like drive safely.

Using marijuana while at work or school can make it difficult to learn and do your job.

When marijuana and other drugs like alcohol are taken together, it can cause severe impairment.





Marijuana and Pregnancy

It is safest not to use marijuana while pregnant.

This is because...

Using marijuana during pregnancy passes the chemical THC to your baby.

Not much is known about how marijuana/THC may affect a developing baby.

Developing babies exposed to marijuana may be born smaller or have low birth weight.

Babies with low-birth weight may have health problems as they grow.

Some research shows that babies exposed to marijuana before birth will have difficulty with learning and behaviour later in life.

What if I use marijuana without smoking it?

Using a vape pen or eating marijuana will still pass THC to your developing baby.

Will I go through withdrawal if I stop using?

People who have long-term frequent use may have mild withdrawal symptoms such as:

- Irritability
- Loss of appetite
- Disturbed sleeping

What if I'm around people smoking marijuana?

Secondhand marijuana smoke contains THC.

THC can be found in a person's blood and saliva when they are exposed to heavy secondhand marijuana smoke. This may last for a few hours.

It is safest to avoid secondhand marijuana smoke when pregnant.

To reduce the amount of secondhand marijuana smoke you are exposed to:

- Spend less time with or in the same room as people using marijuana
- Avoid places where there is poor ventilation and people may be smoking (such as vehicles)

Medical Marijuana

Some people are prescribed medical marijuana to treat health issues.

If you are taking medical marijuana while pregnant, talk to a health care provider.





Marijuana and Breastfeeding

THC is passed to babies through breastmilk.

This can make babies drowsy and they can have a hard time feeding.

It isn't known what the long-term effects are for babies exposed to marijuana through breastfeeding.

THC can stay in your body for up to 3 months so 'pumping and dumping' may not remove it from breastmilk.



Marijuana and Parenting

As a parent, you are responsible for children in your care.

You can take steps to make sure they stay safe.

- If you plan to use marijuana, make sure a responsible adult is available to look after the children.
- Some types of marijuana make people feel very sleepy or sleep harder. Make sure you do not fall asleep with your baby on the same bed or couch.
- Secondhand smoke can affect the health of your children and expose them to THC. Smoke outside of the house and away from children.
- Keep marijuana in a safe place where children cannot reach it.
- If a child accidentally consumes marijuana, seek medical attention. Look for problems with walking or sitting up, sleepiness or difficulty breathing.



Supporting Women On Their Journey

Partners, families, and friends can support women in not using marijuana during pregnancy by:

- Taking a break from marijuana or not using around her
- Avoiding secondhand smoke by not smoking in the house or car
- Removing bongos, ashtrays and other related objects from the house
- Doing activities that do not involve using marijuana
- Reducing some of her stress (ask her what would help)
- Recognizing her efforts and celebrating small successes





What can I do if I use marijuana?

It may be a struggle to not use marijuana, but every little step you take helps you and your baby. Steps could be to:

- Quit using marijuana for awhile, or forever, if you can
- Cut back on how much you use or how often
- Take care of your health



Taking care of yourself also helps take care of your baby.

Here are some things you can do:

- Attend your prenatal appointments
- Be active when you can, rest when you need
- Eat foods that you like that have lots of nutrients- vegetables and fruits, milk or milk alternatives, whole wheat grains, fish, meats and alternatives
- Drink lots of water
- Cut down or quit smoking cigarettes
- Reduce stress - talk with a friend, take a bath, go for a walk

You Are Not Alone!



Where To Find Help

There are lots of places that offer support and treatment.

Speak with a worker about which one may be right for you.

Addictions Foundation of Manitoba (AFM).....	204-944-6200
AFM Women's Centre and Family Program.....	204-944-6229
Aboriginal Health & Wellness.....	204-925-3700
Behavioural Health Foundation.....	204-269-3430
Insight Mentoring Program.....	204-925-3750
Mothering Project, Mount Carmel Clinic, Intake Line.....	204-479-0203
Native Addictions Council of Manitoba.....	204-586-8395
New Directions FASD Program.....	204-582-8658
Salvation Army- Anchorage Program.....	204-946-9401
Klinik Crisis Line (24 hour).....	204-786-8686

