



Cannabis and Your Health



Know the Health Effects

- After alcohol, cannabis is the most widely used psychoactive substance in Canada. Users of this product should be familiar with the potential health effects that can occur from usage.
- Combining cannabis with alcohol is likely to result in a greater impairment than when these products are consumed individually. This combination can increase your chances of having a negative experience.
- It is also important to be aware of the effects that cannabis can have on your prescription drugs. Always ask your doctor and your pharmacist how cannabis might interact with your prescribed medication prior to using both products.

Mental Health

- Chronic use is related to mild cognitive impairments and increased risk of psychosis.
- Individuals that use cannabis – especially those who start using it in their early teens and use it frequently – are at increased risk for psychosis and psychotic symptoms. Some research suggests that the risk is increased for individuals who use cannabis products that are high in THC.
- Those already prone to psychosis (i.e. they may have a family member who suffers from psychosis) are especially at increased risk for developing psychosis with cannabis use.
- Chronic cannabis use has been linked to depression, anxiety and suicidal behaviours, but at this point there is not enough evidence to show that cannabis use can cause these mental health outcomes.





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Cannabis and Respiratory Effects

- Frequent cannabis smoking has been consistently related to a greater incidence of coughing and breathing problems.
- Research suggests smoking cannabis may be even more harmful to a person's airways and lungs than smoking tobacco, since cannabis smoking often involves unfiltered smoke, larger puffs, deeper inhalation and longer breath holding.

Cannabis Use During Pregnancy

- Heavy use during pregnancy negatively affects children's cognitive functioning and mental health and may increase the likelihood of future substance use.



Cannabis and Driving

- Cannabis can negatively affect driving performance and doubles the risk of collision. Never drive impaired.

Stay informed: visit www.ccsa.ca and <https://makeconnections.ca/links/cannabis-information-resources/> for more information.

Source: Know Health Effects – CCSA
Source: Clearing the Smoke on Cannabis – CCSA
www.ccsa.ca



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