Research shows that both short- and long-term use of marijuana has negative health effects. States that have legalized recreational marijuana have seen increases in marijuana use. Increased use in adolescents, young adults, and pregnant and nursing mothers is of great concern. As a health care provider, help protect the health of Michigan and inform others of the risks of legalization of marijuana.

### Pregnancy and Lactation

**THC** crosses the placenta and accumulates in breast milk.

Prenatal exposure leads to:

- Lower childhood reading and spelling scores
- Inattention and impulsivity at age 10
- Deficits in problems solving
- Increased newborn startles and tremors
- Predicts marijuana use by age 14

### Children and Adolescents

- Youth in states with legalized marijuana say it is “very easy” to get marijuana
- Adolescents using marijuana regularly score worse on tests of memory, learning, visual scanning, cognitive flexibility
- Weekly use of marijuana by adolescents is associated with impaired learning, memory, math, reading, and failure to graduate from high school
- Adolescents and young adults that use marijuana are more likely to have psychotic symptoms as adults
- Adolescents that are regular marijuana users are much more likely to use other illicit drugs, such as heroin and cocaine, and the younger marijuana is first used, the more likely the use of other illicit drugs
- Marijuana users are over 2x more likely to move on to abuse prescription opioids
- Marijuana users are 3x more likely to become addicted to heroin
- Long-term daily or near daily marijuana use is associated with cyclic vomiting, called cannabinoid hyperemesis syndrome
- Daily or near daily marijuana use is associated with developing a psychotic disorder such as schizophrenia
- Strong evidence shows an association between daily or near-daily marijuana use and chronic bronchitis
- Daily or near daily marijuana use may be associated with bullous lung disease and pneumothorax in individuals younger than 40 years of age

### Adults

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