



# ATHLETES VS. CANNABIS

## YOU USE, YOU LOSE



### CANNABIS &

### MENTAL HEALTH



Cannabis use, especially frequently and in high doses, can cause disorientation and sometimes unpleasant thoughts or feelings of anxiety and paranoia.<sup>1</sup>

### CANNABIS & YOUR HEART



Cannabis can make your heart beat faster and make your blood pressure higher immediately after use. It could also lead to increased risk of stroke, heart disease, and other vascular diseases.<sup>1</sup>



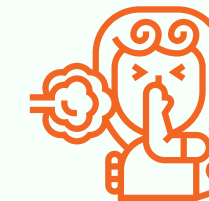
### CANNABIS & YOUR STOMACH

Regular, long-term cannabis use can lead to Cannabinoid Hyperemesis Syndrome, which causes users to experience regular cycles of severe nausea, vomiting, and dehydration.<sup>2</sup>



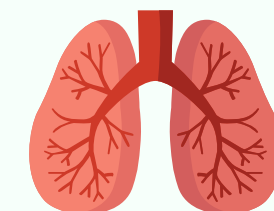
### SECONDHAND SMOKE

Secondhand cannabis smoke contains many of the same toxic and cancer-causing chemicals found in tobacco smoke.<sup>1</sup>



### CANNABIS & YOUR LUNGS

Cannabis, regardless of how it is smoked, can harm lung tissues and cause scarring and damage to small blood vessels. Smoking marijuana can also lead to a greater risk of bronchitis, cough, and mucus production.<sup>1</sup>



### CANNABIS & YOUR BRAIN



Recent cannabis use (within 24 hours) has an immediate impact on the parts of the brain responsible for thinking, attention, memory, coordination, movement, and time perception.<sup>1</sup>

References:

[1] National Center for Injury Prevention and Control, CDC. (June, 2021). Health Effects of Marijuana. <https://www.cdc.gov/marijuana/health-effects/index.html>

[2] NIDA. (December, 2019). Marijuana DrugFacts. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/marijuana>