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Husky headlines: April 2012

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Husky Headlines



A monthly bulletin of news, facts & tips from OPEN



Marijuana 101



Marijuana is a *depressant* and a *hallucinogen*.

- A depressant is a substance that slows down the functioning of the central nervous system (CNS).
⇒ *May feel tired, slow, relaxed, unfocused, or uncoordinated; may experience simplified emotions or have difficulty thinking clearly.*
- A hallucinogen is a substance that alters perception, thought processes and/or consciousness.
⇒ *May cause abnormal visual or auditory experiences, unusual thoughts or 'altered awareness'.*
- Some people say that marijuana can also work like a stimulant (a substance that speeds up the functioning of the CNS).
⇒ *Marijuana can cause some stimulant effects, like increased heart rate and blood pressure, but it is still classified as a depressant.*

NOT EVERYONE at NEU uses marijuana...

...4 out of 5 Northeastern students have not used marijuana in the past month*.

*In 2008, a representative sample of 2600+ NU undergrads were selected to take a survey on alcohol & drug use; 1500+ completed the paid anonymous questionnaire.

Marijuana can affect:

ANXIETY	COGNITIVE ABILITIES
Marijuana raises the resting heart rate by 29 beats per minute and increases blood pressure. Increased resting heart rate and blood pressure can both magnify the symptoms of anxiety.	Marijuana use affects attention, concentration, and short-term memory . For students with a diagnosis of ADD or ADHD, using marijuana can worsen pre-existing attention difficulties.

DID YOU KNOW...?

- ! **Marijuana lingers longer in your system than most drugs.**
 - ◇ THC (tetrahydrocannabinol) is the active component in marijuana and is stored in fat cells, meaning it takes longer to be metabolized out the body.
 - ◇ Marijuana will show up on a urine drug screening for about one month and will show up for several months on a hair drug analysis.
- ! **Marijuana can cause hangovers.**
 - ◇ While not similar to a hangover from alcohol, new research suggests a 'pot hangover' can last for a few days after last use.
 - ◇ Pot hangovers can cause measurable losses for up to three days after last use. Alertness, sense of time, and fine motor skills, especially those needed to drive and to play sports or instruments can all be impacted for days after last marijuana use.

Checking in about marijuana use

- ➔ *Do you use before trying and/or attending new activities?*
- ➔ *In your current group of friends, does any one not smoke?*
- ➔ *Do you ever use marijuana in the morning or at bedtime to steady your nerves, feel better, or fall asleep?*
- ➔ *Does your marijuana use relieve stress, anxiety, depression, or attention difficulties?*
- ➔ *Have you ever thought about cutting down or quitting?*

Contact OPEN for a confidential *check-in* about your alcohol and/or other drug use. OPEN provides non-judgmental personalized feedback.

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