

RUMOUR BUSTING



✗ CANNABIS IS NATURAL SO THERE ARE NO RISKS TO USING IT

- Cannabis can be harmful to your body and mind if you use it daily or near daily, if you use products often that are high in tetrahydrocannabinol (THC), or if you start using cannabis at a young age.
- The way a person uses cannabis can affect their health as well. For example, cannabis smoke contains many of the same harmful chemicals as tobacco smoke and can cause damage to your lungs, heart, and blood vessels.
- We are still learning more about cannabis and the harms and benefits associated with using it.
- While there is always some risk when using cannabis, there are steps you can take to reduce your risk of harm if you choose to use.

✗ MEDICAL CANNABIS IS SAFER THAN REGULAR CANNABIS

- The cannabidiol (CBD) in cannabis is sometimes prescribed for its medicinal effects. People have found it helpful to relieve pain, nausea, seizures, and stimulate appetite.
- Doctors may prescribe cannabis for treatment of certain symptoms or conditions where other treatments have not worked.
- While cannabis is not used to treat cancer, it is sometimes prescribed to help with the side effects of cancer treatments like chemotherapy or radiation.
- The potential risks of medical cannabis are still the same as non-medical cannabis. In the same way that prescription drugs or traditional medicine must be taken as directed, it is important for people to be careful and consider the possible benefits and risks of medical cannabis.

✗ YOU CAN'T OVERDOSE ON WEED

- It's true you cannot die from taking cannabis alone, but it is still possible to overconsume, or "green out."
- Taking cannabis with high levels of THC too quickly can cause nausea, vomiting, paranoia, extreme anxiety, and possibly even losing touch with reality (often referred to as psychosis in Western medicine).
- These effects are only temporary and usually go away after several hours depending on how much cannabis was taken and how it was consumed.
- The risk of overconsumption is higher with homemade edibles because it's harder to measure the dose and the effects are delayed.
- Try starting with a low dose and wait until you feel its effect before taking more.
- If you are new to cannabis or trying a new type, surround yourself with people you trust in case you have a bad reaction or "bad trip."

There's More To This Than Cannabis

Learn more at [LetsTalkAboutUjarak.com](https://www.LetsTalkAboutUjarak.com)

✘ CANNABIS MAKES YOU A BETTER DRIVER

- Cannabis affects your depth perception, attention span, concentration, and reaction time. This makes it harder to drive safely.
- Driving a vehicle while high doubles your chances of being in an accident, which can cause serious injury or death.
- It is recommended to wait at least 4-6 hours before driving after smoking weed or longer if you have eaten edibles.
- Like alcohol, it is illegal to drive while under the influence and can result in serious legal consequences like fines or jail time.

✘ HOLDING IN CANNABIS SMOKE WHEN YOU INHALE GETS YOU HIGHER

- THC is absorbed by the body within a few seconds of inhaling, so holding cannabis smoke in your lungs does not get you any higher. Holding in cannabis smoke actually holds toxins in your body for longer and can be more harmful to your lungs.
- If you smoke or vape cannabis, it's safest to exhale rather than holding it in your lungs.

✘ CANNABIS HASN'T CHANGED OVER TIME.

- Cannabis is generally much stronger today than it has been in the past.
- The average amount of THC in dried cannabis was around 4% in the 1990s, but today THC averages are between 15-30% in dried cannabis.
- New methods of consuming cannabis, like through vaping, shatter or extracts can have THC levels up to 80%.
- The rise in THC levels could increase the short- and long-term effects of cannabis use.
- When possible, it's best to check the label of a cannabis product before using it to know its potency or strength. Products that have THC levels 15% or lower have lower risks.

✘ USING CANNABIS DURING BREASTFEEDING IS RISK FREE.

- Breastfeeding is the best way to feed your baby and give it the nutrients it needs to grow and be healthy.
- THC is stored in fat, like a mother's breastmilk, where it can stay for up to 30 days, meaning it can be passed onto the baby when breastfeeding.
- THC can be found in the poop of babies that digest cannabis-exposed breastmilk.
- Babies exposed to THC may become drowsy and have a harder time latching onto the breast when feeding.
- More research is needed to fully understand the short-term and long-term risks of cannabis use during breastfeeding.
- Because of the unknown risks, the safest option during pregnancy and breastfeeding is to reduce use, switch to CBD only products, or if possible go cannabis-free.



✘ WEED ISN'T ADDICTIVE

- Cannabis does not have nicotine like cigarettes, but your brain can begin to rely on it for certain feelings or tasks if overused.
- Cannabis can be addictive, but not everyone who uses it will become addicted.
- About 1 in 10 people who use cannabis will develop a cannabis use disorder.
- The risk of a cannabis use disorder is higher if you start using at a young age or use it daily or near daily.
- People who use cannabis often and quit suddenly might experience withdrawal symptoms like irritability, difficulties with sleep, decreased appetite, cravings, and restlessness.
- People with a history of mental illness, anxiety or depression may be at greater risk of developing a cannabis addiction.



✘ SYNTHETIC CANNABIS IS SAFE

- Synthetic cannabis, sometimes called K2 or Spice, are plant products that have been sprayed with unregulated chemicals.
- These products do not contain actual cannabis or THC, but they act on the same areas in the brain to create similar effects.
- These products are known to cause dangerous effects including anxiety, paranoia, seizures, hallucinations, chest pains, and irregular heartbeat.
- The effects are much stronger, unpredictable, and can be fatal.
- Be careful, and avoid using synthetic cannabis products.



✘ THERE IS NO DIFFERENCE BETWEEN UNLICENSED AND LICENSED CANNABIS SOURCES

- While it may be easier to access unlicensed cannabis, there are no rules or quality standards, so you don't always know what you're getting.
- On the other hand, cannabis from a licensed retailer has been approved by Health Canada. This means the products are tested in labs to ensure they are safer for use and are consistent with their strength and quality.
- With licensed cannabis, you know exactly what you're getting and that it is free of mold, pesticides, or harmful chemicals.
- Try to buy cannabis from licensed retailers whenever possible as they are the safest option.

