

Cons & When to call it quits:

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NEWS EDITOR

While doctors and users debate whether or not marijuana is highly addictive like other drugs or alcohol, regular users can still experience negative side effects and develop a dependency disorder.

Even though there are positive links with medical marijuana there are also cons. Experience with cannabis can vary person to person. Some users may experience heightened paranoia, nausea and temporary psychosis.

The National Institute of Health warns that marijuana usage disorder is often linked with “other substance use disorders and behavioral problems.”

Studies have linked problems in brain development in young users. Marijuana affects the user’s brain, evoking feelings of euphoria, relaxation, sensory distortions and an altered

sense of time.

Constant usage of marijuana has been linked to a higher risk of health conditions such as memory issues, heart disease, stroke and lung disease. It has also been linked to an increase in anxiety, depression, paranoia, lack of motivation and suicidal thoughts.

In chronic users, they may experience issues related to attention span, memory, decision making and learning.

Prolonged and daily cannabis use can cause cannabinoid hyperemesis syndrome (CHS). CHS can cause abdominal pains, nausea and severe vomiting. CHS can lead to hospitalization.

With any smoking, users are taking a risk with causing damage to their lungs. It can cause daily coughing, shortness of breath

and heightened risk of lung infections.

When someone is dependent on marijuana, they can experience withdrawal when they attempt to quit or cut drug consumption.

In users who obtain illegally, there is a risk of the marijuana being laced without the user’s knowledge. An uptick in the past years with fentanyl laced marijuana has contributed to the rise of fatal overdoses. Laced marijuana can be deadly. Immediate care is needed if someone is having an adverse reaction.

If you or a friend is experiencing a medical emergency related to marijuana, there is no shame in going to the hospital for treatment. The Arkansas State University student handbook states that the school has a medical amnesty policy.

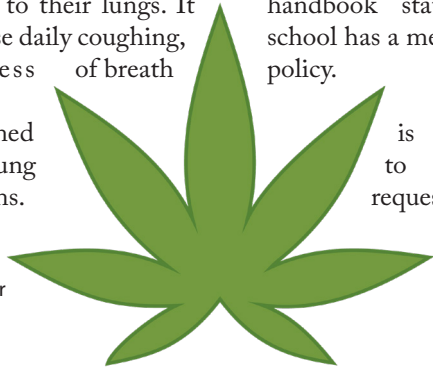
This policy is applicable to a student requesting medical assistance for

oneself, another person, or a student who received medical assistance. A-State will review the case and often view seeking medical help as good judgment. The student involved may not receive the typical sanctions.

If you find that you are using marijuana despite negative consequences in your life, it may be time to stop. If you are experiencing loss of focus, mood changes, memory impairment or other negative symptoms, it might be time to look into quitting or rehab services.

If you feel the need to attend rehab for a marijuana addiction, nearby centers include Ideal Option, Hollick Institute and St. Bernard’s Rehabilitation Services, among others.

You can also call 1-800-662-4357, the Substance Abuse and Mental Health Services Administration hotline. It is free to call and is available 24/7, 365 days.



Graphic by Monica Gerges | Graphic Design Editor

MEDICALNEWS TODAY

Effects on the Brain Marijuana

- withdrawal and addiction
- dopamine release
- greater appetite and thirst
- paranoia and hallucinations
- affects depression
- delayed reactions
- affects anxiety
- impaired judgment
- memory problems

GRAPHICS COURTESY OF MEDICAL NEWS TODAY

The different effects Marijuana has on the brain.

Weekly Horoscopes

ALEX CLARK • MYSTIC CORRESPONDENT

ARIES

March 22 - April 19

Don't give up during the home stretch. Try to give the last effort to the things you need to get done.

Taurus

April 20 - May 20

You won't always get closure. Learn to move on without it.

GEMINI

May 21 - June 20

Don't let one thing define you. Show people how complex you are.

CANCER

June 21 - July 22

Change is on the horizon. You are prepared to handle it gracefully.

LEO

July 23 - August 22

You need to step out of your comfort zone. You won't experience something new if you always play it safe.

VIRGO

August 23 - September 22

A new opportunity is on the way. This is a good time to go for it.

LIBRA

September 23 - October 22

Don't just wallow in self-pity. If something doesn't work out, pick up the pieces and move on.

SCORPIO

October 23 - November 21

Focus on what you need right now. Make yourself happy before you make others happy.

SAGITTARIUS

November 22 - December 21

Work for what you want. Things won't always just fall into your lap.

CAPRICORN

December 22 - January 19

Your good deeds will follow you. Take pride in the things you have done.

AQUARIUS

January 20 - February 18

Now is the time to look for a new path. You need a fresh start.

PISCES

February 19 - March 21

You don't need to rely on others to support you. Appreciate your independence.

THIS WEEK'S POP PICK

REVIEW BY REBECCA ROBINSON | EDITOR-IN-CHIEF

WEED THE PEOPLE

FROM RICKI LAKE AND ABBY EPSTEIN THE FILMMAKERS OF THE BUSINESS OF BEING BORN



PHOTO COURTESY OF WEEDTHEPEOPLEMOVIE.COM

“Weed the People” is a unique documentary that is centered around American families’ fight for medical marijuana to combat symptoms of childhood cancer. Since the government still classified marijuana in the same category with other drugs such as heroin it made it difficult for scientists to receive permission to even study cannabis. At the time of filming, medical marijuana was only legal in 32 states and still federally illegal. The families within the documentary are fighting for the use of medical marijuana for their own children. The documentary goes in depth with these childhood cancers and how cannabis could help with some of the side effects.

The documentary is emotional and incredibly informational. Despite it being a bit outdated for today’s laws, it is interesting to go back and look at how far America has come in just four years. The documentary was the Winner of the Audience Choice Award for Best Documentary in 2018 at Nashville’s Film Festival and several other film festivals. “Weed the People” is available to stream on Netflix.