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# MARIJUANA



# POTENCY: THC Concentrations of the Rise Property of

Tetrahydrocannabinol (THC - the psychoactive cannabinoid)

### levels increased 10-fold

between 1960 and 2011.

#### Cannabidiol

(CBD -medicinal/therapeutic cannabinoid) levels remain unchanged.



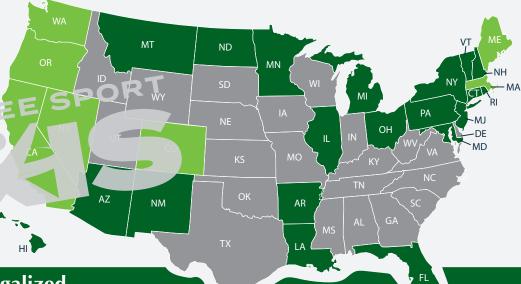
THC LEVELS **IN THE 1960s** 

THC **LEVELS** BY 2011

## WARNING ///////

Marijuana is a Schedule 1 drug, not federally regulated or recognized as an approved medication.

Marijuana Legalization **Status** 



Medical marijuana legalized

Marijuana legalized for recreational use

No laws legalizing marijuana

Seven states and the District of Columbia have passed laws pe miting recreational use of marijuana, after the Nov. 2016 election.

There are NO medical exceptions (MEs) or therapeutic use exemptions (TUEs) for marijuana in sport. Athletes will not be granted a ME or TUE, even if a doctor has "prescribed" marijuana.

Drug-testing sanctions for marijuana-positive tests, as designated by each sport organization, still apply in states where marijuana has been legalized.

### **Effects on Your Body**



**Marijuana Directly Affects** Areas of the Brain Involved in:

- Cerebral Development
- Memory and Cognition
- Concentration
- Motivation
- Appetite
- Immune Response
- Coordination and Balance
- **Reaction Time**
- Pain Regulation
- Reproduction



the age of 25.

- Frequent marijuana users have shown irreversible decreases in IQ when usage started before the brain was fully developed.
- Most (80%) college athletes do NOT use marijuana, knowing risks to sport and overall health.

(Source: NCAA Substance Abuse Survey Data)

#### .C may be associated with the following negative outcomes:

- One in six adolescents who use will become addicted.
- Increased emergency room visits related to marijuana.
- Increased risk for psychotic symptoms/disorders
- Increased risk of motor vehicle accidents.
- More frequent chronic bronchitis and mair iracory

(i.e. schizophrenia).

Risk for a positive drug test increases with potency and frequency.

up the excretion rate of THC from the body This practice will simply dilute urine concentration, increasing the duration of a drug test.

Provided by Drug Free Sport AXIS M, an educational service of Drug Free Sport. Contact us at drugfreesport.com/axis.



