

# The Campus Assistance Program

The Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. The CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

## How Do I Contact the CAP?

For more information or for an appointment with a counselor, please call: **568-8888**. A counselor is on call and available to you 24 hours a day, seven days a week. The CAP is located in the Clinical Education Building 1542 Tulane Ave. New Orleans, LA. 70112



For Help. Call Today.

Campus  
Assistance  
Program

1542 Tulane Ave.  
Office 866  
Clinical Education Building  
New Orleans, LA  
70112

Phone: 504-568-8888  
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LSU  
Health Sciences  
Center

Campus  
Assistance  
Program

## Facts About Drugs: Marijuana



Prepared by The LSUHSC  
Campus Assistance Program.  
568-8888

<http://www.lsubsc.edu/no/organizations/campushealth/>

## What is Marijuana?



Marijuana is usually smoked as a cigarette known as a joint.

Marijuana is the dried flowers, leaves and stems of the Cannabis sativa plant.

Marijuana is the most commonly abused

illicit drug in the United States.

While usually smoked as a cigarette, also known as a joint, it is also smoked in various pipes. It can be smoked inside a cigar, known as a blunt, or mixed with food or tea.

There is a countless number of slang terms for marijuana, including herb, weed, pot, chronic, bud, and grass.

According to the National Institute on Drug Abuse, in 2004, 14.6 million Americans age 12 and older used marijuana at least once in the month prior to being surveyed. About 6,000 people a day in 2004 used marijuana for the first time—2.1 million Americans. Of these, 63.8 percent were under age 18. In the last half of 2003, marijuana was the third most commonly abused drug mentioned in drug-related hospital emergency department (ED) visits in the continental United States, at 12.6 percent, following cocaine (20 percent) and alcohol (48.7 percent).

## Physical Effects of Marijuana

Besides the immediate effects marijuana can have, there are many more long term effects on the body and mind of a habitual user.

### Effects on the Brain

Marijuana can lead to problems with memory and learning; problem solving and difficulty in thinking. It can reduce motivation and cause “burnout”.

### Effects on the Heart

Research has shown that cannabis acts to increase heart frequency by as much as 40 beats per minute. A study reported by The American Heart Association in February 2000, concluded that smoking marijuana can precipitate a heart attack in persons with pre-existing heart conditions. One hour after smoking marijuana, the likelihood of having a heart attack is four and one-half times greater than if the person had not smoked, according to the research.

### Effects on the Lungs

Researchers at the UCLA Pulmonary Research Laboratory studied the effects of marijuana smoking in 75 young men. The men consumed an average of five marijuana cigarettes a day for two months. The study showed that the lung damage caused by four marijuana cigarettes were equal to the damage caused by 112 tobacco cigarettes.

### Effects on Pregnancy

Any drug of abuse can affect a mother's health during pregnancy. Drugs of abuse may interfere with proper nutrition and rest, which can affect good functioning of the immune system. Some studies have found that babies born to mothers who used marijuana during pregnancy were smaller than those born to mothers who did not use the drug. In general, smaller babies are more likely to develop health problems.

## Resources

The internet is filled with information about marijuana and many other drugs. Some of the more helpful websites and resources out there are listed below.

**The National Institute on Drug Abuse Marijuana info page.** This page also includes links to other publications for helping with teens

<http://www.nida.nih.gov/Infofacts/marijuana.html>

**Government drug information site for teens.**

<http://teens.drugabuse.gov/>

**Drug Enforcement Agency website on Marijuana.**

<http://www.dea.gov/concern/marijuana.html>

### Other Sites

<http://www.drugstory.org/>

<http://www.freevibe.com/>

<http://www.theantidrug.com/>

If you, a family member, or anyone you know, has a problem with marijuana, or any other drug, please contact the **LSUHSC Campus Assistance Program** at **568-8888** for a **free** and **Confidential** evaluation.