Marijuana Info Sheet

Marijuana or “weed” = psychoactive drug which is usually smoked/vaped, but can also be mixed with food. Tetrahydrocannabinol (THC) is the main psychoactive ingredient in marijuana.

- 68% of UB students have never used marijuana.
- Less than 5% of Americans report using it weekly.

How does marijuana affect the brain?
THC interacts with cannabinoid receptors in the brain and cause a reaction that leads to the “high” feeling that marijuana users experience. Some areas of the brain have multiple cannabinoid receptors while others have few or none. The highest amount of cannabinoid receptors are found in the parts of the brain that influence pleasure, memory, thinking, concentration, sensory perception and coordinated movement. These are the areas of the brain most affected by marijuana, both favorably and unfavorably.

Marijuana is not as harmful to my health as tobacco or alcohol, right?
Although you cannot overdose on marijuana there are still many negative effects on health, such as:
- Irritates the lungs causing redness, coughing, mucous and a heightened risk of lung infections
- Increases heart rate by 20-100% after smoking due to the heart adjusting to the high carbon dioxide levels
- Causes overeating since studies show a 40% increase in calorie consumption during use
- Reduces the functioning of the senses, though users report that they feel more enhanced

Can marijuana affect my performance in school?
Yes, regular use influences academic performance in the following ways:
- Impairs short-term memory
- Diminishes attention to detail and ability to focus on goals
- Causes concentration problems
- Processing information accurately is also reduced with heavier use

Can you get addicted to marijuana?
Long-term abuse can lead to addiction, which is defined as drug seeking and abuse despite the known harmful effects on functioning within family, school, work and recreational activities.

If you spend $20 per week on marijuana...
That’s $1,040 per year!

For more information about Alcohol, Tobacco or Other Drugs, contact Wellness Education Services, 114 Student Union wellessed.buffalo.edu, sd62@buffalo.edu