

CANNABIS 101

What is cannabis?

Cannabis (marijuana, weed, or pot) comes from the cannabis plant. It includes dried flowers, leaves, stems, and seeds.

The cannabis plant contains more than 100 compounds or cannabinoids. CBD (Cannabidiol) and THC (Tetrahydrocannabinol) are two of the most well-known compounds found in cannabis plants:

- THC is the part of cannabis that makes a person feel “high.” THC can also be addictive.
- CBD does not make a person feel “high” and is not addictive.

How is cannabis used?

Cannabis can be smoked, vaped, dabbed (inhaling vaporized cannabis concentrate), or taken as edibles (food and drink products). Vaping and dabbing have higher amounts of THC.

Some methods, like smoking or vaping, can cause effects within minutes, while other methods, like edibles may take up to an hour or more. The duration of effects can range from a few hours to longer depending on the amount used and the person’s body.

Cannabis use and your health

Everyone reacts to cannabis differently. Weight, metabolism, gender, and eating habits can affect how quickly THC is absorbed into the body.

Cannabis vs. Hemp: What’s the difference?

Cannabis is the term used when referring to products that have more than 0.3% of THC by dry weight.

Hemp is a variety of cannabis that has lower THC levels. It has different regulations and restrictions under federal law.

Cannabis is available in many forms



Duration of effects varies



Effects may include:

- Relaxed or “high” feeling
- Racing heart
- Slower reactions or slurred speech
- Trouble thinking, concentrating, or remembering
- Temporary confusion, anxiety, panic, or paranoia

Physical health

- Cannabis can become addictive, especially when use begins during adolescence. Cannabis affects memory, learning, attention, decision-making, coordination, emotions, and reaction time.
- People who start using cannabis before the age of 18, or who use cannabis often, are more likely to become dependent on it or struggle to stop using.
- Cannabis use can also impact heart and lung health.

Mental health

- Cannabis can worsen mental health conditions.
- Research is limited on interactions between cannabis and other medications or substances. Talk to your doctor or pharmacist before using cannabis.

Pregnancy, breastfeeding, or chestfeeding

- Using cannabis is not recommended while pregnant, breastfeeding, or chestfeeding.
- Pumping and dumping milk are not effective when it comes to cannabis use. Some cannabis chemicals can stay in your milk after you stop using.
- Secondhand cannabis smoke can harm a baby's lungs.

Medical cannabis

Minnesota legalized the use of medical cannabis in 2014. Medical cannabis may help with certain health conditions. It's important to talk with your doctor about available treatment options and what's right for you. For more information, visit www.mn.gov/ocm/dmc.

Cannabis safety

- Do not drive after using cannabis. Driving under the influence is dangerous and illegal.
- Store cannabis safely and out of reach from children, pets, and anyone in your home who isn't using them. Use a locked cabinet, medicine box, or safe.
- Do not mix cannabis with alcohol or other substances. It can cause unwanted effects.
- Consuming too much THC can lead to poisoning or serious injury.
- Carefully review packaging to make sure you understand the THC content and serving sizes.
- Keep cannabis products in their original, labeled packaging so it's clear how much to use and to prevent kids from mistaking them for candy.
- Know the source of THC, whether it's naturally derived or synthetically produced, as this can affect both the experience and regulatory oversight.

Help is available

If someone, especially a child, has consumed or been exposed to cannabis, or if they have a bad reaction, call a medical professional or the Minnesota Regional Poison Center at 1-800-222-1222.

If you are concerned about your cannabis use or someone else's, talk to a doctor or visit the [Fast Tracker \(fasttrackermn.org\)](http://fasttrackermn.org) webpage for resources.

Resources

- samhsa.gov
- health.mn.gov/cannabis
- mn.gov/ocm