



Utah Department of  
**Health & Human Services**  
Center for Medical Cannabis

<https://medicalcannabis.utah.gov>



# Negative health effects of using medical cannabis

## Arms and legs

Changes in:

- Coordination
- Movement
- Reaction times

## Brain

Changes in your:

- Thinking
- Attention span
- Memory
- Time perception

Increased feelings of:<sup>1</sup>

- Anxiety
- Paranoia
- Depression
- Thoughts of suicide

Long-term health problems in babies, kids, and teens like:

- Changes in brain development
- Limited attention span and learning
- Learning difficulties

## Heart

- Increased heart rate and blood pressure
- Increased risk of stroke, heart attack, and heart disease<sup>2</sup>

## Lungs, if cannabis is smoked or vaped

Increased risk of:

- Irritation
- Coughing and wheezing
- Asthma
- Bronchitis

<sup>1</sup> These happen more often in teens, but can happen in adults, too.

<sup>2</sup> These are more common if cannabis is smoked.