

# Ganja FACTS

\* THC remains in the body for weeks or longer as it is stored in body fat  
*drugabuse.gov*

\* Studies have indicated that driving under the influence of marijuana makes a person more likely to get into an accident. This is likely due to the fact that marijuana slows a person's response time.

*http://oas.samhsa.gov/2k10/205/DruggedDriving.htm*

\* It is difficult to know how marijuana will affect a specific person at any given time, because its effects vary based on individual factors: a person's genetics, whether they've used marijuana or any other drugs before, how much marijuana is taken, and its potency. Effects can also be unpredictable when marijuana is used in combination with other drugs.

*NIDA for Teens*

\* Marijuana changes the structure of sperm cells, deforming them. Thus even small amounts of ganja can cause temporary sterility in men

*NIDA 2001*

**Marijuana  
is ILLEGAL**

**QUIT TODAY**



## NEED HELP WITH A DRUG PROBLEM



### National Council on Drug Abuse

**Head Office:** 2-6 Melmac Avenue,  
Kingston 5, Jamaica  
Tel: (876) 926-9002-4  
Fax: (876) 960-1820

**Western Office:** RADA Building,  
Westgate, Montego Bay, St.  
James  
Tel: (876) 940-2240  
Fax: (876) 971-1538

**[www.ncda.org.jm](http://www.ncda.org.jm)**

### For Further Information Contact:

#### William Chamberlain Rehabilitation Centre

53 Lyndhurst Road,  
Kingston 5 .  
Tel:(876) 922-4030

#### Rise Life Management

57 East Street,  
Kingston .  
Tel:(876) 967-3777

#### Jamaica Teen Challenge

10 Shaw Park Road,  
Ocho Rios, St. Ann .  
Tel:(876) 795-2695 / 795-3368 / 390-6262

#### Patricia House (Richmond Fellowship Ja.)

6 Upper Musgrave Avenue,  
Kingston 10.  
Tel:(876) 978-1670 / 978-2324

#### Addiction Treatment Services Unit

University Hospital of the West Indies Mona,  
Kingston 7.  
Tel:(876) 977-0705

#### Ward 21

University Hospital of the West Indies Mona,  
Kingston 7.  
Tel:(876) 927-1620



# Marijuana

“Ganja”



# M

arijuana (Ganja) is the word used to describe the dried flowers, seeds and leaves of the Indian hemp plant (*Cannabis Sativa*). On the street, it is called by many other names, such as: ganja, weed, sensee, kali and Mary Jane.

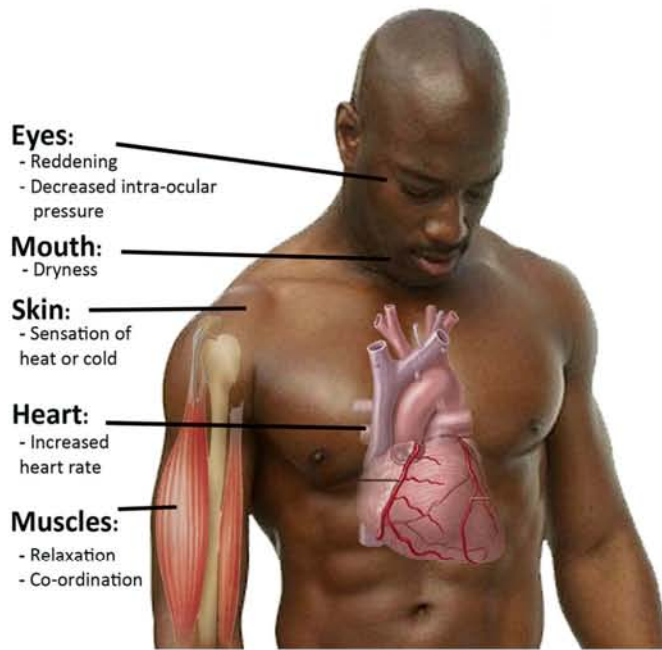
This drug distorts how the mind perceives the world you live in.

The chemical in cannabis that creates this distortion is known as "THC" (delta-9-tetrahydrocannabinol), but there are also more than 400 chemicals in the plant.

## Ganja USAGE

Ganja is usually smoked as a "*spliff*", and at times more cocaine or PCP(phencyclidine) is added to make "*season spliff*". Less often, it is mixed with food and eaten or brewed as tea.

## Effects of GANJA



### Short term effects

- \* Rapid heart beat
- \* Disorientation
- \* Lack of physical coordination
- \* Panic attacks or anxiety
- \* Impaired or reduced short-term memory

### Long term effects

- \* Brain damage/ Mental illness
- \* Reduction of male hormones
- \* Suppression of the immune system
- \* Lung Cancer
- \* Leads to severe hereditary defects

## How will I know if I have a problem?

- \* You want to get high before or while you are at school/work
- \* You are spending a lot of your money on marijuana
- \* You can't remember things
- \* You have ended the relationships you had with those friends who won't get high with you
- \* You feel sad or angry when you are not high
- \* You are smoking alone
- \* You are getting high in the morning
- \* You are driving while high
- \* You have stopped doing a lot of things that you liked to do in the past
- \* Getting high is interfering with your obligations at home,work or school
- \* You are constantly waiting to get high