

FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: Marijuana and Heart Health

According to the Centers for Disease Control and Prevention (CDC), marijuana can make the heart beat faster and can make blood pressure higher immediately after use. It could also lead to increased risk of stroke, heart disease, and other vascular diseases. Most of the scientific studies linking marijuana to heart attacks and strokes are based on reports from people who smoked marijuana (as opposed to other methods of using it). Smoked marijuana delivers tetrahydrocannabinol (THC) and other cannabinoids to the body. Marijuana smoke also delivers many of the same substances researchers have found in tobacco smoke—these substances are harmful to the lungs and cardiovascular system.

Research conducted by the National Institutes of Health (NIH) maintain marijuana is an incredibly versatile compound, with over 500 chemicals sometimes involved. The potency of marijuana is an important variable in research studies. While the THC levels available for researchers average about 12%, THC levels in the market sometimes exceeds 35%.

Marijuana use has become extremely prevalent in society, which necessitates researchers stay informed and also calls for doctor-patient discussion regarding the risks of use. Concomitant drug use should also be discussed as research demonstrates cannabis use is associated with increased tobacco and alcohol use. The emerging issue of unregulated cannabis products with high potency and unknown consequences should not be ignored.

It is hard to separate the effects of marijuana chemicals on the cardiovascular system from those caused by the irritants and other chemicals that are present in the smoke however the oxidative stress created by cannabis has been linked to the development of arrhythmias and the interactions of the endocannabinoid system with the autonomic nervous system seem to be the driving force behind the reported cardiovascular adverse events.

More research is needed to understand the full impact of marijuana use on the cardiovascular system to determine if marijuana use leads to higher risk of mortality.

For help Quitting smoking or vaping or to help a loved beat a Nicotine Addiction please visit the American Lung Association on their Website at: www.americanlung.org. ALA maintains that the only thing that should go into your lungs is clean air, so if you're inhaling anything, it could potentially be toxic to your lungs!!

The New York State Smokers' Quitline assists thousands of New Yorkers every year in their attempts to break free from smoking and other tobacco and the service is free and confidential. Call 1-866-NYQUITS (1-866-697-8487) or visit them at: <https://www.nysmokefree.com/>.for Quit Help.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. Its Coalition is concerned about marijuana use, tobacco use and vaping, seeking to educate and update the community regarding its negative consequences in collaboration with Carol Meschkow, Manager- Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow us on [ww.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health www.safeglencove.org.