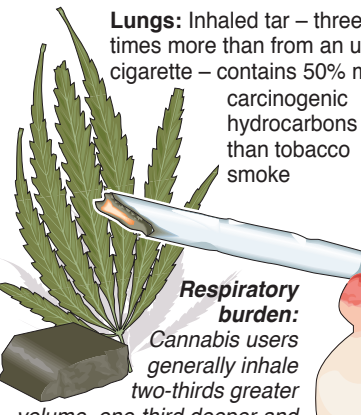


Health risk to cannabis smokers

Smoking cannabis – the most widely used illegal drug in the UK – poses a greater health risk than tobacco according to a study by the British Lung Foundation. New, more potent strains of the plant could mean the adverse effects of smoking three joints could be equivalent to 20 cigarettes



Lungs: Inhaled tar – three times more than from an unfiltered cigarette – contains 50% more carcinogenic hydrocarbons than tobacco smoke

Respiratory burden:

Cannabis users generally inhale two-thirds greater volume, one-third deeper and hold breath four times longer

Immune system:

Impairs function of white blood cells – which prevent lung infections – and **macrophages**, which suppress tumour growth

Heart: Unsubstantiated link with heart disease

Brain: Increased dopamine levels
heightened risk of schizophrenia.

Average joint today contains 150mg of psychoactive ingredient THC, compared to 10mg in 1960s

Therapeutic benefits

- 1 Can relieve eye pressure for glaucoma sufferers
- 2 Eases muscle pain and muscle spasms
- 3 Suppresses nausea, increases appetite