

# American Drug Testing

*Drug-Free Workplace Programs*

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## DRUG-FREE WORKPLACE ADVISOR

AN ONGOING SERIES TO PROTECT YOUR COMPANY BY HELPING TO KEEP DRUGS OUT OF YOUR WORK-

### Dangers of Marijuana

Marijuana dangers are usually listed as they affect the physical body and mind and marijuana dangers are often associated with emotional problems as well. Marijuana dangers are often reported in fluctuating waves. Some say there are more marijuana dangers than ever right now due to the increased potency of the drug. Others say marijuana dangers aren't as bad and can even be used for medical purposes. Millions of people use marijuana habitually and many are addicted to the drug. Addiction is a disease and like any disease, tears away at the mind and body of the sufferer. Many pot smokers did not fully understand marijuana dangers as they began to smoke the drug early in life. Some pot smokers



find themselves using the drug more than they would like and find it interfering with

school, work and relationships with family and friends. This cycle can feed

*"...workers who smoke pot often miss more work, have more accidents and are more likely to lose their job."*

off of itself in a negative way causing more use of the drug and further consequences.

Many studies of marijuana dangers associate repeated use of the drug with lower test scores and academic abilities. On the job, workers who smoke pot often miss more work, have more accidents and are more likely to lose their job. Emotional marijuana dangers include isolation, depression and an increase in anxiety. Uncomfortable feelings and fear also lead to more use of the drug that can make for more problems. Studies show that over time, individuals who become physically and/or emotionally dependent on marijuana can find that they

are falling behind on basic fundamental life skills that are being acquired by peers in the same age range. This can lead to self-esteem problems as self-reinforcement abilities deteriorate and confidence diminishes. Another one of the marijuana dangers is physical dependence on the drug. Many people try to stop over and over but are overwhelmed by anxiety, irritability and sleeping difficulties. Physical dependence is marked by withdrawal symptoms when the drug is removed. The marijuana dangers include the bodies' adaptation to an almost continuous presence of the drug in its system. The brain adapts to the pain reducing reaction to the drug and its other analgesic effects like inducing sleep. Those who have only tried smoking pot once or twice might be amazed that anybody could function on the drug at all. But those who have been smoking the drug for months and years have become accustomed to its effects and can often hide the fact that they are high at all.

This tolerance to the drug is yet another one of the marijuana dangers. Pot smokers who must smoke much

more of the drug to feel the same affect that just a little used to provide. This leads to more intake of smoke which can cause more damage to the lungs and respiratory system.

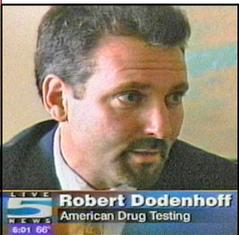


One of the biggest marijuana dangers can be the loss of hope from the frustration that you can't

seem to quit on your own. Fortunately there is help. Rehabilitation and recovery from marijuana dependency is possible with therapeutic and medical assistance.

If you or someone you love wants or needs to stop using marijuana, please visit the "Drug Issues" section at the American Drug Testing website. For further information, also see our "Client Area" at [www.AmericanDrugTesting.net](http://www.AmericanDrugTesting.net) or call 843-747-4111.

#### The Drug-Free Workplace Advisor is published by



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