With all the talk about “medical marijuana” these days, one might get the impression that marijuana is harmless—or even beneficial. Hardly, as study after study reconfirms that marijuana is a dangerous drug. It’s also illegal for any use in most states. Further, marijuana impairment at work can be disastrous. Beyond that though, here are just a few additional problems associated with this dangerous drug.

Inhaling marijuana delivers more carcinogens and toxic chemicals than up to 20 cigarettes. It also dumps as much tar into your lungs as four cigarettes and causes inflammation that can make it harder to fight cancer. Other risks:

Heart strain. In the hour after you smoke a joint, the danger of a heart attack rises five-fold, say researchers from Boston’s Beth Israel Deaconess Medical Center. Why? Pot boosts levels of a compound called apolipoprotein III that keeps fats stuck in your bloodstream. Plus, pot revs up your heart rate.

Brain drain. In one study, people with multiple sclerosis who smoked marijuana were 50 percent slower on a mental-processing test than nonsmokers. They also were more depressed and anxious.

Weakened immunity. THC, the pot ingredient that eases pain and makes you high, is also a powerful immune-system downer. In a new study, it triggered tidal-wave increases of “myeloid-derived suppressor cells.” What they suppress is your immune system, which can boost your risk for all sorts of infections, encourage existing cancers and throw a monkey wrench into cancer treatments. If your immunity is already compromised, be wary.

Lung damage. Since people tend to inhale pot smoke long and deeply, smoking three to four joints a day may cause as much lung damage as smoking a pack of cigarettes. Long-term use doubles your odds for coughing, wheezing and chronic bronchitis. If you smoke cigarettes and marijuana, your lungs really take a beating, tripling your odds for progressive lung disease. Source: The YOU Docs.

For additional tips, see the “client area” at www.AmericanDrugTesting.net or call 843-747-4111.