

How Smoking Cannabis Affects Your Health

Chemicals In Cannabis Smoke

Contains many of the same chemicals as tobacco that are known to be toxic and to be associated with lung and heart illnesses

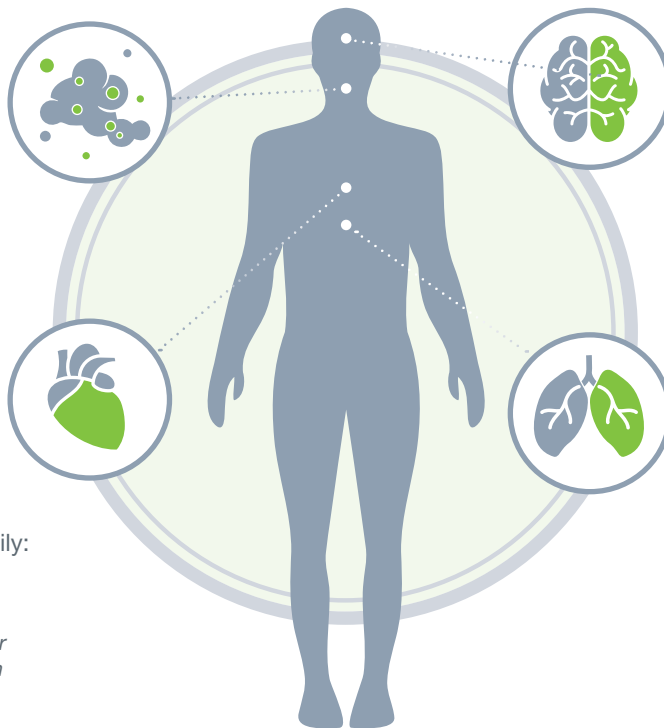
Effects on the Heart

- Impact on heart rate
- Impact on blood pressure

Among those who smoke cannabis regularly or heavily:

- Potential increase of risk for heart attack

Evidence is limited and further studies are needed to confirm this relationship.



Effects on the Brain and Blood Vessels

Among those who smoke cannabis regularly or heavily:

- Potential increase of risk for stroke

Evidence is limited and further studies are needed to confirm this relationship.

Effects on the Throat and Lungs

- Sore throat
- Hoarse voice
- Coughing
- Wheezing
- Tightness in chest
- Chronic bronchitis

If you have a history of heart-related illness, smoking cannabis may worsen your illness.

Quitting cannabis smoking can reverse some of the negative effects on lung and heart health.



Talk to your healthcare provider to learn how you can lower your risk of the harms from cannabis smoke and follow Canada's Lower-Risk Cannabis Use Guidelines.



To learn more about cannabis and its effects on your lungs and heart, see *Respiratory and Cardiovascular Effects of Cannabis Smoke*, part of our Clearing the Smoke on Cannabis series.

Visit ccsa.ca/cannabis and canada.ca/cannabis



Canadian Centre
on Substance Use
and Addiction