

How is eating and drinking foods that contain marijuana (edibles) different from smoking marijuana?

Because marijuana contains tetrahydrocannabinol (THC), there are health risks associated with using marijuana regardless of the how it is used. Some of these negative effects include having difficulty thinking and problem-solving, having problems with memory, learning and maintaining attention and demonstrating impaired coordination. Additionally, frequent use can lead to becoming addicted to marijuana. However, some risks may differ by the way it is used.

Smoke from marijuana contains many of the same toxins, irritants, and carcinogens as tobacco smoke. Smoking marijuana can lead to a greater risk of bronchitis, cough, and phlegm production. Whereas, edibles, which take longer to digest, take longer to produce an effect. Therefore, people may consume more to feel the effects faster. This may lead to people consuming very high doses and result in negative effects like anxiety, paranoia and, in rare cases, an extreme psychotic reaction (e.g. delusions, hallucinations, talking incoherently, and agitation).