

**EVERY BRAIN MATTERS IS A NON-PROFIT
COMMUNITY DEVELOPED BY FAMILIES
PERSONALLY IMPACTED BY
INDUSTRIALIZED MARIJUANA.**

HOPE

We provide family recovery resources, including support meetings, to help prevent, manage, or recover from a loved one's cannabis use.

CHANGE

We advocate to protect families and communities from the predatory practices of the cannabis industry and stop the expanding drug crisis.

TRUTH

We are a trusted educational resource driven by science and lived experience.

Please visit our library.

EveryBrainMatters.org
info@everybrainmatters.org

**THE EVERY BRAIN MATTERS (EBM)
STORE CALLS FOR PUBLIC VISUAL
AWARENESS TO BRING CHANGE.**

This logo unites us, symbolizes freedom from marijuana and the expanding drug crisis, and promotes brain and environmental health.



everybrainmatters.org/store

*This is not about a War on
Drugs. This is about a Defense
of our Brains, the repository of
our humanity.*

Bertha Madras, PhD
neuroscientist

Learn about Cannabis-Use Disorder (CUD)



***We're Finding Freedom from
Marijuana
and the Expanding Drug Crisis.***

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**The words marijuana and cannabis are being
used interchangeably in this pamphlet.*

What is CUD, Cannabis Use Disorder?

The continued use of cannabis despite significant negative consequences on a person's life and health. It's also known as an addiction to or dependency on THC (Tetrahydrocannabinol), the primary drug in the cannabis plant.

Symptoms of Cannabis Use Disorder.

- Use for at least one year.
- Using more significant amounts over an extended period
- Failed efforts to discontinue or reduce the use
- Spending a considerable amount of time seeking or using cannabis or recovering from the adverse effects of cannabis
- Cravings
- Continued use despite negative consequences
- Using cannabis or the desire to use it is more important than work, school, hygiene, and responsibilities to family and friends.
- Use of cannabis during activities like driving and operating heavy equipment
- Continued use despite physical and psychological problems
- More significant amounts of cannabis are needed to get the desired effects
- Withdrawal symptoms

Mild CUD - 2 to 3 symptoms

Moderate CUD - 4 to 5 symptoms

Severe CUD - 6 or more symptoms

Do people experience withdrawal symptoms?

Yes, some people do have withdrawal symptoms, which can include the following:

- Irritability
- Anger/aggressiveness
- Anxiety
- Sleep disturbances/nightmares
- Decreased appetite
- Restlessness
- Depression/suicidality
- Abdominal pain
- Fever/chills/sweating
- Headache
- Tremors/shakiness
- increase psychotic symptoms

Symptoms usually begin within the first 24 hours, peak by day 3, and last up to 2 weeks.

Increased use and more recent use can impact the severity of withdrawal.

Why are more people becoming addicted to marijuana?

- Increase in potency/concentrations of THC in marijuana products
- Increased accessibility
- Decreased perception of risks or harms
- Normalization and commercialization

How long will marijuana users test positive after cessation?

Chronic daily smokers can produce detectable levels of THC and its metabolites one month after their last intake.

Since THC is fat-soluble, it is suggested to be released from adipose tissue at various times. This high lipophilicity (fat-soluble) explains why withdrawal is a slow onset.

Other factors, such as its physical/chemical form, route of administration, genetics, and consumption of alcohol, influence how long the level of THC is detected in the body.

<https://www.ncbi.nlm.nih.gov/books/NBK538131/>

National Institute on Drug Abuse reports: Recent data suggest that 30% of those who use marijuana may have some degree of CUD.

Learn more about CUD.



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