

**EVERY BRAIN MATTERS (EBM) IS A NON-PROFIT ORGANIZATION DEVELOPED BY FAMILIES IMPACTED BY COMMERCIAL MARIJUANA.**

**TRUTH**

EBM is a trusted educational resource that challenges misinformation and empowers families, youth, policymakers, and communities with evidence- and experience-based information about the risks of cannabis.

**HOPE**

EBM offers compassionate resources to help individuals and families navigate and recover from the harms of cannabis use, including support meetings and testimonies.

**CHANGE**

EBM advocates relentlessly to reform policies and confront industry practices that normalize and promote THC, while advancing prevention, early intervention, recovery, and accountability.

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**EveryBrainMatters.org**  
**info@everybrainmatters.org**

**THE EVERY BRAIN MATTERS STORE.**

Drive a change and promote health.



[everybrainmatters.org/store](http://everybrainmatters.org/store)

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*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)**



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

## What is CUD, Cannabis Use Disorder?

When a person continues the 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

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

### 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?

Cannabis users can have detectable levels of THC and its metabolites months after their last intake, depending on the amount, potency levels, and frequency of use.

THC is a fat-soluble drug that adheres to adipose (fat) tissue in the human body and can be released at various times, resulting in a positive drug test even after use has ceased.

This high lipophilicity (fat-soluble) can explain why the withdrawal period can take longer than other drugs.

Other factors that influence the detection of THC levels are the route of administration, genetics, the amount of fatty tissue, and consumption of alcohol

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

Learn more about CUD.



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