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Every Brain Matters Community Newsletter

March 2022

Every Brain Matters is a community of support, advocacy, and science. **Join us** as we call for a cultural change with the widespread use of our logo, which unites us and symbolizes both "freedom from marijuana" and optimal brain and environmental health. The public has been deceived and misled regarding the effects of marijuana products, leading us to a public health crisis. No matter what decisions are made or how much the drug culture escalates, we will "Keep On Keepin On", because we wholeheartedly know that **Every Brain Matters**.

Spotlight: Dr. Amy Turncliff

Marijuana and Autism: New Scientific Evidence Shows that Marijuana Use by Parents May Increase Risk of Having Child with Autism

With more and more information about the dangers of marijuana use coming to light, it has become evident that this is not the "hermeses plant" and "wonder medicine" many proponents claim. Due to these claims, there is a public decrease in perception of harm resulting in increased use. Is there a link between the rising rate of autism and increased use by pregnant mothers and potential fathers? Read Dr. Amy Turncliff's article here to learn more.

[Read Full Article Here](#)

The Science is Clear and Strong: **THC can cause addiction and mental and physical illnesses.**

MARIJUANA (THC) EFFECTS

Short-term use

- Brain**
 - Altered senses, including time
 - Change in mood
 - Leakage
 - Malnutrition, dehydration, paranoia, lethargy
 - Impaired memory skills
 - Difficulty concentrating and focusing
 - Impaired memory, learning
 - Impaired judgment
 - Aggression
 - Memory issues
 - Worsening of PTSD symptoms
- Lungs**
 - Difficulty breathing
 - Infections
 - Some marijuana smoke can irritate tobacco smoker
- Heart**
 - 2-3x increase risk of heart attack within 60 minutes of use
 - Increase heart rate and blood pressure
- Other Systems**
 - Genetic damage
 - Impacts on the Endocrine System
- Medical Contraindications**
 - More Contraindications (Pregnant)
 - More Available
 - More Life-Threatening
 - More Accurate

Long-term use

- Brain**
 - Chronic dependence or withdrawal
 - Depression, anxiety, paranoia
 - Chronic psychosis
 - Amotivational syndrome
 - Increased risk of stroke
 - Altered brain regions
 - Disrupts brain memory region
 - Disrupts brain learning
 - Disrupts brain recovery, cognitive function, executive function
 - Alters attention and motor skills
 - Stroke
- Kidneys**
 - Kidney failure due to CIG, Cerebral Ischememia, Syndrome
- Lungs**
 - COPD (Causing many bronchitis, emphysema)
 - Increased risk for cancer
- Heart**
 - 2-3x increase risk of heart attack
 - Heart failure due to CIG
- GI Sphincter and Pain**
 - Chronic vomiting and abdominal pain (Cannabinoid Hyperemesis Syndrome)
- Male/Female**
 - Testicular cancer and sperm count
 - Increased developmental and mental disorders in children of mothers who use cannabis when pregnant
 - Reproductive health in males and females

THE EVERY BRAIN MATTERS STORE

We call for a cultural change with the widespread use of our logo to bring visual public awareness that unites us and symbolizes "freedom from marijuana" and promotes optimal brain and environmental health.

"This is not about a 'war on drugs'"
 "It's about optimal brain and environmental health."
 "We're not here to 'win' a 'war on drugs'."
 "We're here to 'win' a 'war on drugs'."
 "We're here to 'win' a 'war on drugs'."
 "We're here to 'win' a 'war on drugs'." (Dr. Bruce Hooper)

Use this downloadable infographic to educate your community about marijuana's long and short term effects. Find more pamphlets, posters, and handouts at this link.

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It's Just Pot, What's The Problem Podcast

They didn't know their son was using marijuana until just a few hours before his death. Listen to the public plea these parents make for education on the true effects of marijuana use, and for states to actually test for marijuana in toxicology reports.



A Moment of Science

Underplaying the dangers of cannabis for women of childbearing age is sexist and pregnancy discrimination

This is a public health issue regarding society-wide use. In the US, cannabis use during pregnancy already exceeds 8%. Nutt's essay ostensibly deals with the medical indications for a drug that has not yet found its safe place in the medical armamentarium, but he gives women and the medical profession wrong information, lying in the face of the US Food Drug Administration and professional associations' advice against cannabis use during pregnancy and breastfeeding. This plays straight into the hands of those interested businesses who chose the tobacco industry's successful model of minimizing tobacco harms. Alongside alcohol and nicotine, will another profitable, dependence inducing product be commercialised despite causing harms to future children?

BMJ 2022; 376:e007196. doi: <https://doi.org/10.1136/bmj.n0664> (Published 25 February 2022) Cite this as: BMJ 2022;376:e007196

Marijuana Legalization and Opioid Deaths

Neil K. Mathur & Christopher J. Ruhm - February 2022

Over the last two decades there has been considerable movement at the state-level to legalize marijuana, initially for medical purposes and more recently for recreational consumption. Despite prior research, it is unclear how, if at all, these policies are related to rates of opioid-involved overdose deaths, which have trended rapidly upwards over time and represent a major public health problem. We provide two types of new information on this question. First, we replicate and extend upon previous investigations and show that the empirical results of those studies are frequently fragile and that, in most cases, the inclusion of more comprehensive controls, longer analysis periods and more correctly defined dependent variables results in less favorable estimates, often including predicted increases in opioid deaths. Second, we present new estimates from generalized differences-in-differences and event study models that incorporate more recent data and improvements developed in our replication and extension of early research. *These results indicate that legal medical marijuana, particularly when available through retail dispensaries, is associated with higher opioid mortality. The results for recreational marijuana, while less reliable, also suggest that retail sales through dispensaries are associated with greater death rates relative to the counterfactual of no legal cannabis.*

<https://www.nber.org/papers/w28802>

Advocacy Action

Send a Letter. Make a Difference

Want to get involved but not sure where to start or how much time you will have? Our Professional Letter campaign may be just the thing for you! Each month we will be highlighting different letters. It's as easy as 1-2-3: click the button below, copy and paste our letter and send it to anyone.

Send this letter:

Toxicant Formation in Dabbing Cannabis: The terrene story

[Learn More](#)

On The Calendar

Advocacy Meetings

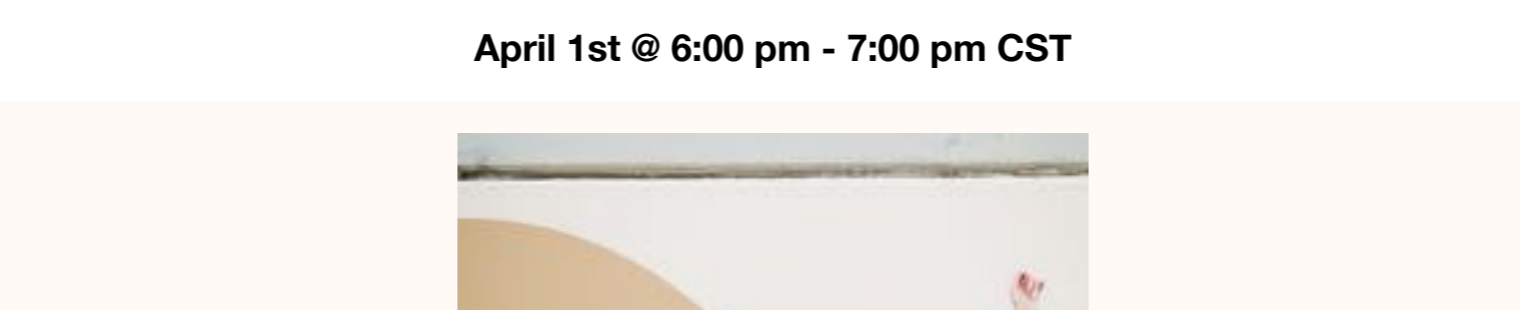
Every Brain Matters Advocacy Meeting - 2nd Friday of every month, 1pm Central Time. Send an email to everybrainmatters@gmail.com if you would like to be a part of the EBM Advocacy team.

Support and Recovery Meetings

Monthly Speakers Meeting

Mother and Daughter Together Share Their Experience, Strength, and Hope

April 1st @ 6:00 pm - 7:00 pm CST



Regan and Janelle

Regan Steinert is 21 years old and has been in recovery from substance use disorder since March, 2018. She is a Certified Recovery Coach at Cornerstone of Houston, working with teens who are struggling with OUD and other mental health issues. She is a student at Lone Star College studying to become a Licensed Chemical Dependency Counselor. Her desire is to connect with kids/adolescents through her personal struggles with substance abuse and recovery to offer them hope and understanding, and to inspire them to live beautiful lives, free from drugs and alcohol.

Janelle Martin is a married mother of two children, living in Magnolia, TX. Her youngest child, Regan, started using drugs at age 16. Janelle found herself also in recovery in order to better understand and help her daughter. Her recovery consisted of weekly phone meetings with a Pathway counselor, weekly parent meetings, working a 12-step program, and reading a multitude of books on addiction and recovery. She facilitates weekly OAI (Parents of Addicted Loved Ones) meetings. Janelle works as an Licensed Chemical Dependency Counselor and an ASIS Certified Provider with The Mind Connection. Helping parents and families recover from the devastating effects of substance use disorder is something Janelle feels compelled to do because she views her own family's recovery as an incredible gift.

Not "Just Pot" Anymore - Q & A with Bart and Aubree - open forum to fellowship. Meetings are the first Monday every month.

EBM Climbers Meeting - interactive education group for family members to bring issues and questions and receive direct feedback from a counselor and other families.

EBM Speakers Meeting - First Friday of every month. See above if you missed last month's meeting and to see upcoming speaker.

Mar-Anon - support and hope for those affected by another's marijuana use.

A Moment of Silence

Remembering and honoring the people that we lost due to the normalization and commercialization of marijuana.

March Remembrances:
Andy Zorn - March 1, 2014
Aaron Reddy - March 27, 2019
Matthew Pontefract - March 31, 2020

March Heavenly Birthdays:
Garrett Craig - March 2, 2000
Henry MacDougal - March 2, 2001

March Marijuana Related Impaired-Driving Deaths:
March 9, 2019 - **Joy Tusz, 28**, and **Pierre Shelton, 30** - Illinois
March 15, 2019 - **Danielle Thomas, 16** - Illinois

March 16, 2018 - **Isabelle Gonzalez, 16** - California
March 16, 2018 - **Brandon Hunsberger** - California
March 27, 2016 - **Amanda Walizer, 43** - California

March 16, 2016 - **Thomas Clardy, 44** - Massachusetts
March 19, 2017 - **Alexis-Danielle Brown Johnson, 15** - Michigan

March 8, 2018 - **Sherry Rodriguez, 44**, **Martin Rodriguez, 51**, **Jaime Vidal Palayo, 30** - Washington
March 30, 2019 - **Mikayla Gulle, 19** - New York
March 19, 2019 - **Brian Hughes, 5** - Virginia

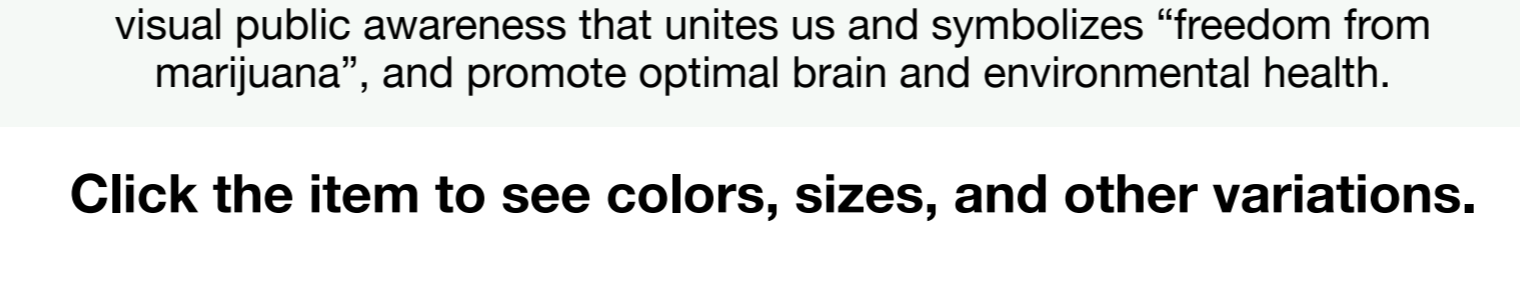
March 27, 2021 - **Porsha Branch, 28**, **Trake House, 7 months**, **Messiah House, 2**, **King House, 5** - Texas

To memorialize and honor your loved one in the Every Brain Matters community, please click this link.

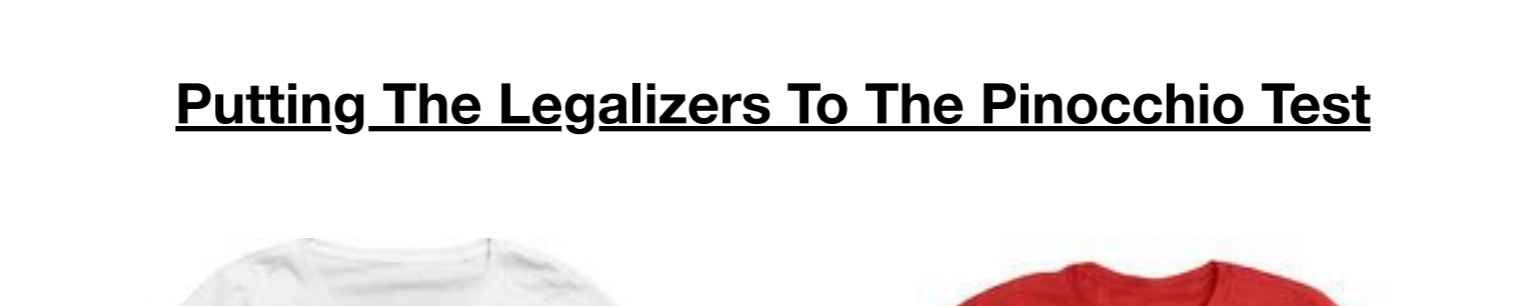
The Every Brain Matters Store

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Click the item to see colors, sizes, and other variations.



Putting The Legalizers To The Pincocchio Test



[Click here to see all available merchandise at the Every Brain Matters Store.](#)

[Join And Support The Every Brain Matters Community Here](#)

