

# Cannabis: Be Informed Health Effects

There are short-term and long-term health effects when you use cannabis. It's important that you get informed and know the risks.



## YOUR GROWING BABY

Since no amount of cannabis is known to be safe, it's recommended that cannabis use be totally avoided by women during pregnancy or breast feeding. It could affect your baby's brain, growth, and development.

## YOUR BRAIN

Your brain continues to develop until you're 25 and using cannabis can affect your memory and attention span. As an adult, frequent or daily use can have long-term effects on your brain and health.



## MIXING WITH OTHER SUBSTANCES

Using cannabis in combination with medications may be harmful. Make sure you talk to your health care provider if you're taking any medication.

## USING WITH ALCOHOL

Cannabis slows down your reaction time and can affect your attention span. When combined with alcohol risk of injury increases.



## YOUR MENTAL HEALTH

You could be at a higher risk of depression and anxiety disorders if you have a family history of mental illness.

## MEDICAL USE

There are different rules for people who have a document from their doctor to use cannabis for medical purposes. For more information, visit [canada.ca/cannabis](https://canada.ca/cannabis).



Talk to your health care provider, or visit [saskatchewan.ca/cannabis](https://saskatchewan.ca/cannabis) for more information.