## Marijuana Use and Cardiovascular Health (1)—APPROVED MESSAGES

<table>
<thead>
<tr>
<th>Evidence Reviews</th>
<th>APPROVED MESSAGES</th>
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<tbody>
<tr>
<td><strong>Myocardial infarction (heart attack)</strong></td>
<td>Smoking marijuana is a rare trigger of acute myocardial infarction.¹</td>
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<td>Iceland study, 2010 (pp. 32, 35)</td>
<td>The risk of myocardial infarction increased 4.8 times over baseline compared with periods of non-use and onset occurred within one hour of smoking marijuana.¹,³</td>
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<td>Smoking marijuana is a rare trigger of acute myocardial infarction.¹</td>
<td>Acute marijuana use may be associated with increased risk of heart attack among adults.</td>
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₁, ² Smoking marijuana is a rare trigger of acute myocardial infarction.
³ The risk of myocardial infarction increased 4.8 times over baseline compared with periods of non-use and onset occurred within one hour of smoking marijuana.

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**Notes:**
- **LIMITED** evidence that acute marijuana use increases risk of myocardial infarction.
- **INSUFFICIENT** evidence that acute marijuana use increases risk of death related to myocardial infarction (heart attack)/cardiovascular event.

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**References:**
1. Hall, C. (2010). Marijuana's chronic effects on cardiovascular functioning are inconsistent across studies, but there is some evidence that serious acute effects are possible. Hall categorized descriptions that Hartung et al. gave of
Marijuana Use and Cardiovascular Health (2)

| Stroke (ischemic) | DEFINITIONS  
|-------------------|--------------------------------------------------|

| DEFINITIONS  
| From Colorado Report Review Article 2014  

Levels of marijuana use

- Heavy marijuana use = daily or near daily (5-7 days/week)
- Regular marijuana use = weekly (1-4 days/week)
- Occasional marijuana use = less than weekly
- Acute marijuana use = used within the last hour
- Any level of use = evidence for all of the above

Age groups

- Young adult = 18 through 24 years of age
- Adult = 25 through 64 years of age
- Older adult = 65 years of age or older

Marijuana use may be associated with increased risk of stroke.

Marijuana use, and specifically heavy marijuana use, has been associated with adverse health outcomes, particularly cardiovascular health. A study published in the Journal of the American Medical Association (JAMA) reported the deaths of two young men that were plausibly attributable to "acute cardiovascular complications evoked by smoking cannabis" separately as a cardiovascular event, not overdoses. The study highlighted the need for further research to understand the long-term effects of marijuana use on cardiovascular health.

LIMITED evidence that marijuana use increases risk of ischemic stroke.

Marijuana use may be associated with increased risk of stroke.
REFERENCES


