



WHAT IS CUD, CANNABIS USE DISORDER?

SUPPORT AND HOPE FOR THOSE AFFECTED BY ANOTHER'S MARIJUANA USE

What is CUD, Cannabis Use Disorder?

Cannabis Use Disorder is also known as an addiction or dependency to THC (Tetrahydrocannabinol), a chemical in the marijuana plant.

Professionals diagnose cannabis use disorder by the following criteria of symptoms that are listed below.

Mild CUD - 2 to 3 symptoms
Moderate CUD - 4 to 5 symptoms
Severe CUD - 6 or more symptoms

Symptoms of Cannabis Use Disorder.

According to the Diagnostic and Statistical Manual of Mental Disorders, fifth edition (DMS-5), here is a summary of symptoms:

- Use for at least 1 year
- Using larger amounts over a longer period of time
- Failed efforts to discontinue or reduce use
- A significant amount of time seeking or using cannabis, or recovering from the negative effects of cannabis
- Cravings or desire to use cannabis
- Continued use despite adverse consequences
- Work, school, hygiene, responsibility to family and friends are superseded by the desire to use
- Use of cannabis during activities like driving and operating heavy equipment
- Continued use despite physical and/or psychological problems
- Larger amounts of cannabis needed to get the desired effects
- Withdrawal symptoms

Do people experience withdrawal symptoms?

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

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

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

National Institute on Drug Abuse:

Recent data suggest 30% of those who use marijuana may have some degree of CUD.

<https://www.drugabuse.gov/publications/research-reports/marijuana/references>

ABOUT US

Mar-Anon is a fellowship of those affected by another person's marijuana use. Its foundation is the Twelve Steps, adapted from Marijuana Anonymous, which can be a powerful, life-changing tool.

We come together to work the steps and offer hope, comfort, and support for other members. We use the steps as a path of self-discovery and personal change.



You are not alone.

Mar-Anon.com
maranon.group@gmail.com

