



cannabis and tobacco use

the health risks for cannabis compared to tobacco are:

- cannabis smokers inhale more smoke, more deeply and hold it in their lungs longer than tobacco smokers

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- most cannabis users have previously used tobacco and many current cannabis users also smoke cigarettes
- tobacco smoking may lead to cannabis smoking
- people may smoke cannabis with/without tobacco
- smoking both cannabis and tobacco (i.e. rolling the two substances together in a joint) puts people at risk of both cannabis and nicotine dependence
- using a bong involves inhaling smoke through water which cools the smoke down and means people take more smoke into their lungs
- cannabis smoke is more harmful and impacts on different areas of the lungs to tobacco smoke, although tobacco smoke affects more of the lungs
- both tobacco and cannabis smoke cause respiratory problems and contain agents that increase the risk of cancer
- problems of passive cannabis smoking are similar to tobacco smoking (such as breathing in cancer-causing chemicals)

Take home message:

Smoking both cannabis and tobacco together results in a greater health risk than smoking either alone