"I've smoked marijuana heavily for ten years. Practically every day for ten years I've been stoned. I'm worried that there may be damage to my lung." —Betty (long-time user, trying to quit)

"Cigarettes make me cough but marijuana cleanses the lungs... I have a little sister who has had chronic asthma... In light doses the smoke soothed and relaxed the respiratory system... In heavy doses any type of smoke is harmful to the lung." —Pete (chronic user and marijuana advocate)

"I cough a lot, especially when I get up in the morning. It's hard to say whether it's from marijuana or cigarettes. A friend of mine, who just smokes marijuana, says he has kind of asthma when he smokes a joint." —Charlie (chronic user)

"There are a lot of hot things going into your lungs and it's going to cause a little cough and stuff in your throat. I used to sing a little. I always knew if I didn't smoke grass I'd be able to sing better." —Rhoda (long-time user, trying to quit)

"If I smoke too much of it, it just affects my lung. The better the pot, the worse the effects. It will just make me cough. It will make phlegm in the morning." —Alice (chronic user)
"I have bronchitis and my doctor told me I shouldn't smoke pot. He said any kind of smoke is going to irritate your bronchioles. I've had it for a long time." —Millie (chronic user)

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"I do definitely feel that it does have a negative effect on your respiratory system... I get a stuffed nose when I smoke a lot." —Bert (chronic user)

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"After 21/2 years of smoking cigarettes and marijuana, I felt my lungs couldn't handle both. I felt if I gave up one or the other, I could survive. I chose to give up pot. The combination of cigarettes and marijuana made me feel like I was going to suffocate. I became aware of how I was cutting off the circulation to all the little passages of my lungs and it frightened me." —Rosemary (ex-user)

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"Sometimes I would feel very bad. I would hyperventilate sometimes because of overuse of hashish... being overdosed, so to speak... Interestingly, I wasn't a smoker—you know, a cigarette smoker." —Hiram (ex-user)

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"[Marijuana caused] irritations—very pronounced in my throat and nasal passages... Hash was a little stronger. It burned my throat even more." —Quentin (ex-user)

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"It was hard on my respiratory system and I had congestion in my lungs... I had a definite sore throat." —Oscar (former user except for "a puff once in a while")

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"Occasionally I would observe a certain shallowness of breath, which I still experience from time to time... It seems to me that any intake of smoke into the lungs is not a wise idea, and as far as I know it tends to constrict the vessels in the lungs." —Pierre (ex-user)
"I smoked heavily one night, came home, and kept passing out. I kept feeling I couldn’t get my breath." —Wendy (ex-user)

"Inhaling it really hurt [my chest] sometimes . . . especially first thing in the morning. It feels like I had pulled something. . . . I think it [the smoke] physically stretches the lung muscles. . . . It was a sharp pain like if you dived into a cold pool and held your breath for a long time and then came up." —Donna (ex-user)

"My son started smoking marijuana when he was eleven years old. He used pot for five years. . . . In the eighth grade he developed chronic sore throats, bronchitis, and chest pain. I took him to the doctor and the doctor said the pain was because of the inflammation of the lining of the lungs due to his bronchitis. . . .

"After he had been off marijuana for six to nine months, his sore throat, bronchitis, and chest pain went away." —Viola (Georgia mother)