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Marijuana and Your Heart

Smoked, eaten or vaped, THC speeds the heart, can trigger AFib and can tighten heart arteries. What the newer data show.

20 to 50
beats per minute the heart rate often climbs in the first hour after a dose

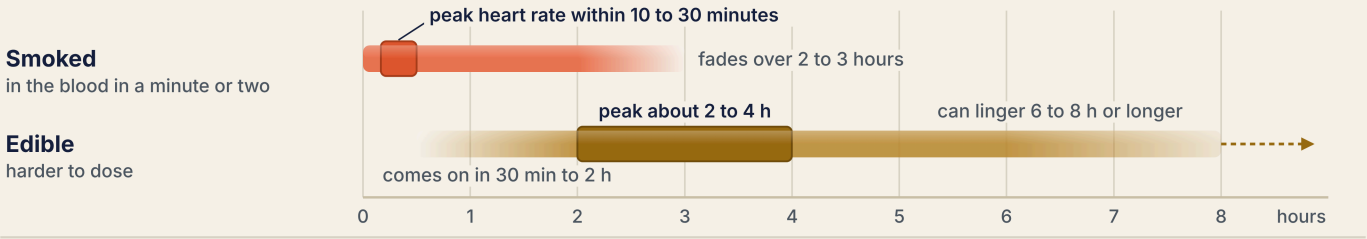
About 71%
more atrial arrhythmias, such as AFib, in cannabis users, 2025 analysis

More than 6x
the heart attack rate in regular users under 50 without major risk factors

SMOKED, EDIBLE OR VAPED

All three forms carry heart risk

How fast the heart effects come and go
hours after a dose



Vaped peak comes on fast, like smoking, without the combustion products

CBD only pure CBD does not raise heart rate

The differences between forms are smaller than people hope. Smoke adds carbon monoxide and tar, and the first-hour heart attack risk is highest when smoked. Edibles are harder to dose. People commonly take a second gummy when nothing has happened in 45 minutes, then both hit at once.

WHAT THE NEWER DATA SHOW

Rhythm, heart attack and stroke

1. **AFib and palpitations**
   A dose that feels calming can run the heart at 110 to 120 beats a minute. With AFib, prior AFib or a weakened heart muscle, that can be a trigger.

2. **Heart attack in young people**
   THC can make a heart artery clamp down, most often within the first hour after smoking or about two hours after an edible.

3. **Stroke**
   Risk runs roughly 20 percent higher overall, with a much steeper rise in heavy daily users. Some studies of younger people found three- to fourfold increases.

Edibles and your arteries

Edibles are gentler on the lungs. Yet in a 2025 UC San Francisco study, blood vessel function was down about 56 percent in regular edible users and about 42 percent in smokers, compared with non-users. Both sit in the range of long-term tobacco smokers.

WARNING SIGNS, MEDICATIONS AND SAFER USE ARE ON THE BACK

KNOW THE WARNING SIGNS

When to get help, and what to tell your doctors

CALL 911 OR GO TO AN EMERGENCY DEPARTMENT

Chest pain	Chest pressure, chest tightness or chest pain that lasts more than a few minutes during or after use. Even at 28 with no risk factors, a cannabis-triggered heart attack is on the table.
Pain that spreads	Pain that radiates to the jaw, arm or back, or pain that comes with sweating, nausea or shortness of breath, doubles the urgency.
Stroke signs	Sudden weakness on one side of the body or trouble speaking. Stroke symptoms after cannabis use are real and time-sensitive.

GET EVALUATED URGENTLY

Chaotic heartbeat	A heartbeat that feels chaotic or wildly irregular for more than an hour, especially with lightheadedness, deserves an ECG.
Fainting	Any episode of fainting or near-fainting during use.
Breathing or swelling	Shortness of breath out of proportion to the situation, or swelling in your legs that wasn't there before.

LESS URGENT, BUT TELL YOUR PHYSICIAN

Slower signals	Palpitations that recur, blood pressure readings that have crept up since you started using, or new exercise intolerance.

MEDICATIONS TO MENTION TO EVERY PHYSICIAN WHO PRESCRIBES FOR YOU

Warfarin (Coumadin)	THC and CBD both slow its clearance, so daily use can push the level above target and raise bleeding risk. Your INR (the warfarin blood test) may need closer monitoring.
Eliquis and Xarelto	Interactions with apixaban and rivaroxaban are less established, but levels probably also run higher in heavy cannabis users.
Other heart drugs	Amiodarone and some blood pressure drugs can sit at higher levels with regular use. Statins are usually fine but can run a touch higher.

IF YOU KEEP USING

Less is safer	Lower doses are safer than higher doses, less frequent use is safer than daily, and CBD-dominant products are safer than THC-dominant ones.
After a heart event	Avoid cannabis in the first six months after any heart attack, stroke or new arrhythmia diagnosis.
Cutting back	Most daily users do better with a stepwise reduction over four to eight weeks than with sudden stopping. The heart benefits of stopping show up within months.

IF YOU HAVE AFIB

Try a clean stretch of three months without cannabis and see what your rhythm does. If you go back and the AFib comes back too, you have your answer.

READ THE FULL ARTICLE

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marijuana-cardiovascular-risk

For education only, and not a substitute for advice from your own physician. Sources include the AHA scientific statement (2020), Storck (Heart 2025), Jeffers (JAHA 2024), Mahtta (JACC Adv 2025), Mohammed (Heart Rhythm 2025), Marcus (2024), Springer (JAMA Cardiol 2025), Smythe (2023) and Parekh (JAHA 2024).

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