

New Study Links Heavy Cannabis Use to Lung Disease

A new study from New Zealand shows that heavy cannabis smoking can cause a lung disease called “Bong Lung”. Research from thousands of different people shows that heavy cannabis smokers can experience bronchitis and irreversible lung damage. Research also showed that if a cannabis user quits smoking, bronchitis can improve, but oftentimes the destruction of lung tissue remains.

Photo by Esteban Lopez on Unsplash

The bronchitis that people get, the really nasty bronchitis, does tend to improve if you stop (smoking cannabis). But as lung doctors, what we sometimes see in people who don't stop smoking cannabis is lots of destruction of the lung tissue, and that is irreversible.

-Bob Hancox, a professor at the University of Otago

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The abstract of the study does point out that there is a difference between the lung conditions of cannabis smokers versus the lungs of tobacco smokers. An author of the study also mentions that smoking cannabis and tobacco would not be advised as those who smoke both are like to “get the worst of both substances”.