

Cannabinoids

VERMONT ACADEMIC DETAILING PROGRAM



VS.



What is a cannabinoid/medical cannabis?

Cannabis is a plant. The buds or flowers of this plant contain chemicals called “cannabinoids.”

The most common cannabinoids are:

- THC (delta-9-tetrahydrocannabinol), and
- CBD (cannabidiol)

Medical marijuana contains varying amounts of THC and CBD. In Vermont, access to medical marijuana from a licensed dispensary requires that a health care provider sign a Health Care Professional Verification Form.

PRESCRIPTION CANNABINOIDS

THC and CBD are approved by the FDA for a small number of medical conditions and are available as prescriptions from a pharmacy.

WHOLE PLANT CANNABIS

Whole plant cannabis is for medical or recreational use and can be inhaled (smoked or vaporized), ingested (e.g. edible), or used on the skin (topical).

CBD

CBD does not make people feel “high” and is made from whole plant cannabis or from hemp. CBD may be purchased in a dispensary or in stores.

HEMP OIL

Products made from hemp seeds and hemp oil likely do not contain THC or CBD.

CBD is always pure and natural

MYTH!

CBD you buy without a prescription is not tested by the FDA. One study tested 84 CBD products and the label matched what was in the bottle only 31% of the time. THC was detected in about 20% of the products tested.

Cannabis is becoming stronger

FACT!

Studies have found that from 1980 to 2017, the amount of THC in cannabis plants has increased from 2% to 17%.

Cannabis does not cause addiction

MYTH!

About 1 in 10 people who use cannabis develop Cannabis Use Disorder. This number is higher for those who start using cannabis as a teenager.

CBD does not cause any side effects

MYTH!

Although advertised as “non-psychoactive”, CBD can still cause drowsiness, dizziness and mood changes.

<p>What side effects can cannabis use lead to?</p> <p><u>Cannabis</u> Memory problems Anxiety Changes in mood Drowsiness Uncontrolled vomiting</p> <p><u>Smoke Inhalation</u> Lung disease Chronic cough</p>	<p>How do I know if my cannabis use <u>might</u> be a problem?</p> <ul style="list-style-type: none"> • You use cannabis daily/almost daily • Your primary reason for using cannabis is relief of anxiety • You have tried to stop using cannabis and have been unable to • Your family or friends are concerned about your cannabis use
<p>What conditions is cannabis effective for?</p> <p>Epidiolex® (prescription CBD) is beneficial for certain types of seizures in children</p> <p>CBD and/or THC may be effective for anxiety, multiple sclerosis, rheumatoid arthritis, and neuropathic pain, but the research so far is very limited</p> <p>Although there are many stories of cannabis helping, we need more information to know how to balance the risks and benefits</p>	<p>If I am thinking of using cannabis, how can I use it safely?</p> <p>LET ALL of your health care providers know that you are using cannabis</p> <p>DO NOT drive within 8 hours or consume alcohol after using cannabis</p> <p>AVOID cannabis if:</p> <ul style="list-style-type: none"> • you are pregnant or breastfeeding • you have a psychiatric or mood disorder • if cannabis will impact your job or government assistance

For more information: <https://www.fda.gov/consumers/consumer-updates/what-you-need-know-and-what-were-working-find-out-about-products-containing-cannabis-or-cannabis>

- Adapted from: Rx Files Cannabis: Questions about cannabis and the answers that may surprise you. 2018. <https://www.rxfiles.ca>
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