Cannabis: Is it right for me?

WHAT IS CANNABIS?

Cannabis – or marijuana – is derived from hemp plants: *Cannabis sativa* or *indica*.

Cannabis contains more than 100 chemicals called **cannabinoids**:
- THC is responsible for the “high feeling” and can cause drowsiness/confusion
- CBD does not cause a high, may have pain relieving properties

Cannabis is available as dry plant (buds), oils, tinctures, sprays, shatter, and wax.

The effect of cannabis differs from person-to-person and depends on:
- your biological make-up and past experiences with cannabis
- the strain of plant in the product and the amount of THC and CBD
- how you take it and how much you use
- other medications or substances you may use

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<tr>
<th>POTENTIAL BENEFITS</th>
<th>POTENTIAL HARMs</th>
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<td>Medical cannabis has been shown in small studies to have some benefit in certain people with:</td>
<td>• decreased thought-processing, perception, memory, concentration, and decision-making</td>
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<td>• neuropathic or “nerve” pain</td>
<td>• severe nausea and vomiting (Cannabis Hyperemesis Syndrome)</td>
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<td>• palliative and end-of-life pain</td>
<td>• bronchitis, lung infections, and chronic cough</td>
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<td>• spasticity (multiple sclerosis or spinal cord injury)</td>
<td>• symptoms of anxiety, depression, or psychosis</td>
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<td>• Dependence or addiction</td>
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Cannabis should only be considered after you have tried standard medications.

CANNABIS IS NOT RECOMMENDED IN THE FOLLOWING SETTINGS

If you are:
- allergic to any cannabinoids
- pregnant or breastfeeding
- under the age of 25

If you have:
- history of heart or lung disease
- personal or family history of serious mental illness
- current or past cannabis use disorder or other substance use disorders

WAYS TO USE CANNABIS MORE SAFELY AND REDUCE THE RISK OF HARM

- Choose products with lower THC
- Avoid synthetic cannabis products (ie K2, spice)
- Only purchase cannabis from a Health Canada licensed producers
- Ingest oils or vaporize cannabis instead of smoking
- Do not use cannabis in combination with alcohol or other sedatives
- Store your cannabis in a locked container
- Do not give or sell your cannabis to others
- Do not drive for at least four hours after inhalation, six hours after oral ingestion, and eight hours after experiencing a high.

Ng et al 2019