

# Cannabis: *Is it right for me?*

## WHAT IS CANNABIS?

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

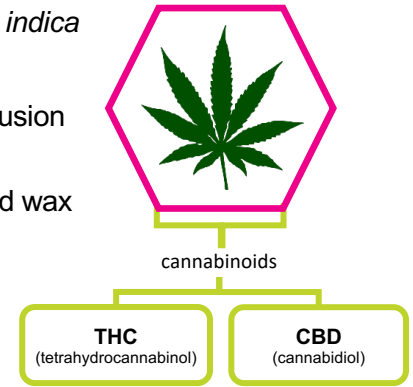
Cannabis contains more than 100 chemicals called **cannabinoids**

- **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



## POTENTIAL BENEFITS

Medical cannabis has been shown in small studies to have some benefit in certain people with:

- neuropathic or “nerve” pain
- palliative and end-of-life pain
- spasticity (multiple sclerosis or spinal cord injury)

## POTENTIAL HARMS

- decreased thought-processing, perception, memory, concentration, and decision-making
- severe nausea and vomiting (Cannabis Hyperemesis Syndrome)
- bronchitis, lung infections, and chronic cough
- symptoms of anxiety, depression, or psychosis
- Dependence or addiction

**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.