



# Older Adults & Cannabis: What You Need to Know

## THC vs. CBD: What's the Difference?

Cannabis is used both recreationally and medically. The two most common active ingredients in cannabis are tetrahydrocannabinol (THC) and cannabidiol (CBD).








THC is the ingredient that will get you high.

CBD typically is used for medical purposes to treat pain, multiple sclerosis, seizures, and difficulty sleeping.

## Is cannabis helpful or hurtful?







Today's cannabis is produced differently, and it affects everyone differently. Its impact depends on what and how you consume and your pre-existing health conditions.

Cannabis can:

-  Relax you
-  Increase your ability to sleep
-  Improve appetite
-  Reduce anxiety, but in large doses can make existing anxiety related problems worse
-  Raise your heart rate or blood pressure, increasing the chance of heart problems such as heart attack and stroke
-  Affect your memory, concentration, or decision making
-  Interact with medications you take

If cannabis use starts to impact everyday life (such as self-care, relationships, finances, or cause legal issues), talk with someone you trust or a medical professional about cannabis dependency concerns.

## Safer Cannabis Use Tips

-  Know your source - Buy cannabis from regulated outlets
-  Start low, go slow – Know your tolerance and start with a small amount first, increase slowly
-  Check your labels - Choose lower strength THC products, or products with a higher ratio of CBD to THC
-  Use natural cannabis products over synthetic cannabis products
-  Avoid driving or operating machinery
-  Avoid mixing cannabis with medications, alcohol, or other drugs

## Resources

### Where can I go for more information?

[www.talkingaboutcannabis.ca](http://www.talkingaboutcannabis.ca)

### Where can I buy cannabis?

[www.ocs.ca](http://www.ocs.ca)

### How can I get information for substance use services?

Contact Here 24/7 for services in Waterloo – Wellington  
1-844-437-3247 or 519-821-3582

### Where can I get outpatient treatment and recovery support?

Homewood Community Addiction Services (CADS)  
519-824-1010

### Who can help me if I want to reduce the amount of cannabis I use?

Community Withdrawal Support Service at Stonehenge Therapeutic Community  
1-844-722-2977