

CANNABINOIDS



CBD OIL

CBD is being promoted to cure all sorts of problems primarily anxiety, insomnia, and chronic pain. Many patients are using it with the feeling that it is safe and effective. In well done studies, there is little proof of efficacy and the product is not regulated by the FDA. The only well researched indication for CBD oil are for rare seizures in children. A 2017 study showed 7 out of 10 CBD products did not contain the promised amount of CBD oil. Some CBD oil contained active THC, which presents possible legal and employment ramifications for users. Be aware of side effects, especially nausea, fatigue, and irritability. Some patients have had significantly increased liver function tests and potential drug interactions are problematic.



MARIJUANA

Today's marijuana has a significantly higher content of THC compared to that of ten years ago. This poses legal and an employment ramification since THC is illegal in some states. While many patients believe marijuana has health benefits, especially for pain, there is a paucity of data on the effectiveness of marijuana due to poorly conducted studies, its long term effect, heterogeneous products, and lack of studies in the elderly population. It is believed that the endocannabinoid system affects dopamine, 5HT, TRPV and TRPA receptors. There are multiple side effects noted from THC use including psychosis, short term cognitive impairment, drowsiness, and nausea (particularly cannabinoid hyperemesis syndrome).

SAFETY CONSIDERATIONS

- ▶ Safest option is to avoid use due to lack of effectiveness & safety data
- ▶ Ask your patients about use, you'll be surprised how many are using!
- ▶ Monitor users for potential drug-drug interactions
- ▶ Monitor liver function and other labs in heavy users
- ▶ Recommend against using daily or multiple times a day
- ▶ Encourage patients to use verified or trusted distributors

National Institute on Drug Abuse. Marijuana Drug Facts. <https://www.drugabuse.gov/publications/drugfacts/marijuana>

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