

## Columns

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## POINT OF VIEW

By Jaime Claudio

Monday, October 7, 2019



### Cannabis derivatives undergoing treatment for autism

A survey conducted by researchers at the Arizona State University **evaluated the safety and efficacy of products from cannabis plant extracts, products with THC / CBD, or only with CBD in 100 people with autism spectrum conditions (ASD).**

The study found that all three formulations had general benefits between "moderate" and "good." The symptoms that participants reported that improved most frequently were similar for all three treatments: **the greatest degree of improvement occurred in symptoms related to calm**, including improvements in anxiety (58-71% of participants), irritability (46-65%), aggression / agitation (43-58%), falling asleep (30-58%), staying asleep (32-46%), hyperactivity (26-39%) and sensory sensitivity (28-32%).

In the research conducted by James Adams, Devon Coleman, David L. Cooper and Kenneth Bock, **some reported improvements in thought-related symptoms were documented**, including improvements in cognition (32-46%) and attention (26-42%). There were, in addition, some reported improvements in the central symptoms of ASD, including social interaction (26-42%), and increased use of language (26-38%). They also recorded some reported improvements in depression (16-41%), mainly for whole cannabis extracts and those with THC / CBD.

**The study provides more evidence of the safety and efficacy of cannabis in patients with autism spectrum disorders** and this is wonderful news for fathers, mothers and family members who care for families with autism every day.

The adverse effect scores for the three formulations were generally low, with an average between "no adverse effects = 0" and "mild adverse effects = 1".

The survey suggests that cannabis plant extracts, THC / CBD and CBD products may have a wide range of benefits for people with autism, with minimal adverse effects for THC / CBD and CBD, and minimal adverse effects. mild for complete cannabis extracts.

However, **more research is needed to confirm these preliminary** survey results and that will certainly come.

In collaboration with Mieko Pérez, spokesman for **Tikun Olan** in the United States, one of the first mothers who struggled to have access to medical cannabis for her son, a campaign for the evaluation and incorporation of this therapy to the integral management of the autistic patient will be developed In Puerto Rico.

**Autism management must take place in the collaborative context of a team of health professionals and medical cannabis should be integrated into the rest of the therapies and kept informed to the rest of the treatment group.**

It is important to be clear about the goals or expectations of improvements that parents and family members want around problem behaviors. The dose has been gradually increased for each patient according to the effect on specific symptoms according to the treatment plan and the tolerability of each person.

Determining the **optimal dose** took up to two months and the dosage range was wide: from one drop three times a day to 20 drops three times a day of the same product. After a month, the treatment team contacted the parents to monitor the progression of the treatment. At six months, the patients underwent an additional evaluation of the intensity of symptoms, side effects and quality of life.

**Early diagnosis of autism spectrum disorder (ASD) along with rapid, evidence-based and effective intervention will result in the best possible prognosis for the child** . We integrate medical cannabis into these evidence-based tools.

### **Other columns by Jaime Claudio**

Wednesday, September 18, 2019

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The fundamental thing to remember is not to buy the product in places without a license. That is the great common denominator among deaths, says Jaime Claudio

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### About this columnist

The author is a doctor and professor at the Medical Sciences Campus of the University of Puerto Rico

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