

Weeding out the Myths



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Disclaimer

- Different sources will have conflicting information
 - Topic of interest but lack of studies means no consensus
 - Everyone's experience/opinion is very different
 - Emerging new information
 - Sources of information varies vastly



What is Cannabis

- Species

- Sativa (cerebrally uplifting)
- Indica (physically sedating)
- Ruderalis
- Hybrids

- The “Bud”



SATIVA



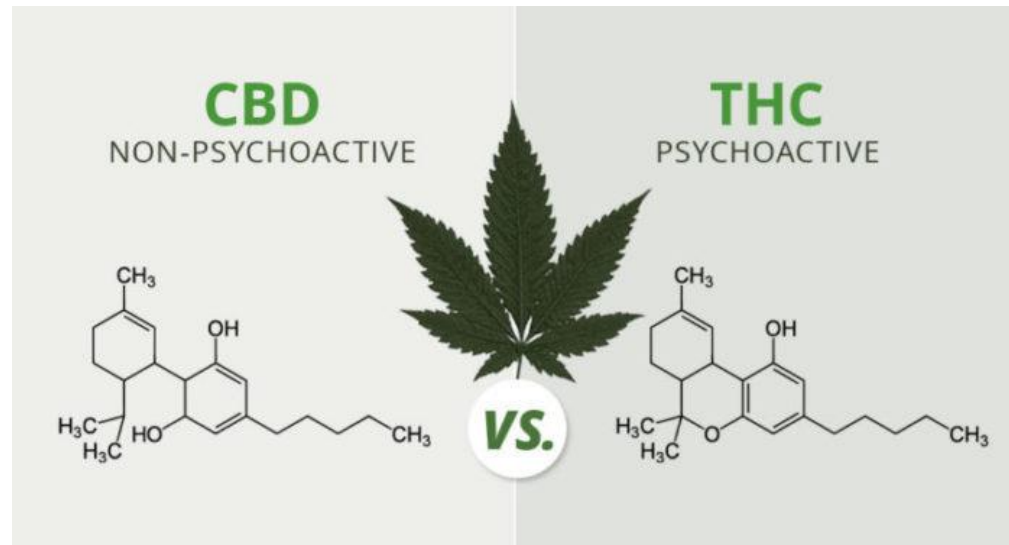
INDICA



RUDERALIS

What is CBD and THC

- Endocannabinoid system
 - THC
 - CBD
 - Other Cannabinoid
- Trends
 - Selective breeding for more potency



Medical Benefits

- Approved
 - Nerve pain unresponsive to standard treatment
 - End of life cancer Pain
 - Chemo related Nausea and Vomiting
 - Extreme muscle rigidity
- NOT approved for anxiety, depression and glaucoma



Effects on Body

- **Mind** (memory, attention, unwanted euphoria, worsening of mood disorders, psychosis, addiction)
- **Lungs** (up to 4 times amount of tar, irritation of respiratory tract, bronchitis, worsening of existing illness, risk of cancers)
- **Cardiovascular** (effects on blood pressure & heart rate)
- **Gastrointestinal / Other** (↑ appetite, ↓ digestive rate, worsening of liver fibrosis, pancreatitis from heavy use, Cannabis Hyperemesis Syndrome)
- **Reproductive** (↓ sperm count/motility, anti-testosterone)
- **Pregnancy** (hormonal effects on mother, fetal development)
- **Drug Interactions** (many implications)

Caution

- Concurrent active mood/anxiety disorder
- Risk of cardiovascular disease
- Heavy user of alcohol/opioids or sedatives



NOT appropriate

- Under the age of 25
- History of psychosis
- Unstable mental illness
- Have cardiovascular disease
- Have respiratory disease
- Pregnant or breastfeeding



Smoking Versus Ingestion

- Smoking
 - Onset within minutes
 - Peak about 20 minutes
 - Lasts about 4 hours
- Ingestion
 - Onset 30 – 120 minutes
 - Peak 2 – 4 hours
 - Can last many hours
- THC deposits in the body for long time



19 the right age?

- balance age requirement with protecting the youth while being realistic to curb the illicit market
- Neuro-pathways still being developed before 25 years old
- Use linked to diminished school performance and lifetime achievement



Tips

- Start out with strain less than 10% percent and look for a balanced THC-to-CBD ratio
- Start with one or two puffs and see how it effect you within 30 minutes
- Remember, you can always take more but once it's in your body only time will help
- If took too much try having non-caffeinated drink, stay away from alcohol which can increase THC blood concentrations, get fresh some air, listen to calm music or try to sleep
- Store in locked place away from light, heat and airtight. Don't store in refrigerator or freezer.

Growing

- Average grow 3 – 4 months though vary vastly depending on strain, yield and methods used
- Should consider cost of set up & potential issues
- Health / Property Value

