

WHAT IS CBD (CANNABIDIOL)?

The cannabis plant is made of hundreds of chemical substances referred to as cannabinoids. The two most well-known are CBD and THC.¹

CBD HAS THERAPEUTIC BENEFITS
THC HAS PSYCHOACTIVE EFFECTS

Cannabis products used for medical purposes have more of the CBD compared to THC.¹

WHEN WAS MEDICAL CANNABIS LEGALIZED? JULY 30, 2001

Under the *Marihuana Medical Access Regulations (MMAR)*²

IS CBD SAFE FOR YOUTH?

Cannabis can have adverse effects on various aspects of mental and emotional development depending on the age at start of use, duration, and intensity of use.² There is very limited research supporting use of medical cannabis in children or teens for most conditions³ and based on data on recreational cannabis use there are potential long-term harms.⁴

WHAT IS MEDICAL LEGALIZATION?

Medical Legalization allows individuals to access cannabis for medical purposes with permission from their health care practitioner.¹ In most medical cases cannabis is used for treatment of symptoms versus treatment of disease.²

THERAPEUTIC USES IN CANADA

APPROVED USES*²

- Nausea & vomiting
- Appetite stimulation
- Pain relief

*Insufficient research to suggest cannabis as primary or first line treatment option for these symptoms

PROPOSED USES*²

- Multiple sclerosis
- Epilepsy
- Cancer
- Anti-inflammatory actions
- Uses in psychiatry (post-traumatic stress disorder, psychosis, substance use disorders)
- Neuroprotection
- Obesity
- Glaucoma

*Unable to draw conclusions for these conditions due to mixed findings

ADDITIONAL CONSIDERATIONS

- 1) Medical benefits should be weighed against potential harms⁵
- 2) Patients should refrain from driving while under the influence of cannabis⁶

WHO SHOULD NOT BE TREATED WITH CANNABIS?²

- 1) Pregnant Women
- 2) Children and Adolescents
- 3) People with a family history of psychosis
- 4) People with a history of problematic substance use
- 5) People with a pre-existing heart or coronary arteries disease

RESOURCES

- 1) Canada, H. (2016, September 30). Government of Canada.
- 2) Canadian Centre on Substance Abuse. (n.d.). Clearing the Smoke on Cannabis (Medical Use of Cannabis and Cannabinoids, Publication No. 978-1-77178-363-7).
- 3) Woo, J., Reekum, E., Rosic, T., & Samaan, Z. (2020, May 21). Children and Youth Who Use Cannabis for Pain Relief: Benefits, Risks, and Perceptions.
- 4) Rieder, M., & Canadian Paediatric Society, Drug Therapy and Hazardous Substances Committee. (2016, January). Is the medical use of cannabis a therapeutic option for children?
- 5) Effects of cannabis on cognitive function in patients with multiple sclerosis. (2011).
- 6) Beirness, D.J. (2014). The characteristics of youth passengers of impaired drivers. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction.