

UNDERSTANDING CANNABIS USE AND ITS IMPLICATION ON HEALTH

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Tetrahydrocannabinol (THC)

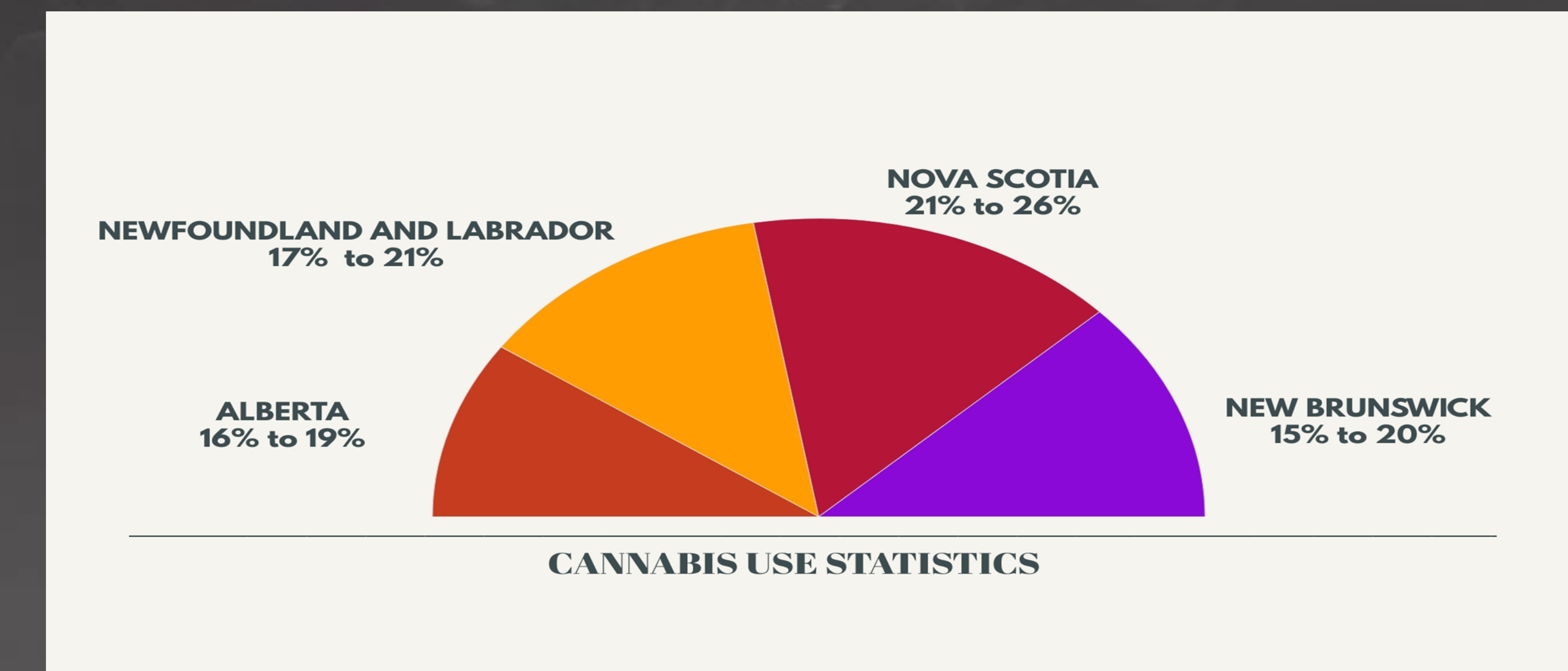
Many people find THC to be a relaxing substance, others feel:

Cannabis is grown around the world, and can be:

- Dried and Smoked
- Eaten (baked goods, candies, chocolates)
- Beverages and drinks
- Vaporized
- Resin (hash of from concentrates)
- Shatter and consumed as oil (Balneaves, 2019).

- euphoric
- energetic
- calm
- relaxed
- sleepy
- talkative
- aggressive
- a false or confused perception of external stimuli.
- physical effects of palpitations, lung cancer chronic obstructive pulmonary disease.

• Data from the National Cannabis Survey (NCS) revealed from 2018 to 2019, cannabis use increased steadily in four provinces, with Alberta being the least (16% to 19%) compared to Newfoundland and Labrador (17% to 21%), Nova Scotia (21% to 26%) and New Brunswick (15% to 20%) (Statistics Canada, 2020).



- According to the Centre for Addiction and Mental Health (2021), people who use cannabis regularly can develop psychological and/or mild physical dependence.

THC is also known to strengthen the experience of sight, taste and smell.



Cannabidiol (CBD)

- This is attributed to treating several medical problems, including seizures, anxiety and inflammation.

• Cannabis is one of the most widely used substances in Canada with nearly half of Canadians reporting using cannabis at some point in their lives (Health Canada, 2018).

REFERENCES

- Balneaves, L. (2019). Medical Cannabis in Canada since legalization
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