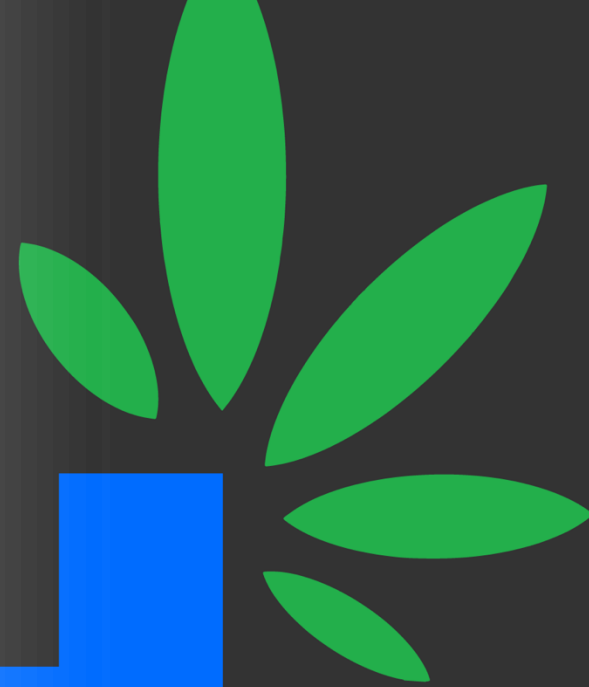


Cannabis Wellness for Seniors

Hiral Mistry RN, BScN, MEd,
Certified Cannabis Educator

MH



Health Check



How many of you have some type of pain, sleep disorder or anxiety?



Are you currently taking medications?



Have you ever used cannabis before?



What are your health goals?



How would you rate your overall health?

Introduction

History

Case Studies

Endocannabinoid System

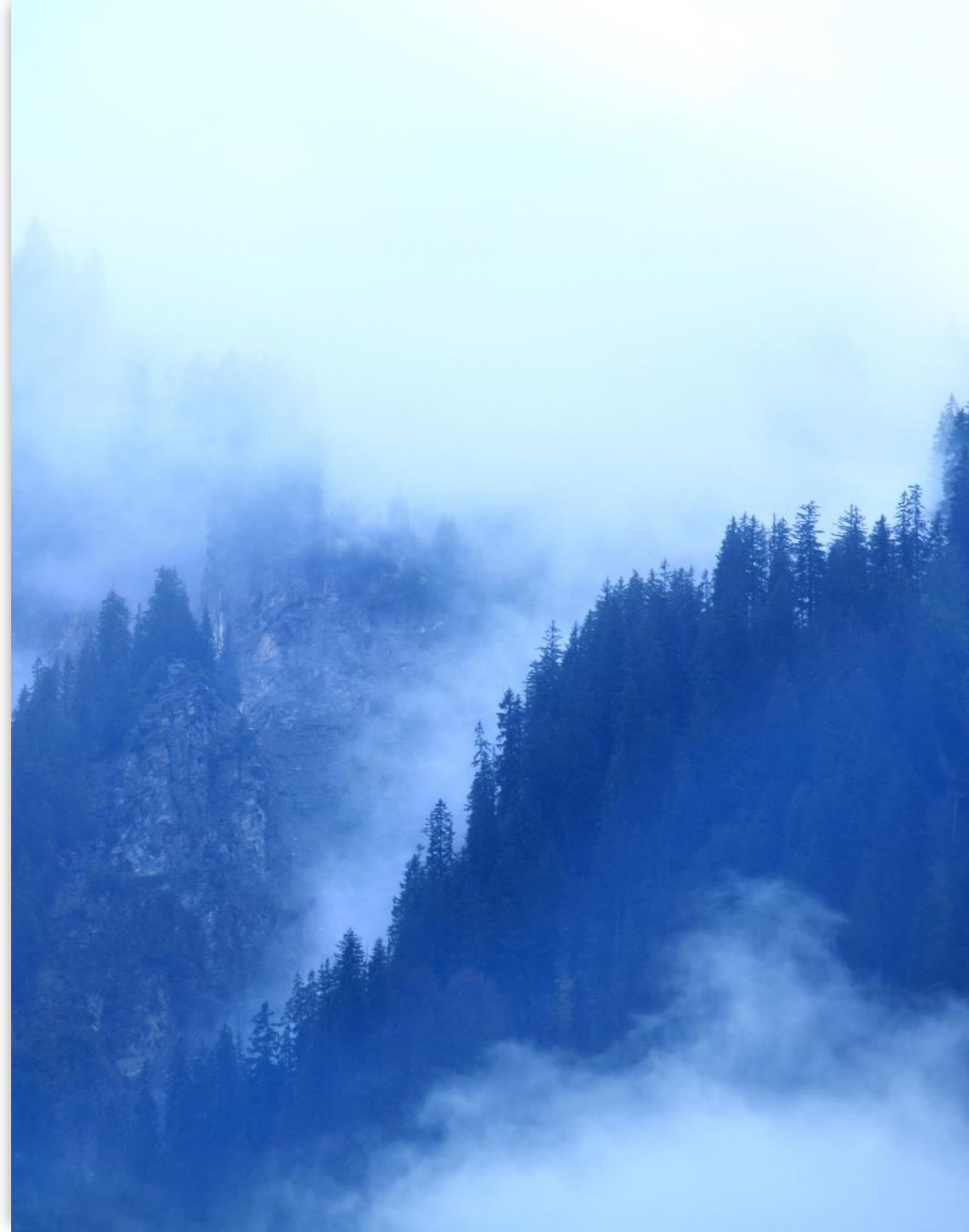
Medical Cannabis

Methods of Consumption

Dosage

Historical Roots of Cannabis

- The hemp Leaf Extract has its origins around 2300 BC. in the Himalayan mountains
- People in remote areas of Himachal Pradesh and Uttarakhand rely on leaves, stalks, and seeds from a local crop for shelter, protection, nourishment, and economic opportunities.
- The subsequent invasion of the British Empire led to a complete shift in the history of Hemp in India. Beginning in 1798, the colonial powers made several attempts to classify Hemp Leaf Extract as a drug to further diminish its regular and widespread usage.
- Cannabis has been a part of Ayurveda from the very start. It is considered as one of the five sacred plants in the scriptures



Prohibition





Did you know?

1 in 10 older adults above the age of 65 develops an age-related neurological disorder like Alzheimer's or Parkinson's, yet treatment options remain sparse for this population.

National Cannabis Survey

Cannabis consumption among older adults has been accelerating at a much faster pace than other age groups in Canada.

International Psychogeriatrics





Myth Buster

Attitudes towards cannabis have shifted over the last 3 decades and Canada has been at the forefront of developing legal and regulatory frameworks for therapeutic cannabis use.

Over 300, 000 patients accessed medical cannabis in 2020.

STUDY: Epidemiological characteristics, safety and efficacy of medical cannabis in elderly

2736 patients, on average 75 years old

- Most common indications for cannabis in elderly were pain and cancer
- After 6 months of cannabis treatment, 93% patients reported improvement
- Number of falls significantly reduced
- Reduced the use of opioids
- Therapeutic use of cannabis was found to be safe and efficacious for elderly
- High rates of treatment satisfaction, significant relief of pain and quality of life

STUDY: Cannabis Harm Reduction – A Nursing Perspective

- Throughout centuries of use, there has never been a reported death from cannabis
- Compared to standard medications, cannabis has a **Wide Safety Margin**
- More than 32, 000 deaths per year are associated with prescription medications

True or False?

When we consume cannabis, our bodies naturally respond because we have an internal system specifically designed to interact with it.



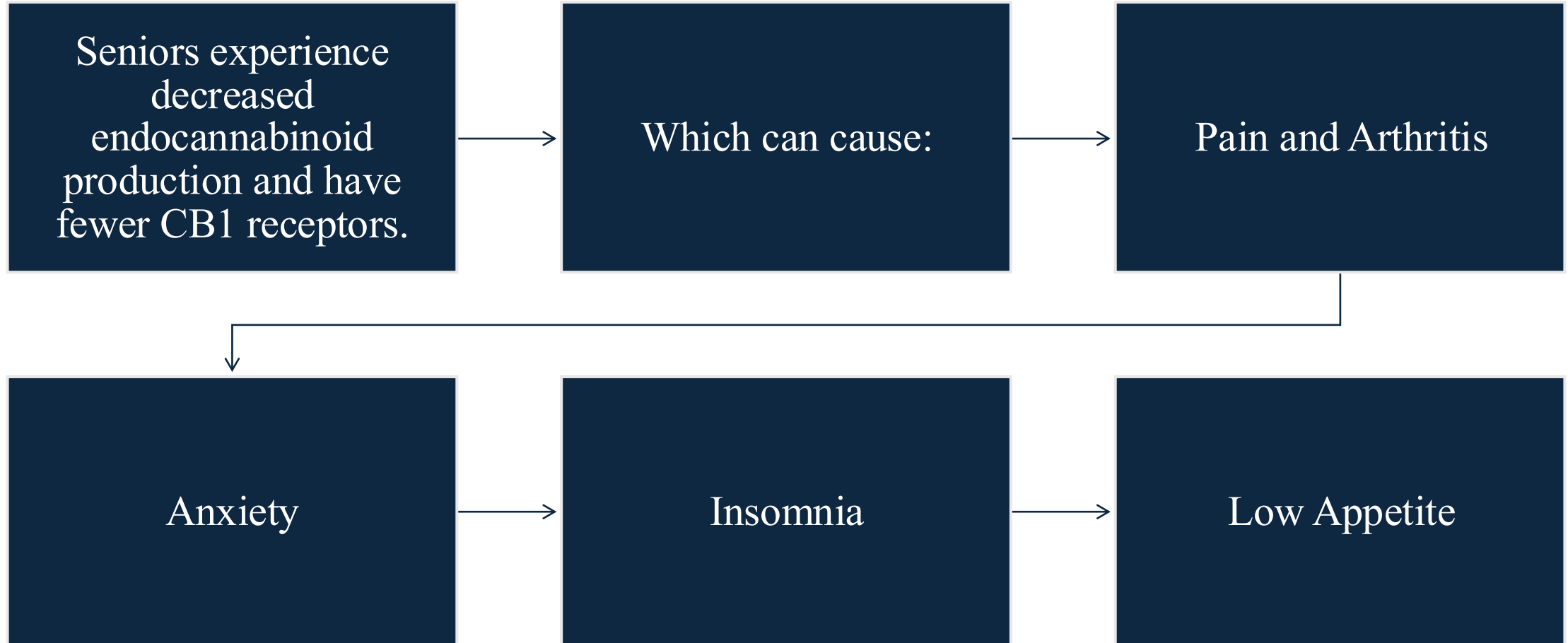
The Endocannabinoid System

Discovered between 1980 and 1990, the Endocannabinoid System (ECS) is the body's largest signalling system. Its name highlights the role of cannabis plant components in its discovery.

Annual Review of Psychology



Clinical Endocannabinoid Deficiency



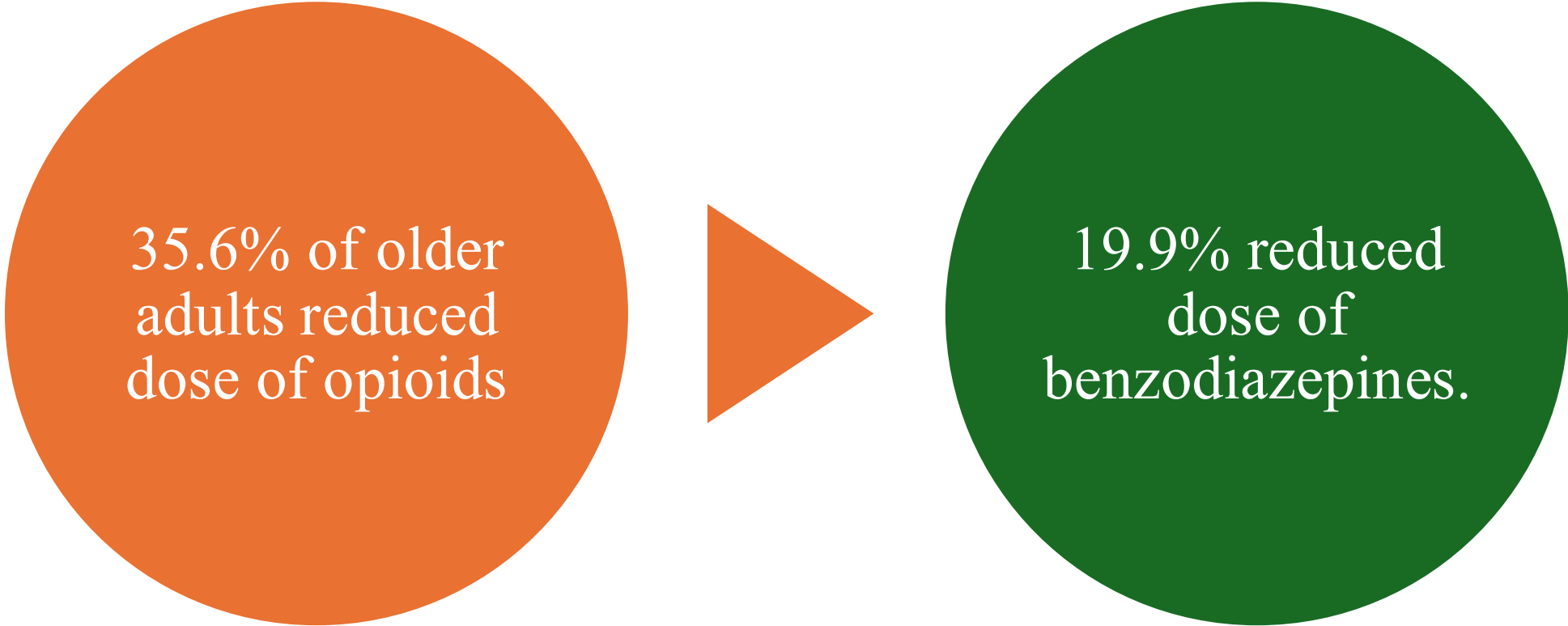
Most Common Usage of Cannabis among Seniors

Pain

Anxiety

Sleep

Pain



35.6% of older adults reduced dose of opioids

19.9% reduced dose of benzodiazepines.

Anxiety

Cannabis use by older adults is likely to increase due to medical needs, favourable legalization, and attitudes.

Low doses of THC may produce relaxation and euphoria, higher doses can lead to increased anxiety and paranoia, especially in individuals who are sensitive to its psychoactive effects.

Studies indicate that CBD interacts with serotonin receptors in the brain, which play a role in regulating mood and anxiety levels. Some research suggests that CBD has the potential to alleviate anxiety symptoms in specific individuals.

Journal of Psychopharmacology

Sleep

- CBD is the second most abundant compound in the cannabis sativa plant
- Studies suggest it benefits sleep: insomnia, restless leg syndrome and other sleep disorders related to circadian rhythm disorders
- CBD may improve both the quality & quantity of sleep by ensuring the body progresses through the normal stages of sleep and REM sleep

Forbes



Polypharmacy

Higher doses of cannabinoids have the potential to affect the metabolism of various medications

Journal of the American Geriatrics Society





Polypharmacy

- Metabolic Interactions
- Central Nervous Effects
- Cardiovascular Effects
- Psychiatric Medications
- Drug-Drug Interactions
- Individual Variability

Whole Plant Medicine

Entourage Effect

- Cannabinoids (CBD, THC, CBG, CBN)
- Terpenes (Limonene, Linalool, Myrcene, Caryophyllene)
- Flavonoids (antioxidants and health - promoting benefits)



CANNABIS OIL BENEFITS



Alleviate anxiety



Reduced inflammation



Relief of chronic pain



Treatment for glaucoma



Can help with epilepsy



Sleep management



Asthma



Heart health



Cannabis Topicals






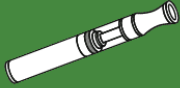


Cannabis Bath Bomb

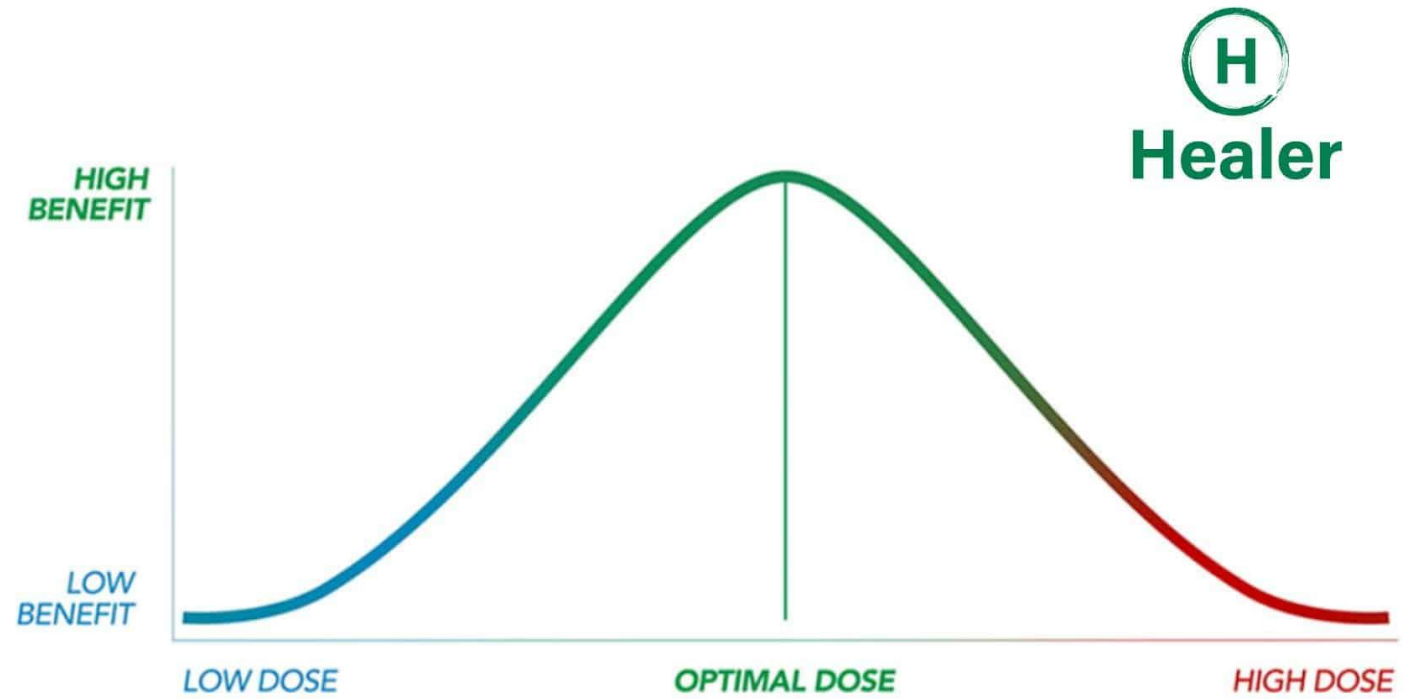
Healer

THC Dosage Chart

Tinctures, Edibles, Flower, & Vapes

 Tinctures	 Edibles	 Flower	 Vapes
<p>Start: 1 - 2 mg THC per dose up to 3x day</p> <p>Onset: 10 - 45 mins</p> <p>Duration: 3 - 8 hrs</p>	<p>Start: 1 - 2.5 mg THC per serving</p> <p>Onset: 1 - 2 hrs</p> <p>Duration: 4 - 12 hrs</p>	<p>Start: 1 inhalation</p> <p>Onset: 1 - 5 mins</p> <p>Duration: 1 - 6 hrs</p>	<p>Start: 1 inhalation</p> <p>Onset: 1 - 5 mins</p> <p>Duration: 1 - 6 hrs</p>
<ul style="list-style-type: none">• Add: 1 to 2 mg to your dose every 2 days until desired effects• Easy to microdose• Provides beneficial	<ul style="list-style-type: none">• Add: 1 to 2.5 mg after 2 hours if needed• Cut higher dosage edibles into smaller portions• Taking with food can increase	<ul style="list-style-type: none">• Increase by 1 inhalation after 5 mins until desired effects• Use a herbal vaporizer• Optimal temperature: 360°F• Combine with oral and topical	<ul style="list-style-type: none">• Increase by 1 inhalation after 5 mins until desired effects• Contain highly concentrated cannabis extract, may need fewer inhalations than with flower

Start Low
and Go Slow



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