

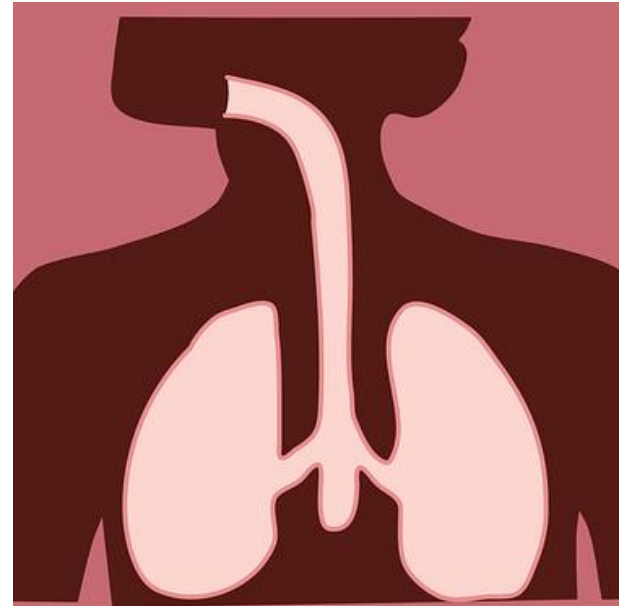
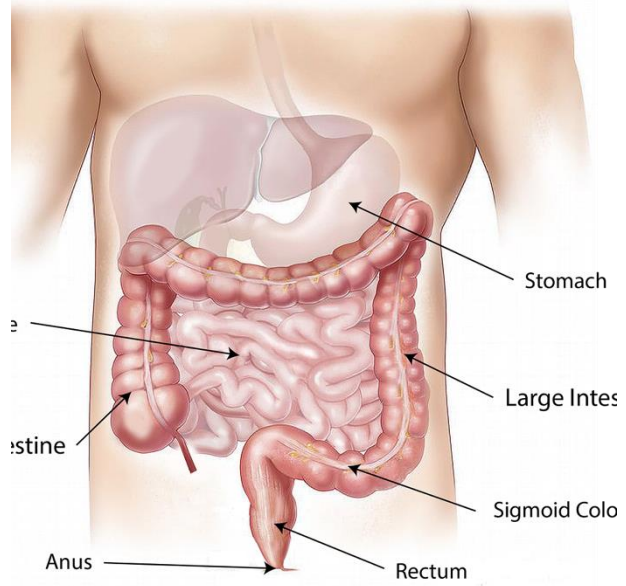
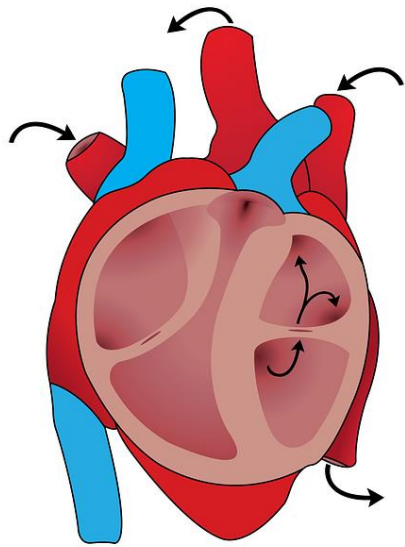
Let's Talk Cannabis



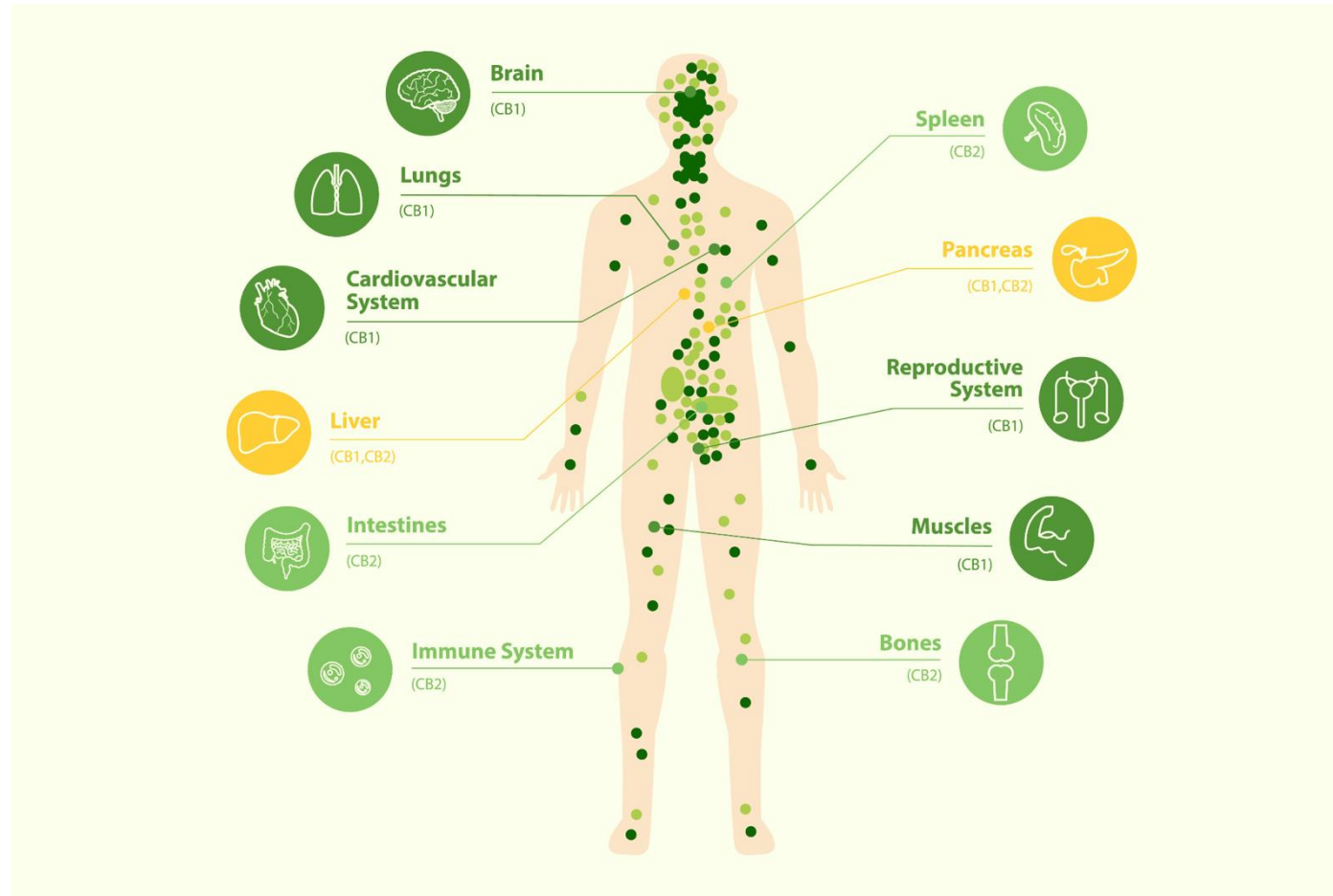


Anadamide & 2-Arachidonoylglycerol (2-AG)

Endocannabinoid



Endocannabinoid System



<https://newgreenhemp.com/blogs/news/the-endocannabinoid-system-essential-and-mysterious>

Overview

What is Cannabis

Health Benefits

Adverse effects

Use of Cannabis in Athletes

Legislation and Policies

Breaking Stigmas

What is Cannabis?

- Medicinal History
- Common usage in Ontario
- Medical Prescriptions
- Cannabinoids in Cannabis Flowers
- Cannabis Products
- Therapeutic Benefits & Adverse Reactions



Cannabinoids

Know The Difference Between Cannabinoids












	THC	THCA	CBD	CBDA	CBG	CBGA	CBN	CBC	THCV
Pain Relief	X	X	X		X	X	X	X	X
Stress Relief & Relaxation	X	X	X	X	X	X	X		X
Appetite Stimulant	X	X			X	X			
Sleep	X	X	X		X	X	X		X
Anti-bacterial			X		X			X	
Anti-convulsant	X	X	X	X		X	X		X
Anti-inflammatory	X	X	X	X	X	X	X	X	X
Anti-nausea	X	X	X	X	X	X	X		

<https://iconic-wellness.com/cannabinoids-chart/>

Terpenes

Sommano, S. R., Chittasupho, C., Ruksiriwanich, W., & Jantrawut, P. (2020). The Cannabis Terpenes. *Molecules (Basel, Switzerland)*, 25(24), 5792-. <https://doi.org/10.3390/molecules25245792>

TERPENE	BENEFIT	AROMA
 <p>Pinene Also found in pine needles</p>	<p>Anti-inflammatory Anti-bacterial Bronchodilator Aids memory</p>	<p>Pine Earth</p>
 <p>Myrcene Also found in hops</p>	<p>Sedative Sleep aid Muscle relaxant</p>	<p>Flowers Pungent Earth</p>
 <p>Limonene Also found in citrus</p>	<p>Treats acid reflux Anti-anxiety Antidepressant</p>	<p>Citrus Fresh spice</p>
 <p>Terpinolene Also found in coriander</p>	<p>Analgesic Pain reduction Digestive aid Stomachic</p>	<p>Pine Herbal Anise Lime</p>
 <p>Linalool Also found in lavender</p>	<p>Anesthetic Anti-convulsive Analgesic Anti-anxiety</p>	<p>Flowers Lavender Citrus Fresh spice</p>
 <p>Terpineol Also found in mugwort</p>	<p>Calming aid Antibacterial Antiviral Immune system</p>	<p>Pleasant lilac Citrus Wood</p>
 <p>Caryophyllene Also found in black pepper</p>	<p>Anti-inflammatory Analgesic Protects cells lining Digestive tract</p>	<p>Citrus Spice</p>
 <p>Humulene Also found in basil</p>	<p>Anti-inflammatory</p>	<p>Robust Herbaceous Earth</p>
 <p>Ocimene Also found in thyme and alfalfa</p>	<p>Decongestant Antiseptic Antiviral Bactericidal</p>	<p>Citrusy green Wood Tropical fruit</p>

Therapeutic Benefits



Pain Relief:

May help alleviate chronic pain by interacting with endocannabinoid receptors.



Nausea and Vomiting Management:

Effective in reducing symptoms, particularly in cancer patients during chemotherapy.



Inflammation Reduction:

Exhibits anti-inflammatory properties, beneficial for conditions like arthritis and inflammatory bowel syndrome.



Epilepsy Treatment:

Certain cannabinoids, like CBD, show promise in reducing seizures, with FDA-approved medications available.



Anxiety, Mood, and Sleep Aid:

Used to alleviate symptoms of anxiety, mood disorders, and insomnia, promoting relaxation and sleep.



Appetite Stimulation:

Stimulates appetite, especially in individuals undergoing cancer treatment or dealing with conditions like HIV/AIDS.



Cannabis Impairment

Symptoms of Overconsumption

- Anxiety, paranoia, intense fear or panic.
- Rapid heart rate and elevated discomfort.
- Impaired coordination and motor skills.
- Hallucinations and delusions, more likely in sensitive individuals.
- Nausea, vomiting, extreme sedation, and drowsiness.

Actions for Cannabis Overconsumption:

- Provide calm and supportive environment.
- Reassure effects will wear off.
- Encourage rest and offer hydration.
- Calming activities for anxiety.
- Seek medical attention if severe or worsening symptoms.

Prevention Tips:

- Start with low doses, especially for new users or new products.
- Be aware of cannabis product potency and adjust consumption.
- Know personal tolerance and consume responsibly.
- Avoid mixing substances to reduce the risk of adverse effects.
- Seek guidance from healthcare professionals for responsible and informed use.

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/impairment-safety-risk.html#>

Cannabis Safety

Legal Considerations:

- Know local laws and buy from legal sources.

Responsible Consumption:

- Start with low doses, understand potency.
- Consume responsibly, know personal tolerance.

Health Considerations:

- Consult professionals for underlying conditions.
- Pregnant/breastfeeding individuals should avoid.
- Certified Medical Cannabis Educator or experienced Health Provider,

Safe Storage:

- Secure storage, away from children and pets.

Awareness of Side Effects:

- Understand potential side effects.
- Stop if adverse effects, seek medical help.

Avoid Mixing Substances:

- Don't mix with alcohol or drugs.

Harm Reduction

Understanding Cannabis: Types, Components, and Effects

There are many other cannabinoids besides THC in the cannabis plant, the effects can vary from person to person.

Cannabis and Health: Short-Term & Long-Term Effects

Approach its use with awareness of individual health factors, the purpose of use, and potential outcomes.

Responsible Use and Harm Reduction Strategies

Using cannabis responsibly is like safe driving (know your limits, choose a safe environment, avoid mixing substances).


Cannabis in Athletics

<https://sportscannabis.life/2023/06/30/the-endocannabinoid-system-a-game-changer-for-recovery-in-athletes/>

Athlete Consumption	Gaining attention but subject to strict sports regulations.
Pain Management:	Used for sports-related pain relief through cannabinoid interaction.
Inflammation Reduction:	Potential anti-inflammatory effects for post-activity recovery.
Stress and Anxiety Reduction:	CBD may assist athletes in managing competition-related stress.
Sleep Aid and Recovery:	Certain cannabis cultivars might improve sleep quality for enhanced recovery.
Neuroprotection and Brain Health:	CBD's potential neuroprotective properties may benefit high-impact sports.
Focus and Concentration:	Athlete claims suggest varied effects on focus and concentration.
Regulations and Caution:	Strict regulations on cannabis use in athletics; athletes should be cautious.
Limited Scientific Evidence:	Varying effects in athletics with limited scientific backing; informed decisions are crucial.
Consult Professionals:	Seek advice from healthcare or sports medicine professionals for personalized guidance on cannabis use in athletics.

Legalisation and Policies

- **Purpose:**
 - Defines laws and regulations controlling cannabis possession, use, distribution, and cultivation.
 - Aims to regulate cannabis for public health and safety, addressing legal concerns.
- **Federal vs. Provincial Laws**
 - Vary significantly between provinces
 - 19+ versus 18+
 - Creates challenges and contradictions, especially for higher education institutions.
- **Education System Policies on Cannabis:**
 - School boards implement specific policies to ensure a safe learning environment.
 - Strict regulations on possession, use, and distribution on school property.
 - Violations lead to disciplinary actions, including academic penalties, suspension, or expulsion.



How can we navigate cannabis culture and wellness in University to promote responsible use and reduce stigma?

Education and Awareness

Highlight Research and Science

Share Personal Stories

Normalize Responsible Use

Foster Dialogue and Open Discussion

Address Harmful Stereotypes

Advocate for Policy Reform

Approach Discussions With Empathy



References

- Health Canada
- Center for Addictions and Mental Health
- Ontario Cannabis Store
- Journal of Cannabis Research
- Cannabis Publication of Research Society of Marajuana
- Centre for Medicinal Cannabis Research – McMaster University