

# Real Science & Honest Information >Nothing subjective about REAL science >Demand peer reviewed and published studies ➤ Watch the spin! **SURVEYS ARE NOT SCIENCE**

What I've Been Up To Kids and Colorado > Recovery > Phoenix Multisport 2007-12 > UCH 2012-17 > Book "Weed Inc" > Cannabis in Medicine: An Evidence Based Approach > TED Talk 2017 > Consulting (Treatment, Athletics, Labor) > US States, Canada, New Zealand > Foundry Other Affiliations
NALGAP

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## First Off

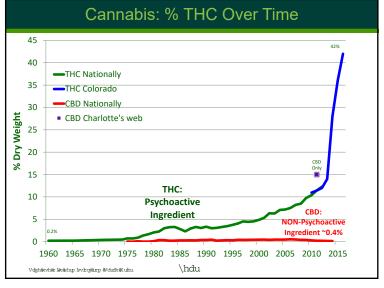
- Cannabis and Covid-19
  - Not a good idea

NMI University of Florida



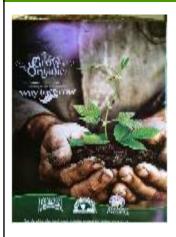
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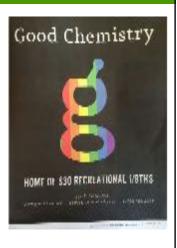
Marijuana has become significantly more potent since the 1960s Average THC and CBD levels in the United States THC: Psychoactive Ingredient CBD: NON-Psychoactive Ingredient 0.3 0.3 0.4 0.4 0.3 0.3 0.4 0.4 0.4 0.4 0.5 0.5 0.4 0.5 0.5 0.5 0.5 0.5 0.4 THC 02 02 0.4 0.5 1.0 1.0 1.5 3.3 3.3 3.5 3.5 3.1 3.1 4.0 4.5 5.2 5.0 4.7 5.4 6.2 7.3 7.2 8.3 8.1 9.1 10.0 10.0 9.9 11.0 11.0 Source: Mehmedic et al., 2010



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### Gardening vs. Chemistry





### Marijuana & Addiction



The DSM-5 clearly spells out the objective criteria for addiction, and for the first time "cannabis withdrawal" is listed as a diagnosis.

#### What is Substance Use Disorder (Addiction)

- 2–3 criteria indicate a mild disorder, 4–5 a moderate disorder, 6 or more, a severe disorder
- 1. Taking the substance in larger amounts or for longer than the you meant to
- 2. Wanting to cut down or stop using the substance but not managing to
- 3. Spending a lot of time getting, using, or recovering from use of the substance
- 4. Cravings and urges to use the substance
- Not managing to do what you should at work, home or school, because of substance use
- 6. Continuing to use, even when it causes problems in relationships
- Giving up important social, occupational or recreational activities because of substance use
- 8. Using substances again and again, even when it puts the you in danger
- Continuing to use, even when the you know you have a physical or psychological problem that could have been caused or made worse by the substance
- 10. Needing more of the substance to get the effect you want (tolerance)
- 11. Development of withdrawal symptoms, which can be relieved by taking more of the substance.

DSM 5

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### **Econ 101**

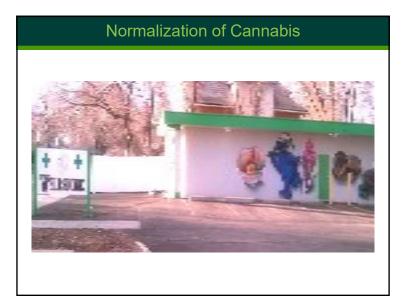
- >Less than 300 cannabis facilities in 2014
- >1,190 Cannabis facilities exist in Colorado in 2017
- >2,709 in 2019
- > How can Colorado support this amount of retail?
- > How does this growth continue?
- > Why does the old 80/20 rule matter here?

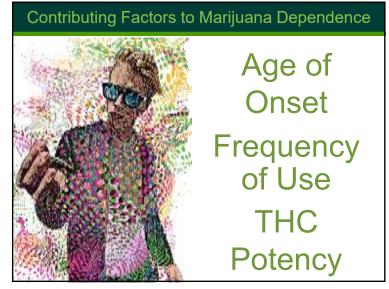
(actually more like 84/20 in CO)

### THC and Addiction

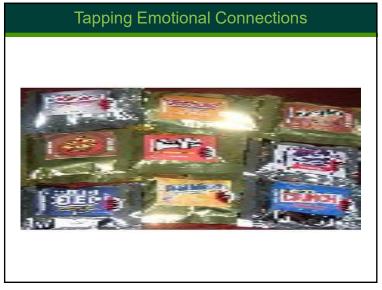
- This is very real and not easy to treat
- Often requires long stays in treatment and anti-psychotic medications
- Traditional rates were around 10%
- Rates today are reaching up to 30% as a result of increased potency (Janni Leungn et al 10/20)
- Many of these addicted patients require physical detox and medical intervention

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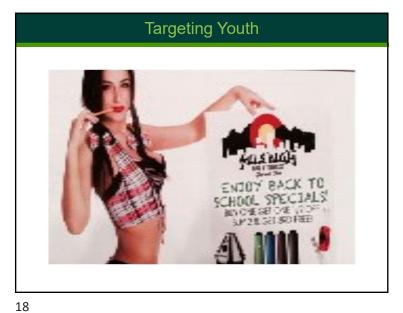


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Cross Platform Media Presence

\*\*\*Cannabist\*\*

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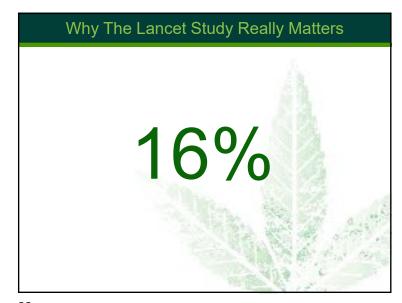
that suggests it can enhance the THC and CBD while also treating chronic pain, inflammation, eating disorders, muscle spasms and certain bacterial infections. CBN also forms as a byproduct of degrading THC, so if you have some stale nugs or notice a relatively high CBN percentage on your next weed bottle, expect some yawns. Dear Stoner: How can I easily request the highest-potency strains of product? I know concentrates are all strong, but which strains? John M. Dear John: Luckily for you, this is still a potency-driven industry. While many regular users in Colorado, including myself, have been clamoring for aromatic, delicious strains without such high THC content, our pleas have largely gone ignored. But that makes for an easy shopping experience on your first visit to a dispensary, because budtenders are trained to have their most potent products at the ready when asked for a suggestion. The packaging of every commercial can-

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permission.

### Lancet Study of "Skunk Weed"

- > Daily use sees a 5x increase in psychosis
- > Weekend use sees a 3x increase
- > 24% of psychosis cases in the study group caused by weed alone

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### Ralph Was Right!

# Since 2014 the Colorado Department of Revenue Marijuana Enforcement Division has released an "Annual Update"

- In 2014 the word "concentrate" is found nowhere in the 42 page report
- In 2015 concentrates show up once in the report under "Retail Testing." this reference includes a one sentence summary of what they are and a note that 4% of the concentrates tested each month failed a contaminant test
- 2016 continues to mention concentrates only in relation to containments found within them but not part of the "market" alongside flowers and edibles
- By 2017's report we see that 27,890 lbs of concentrates sold in the state totaling 4,559,597 "units"
- > In 2019 it jumped to 40,229 lbs



# The Denver Post Vape CEO: Pot Concentrates Will Soon Outpace Cannabis

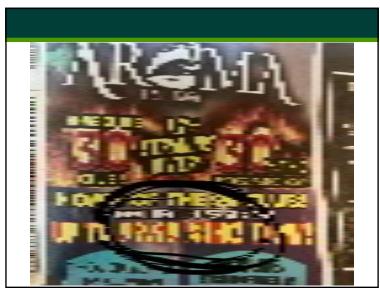
Flower 3/31/16

"...Colorado will sell more concentrates in 2017 than flower..."

"I See Concentrates being a part of people's daily regimen..."

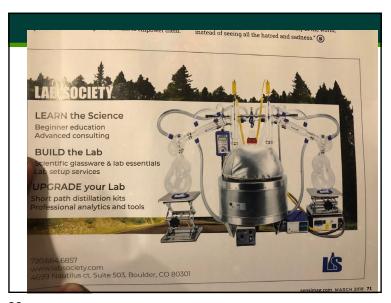
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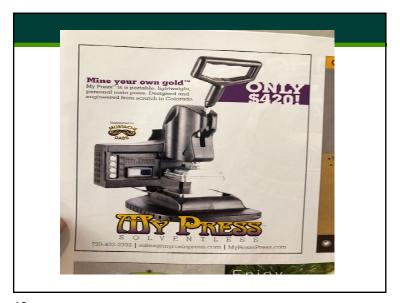






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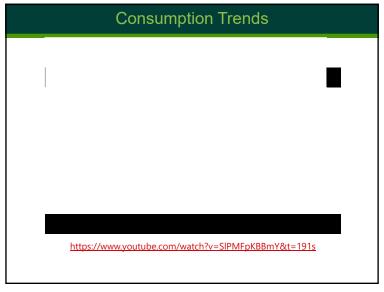


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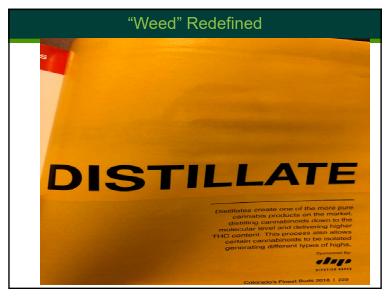
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\*\*Weed\* Redefined

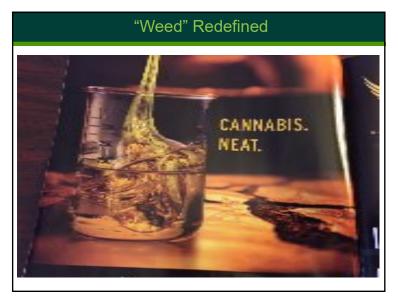
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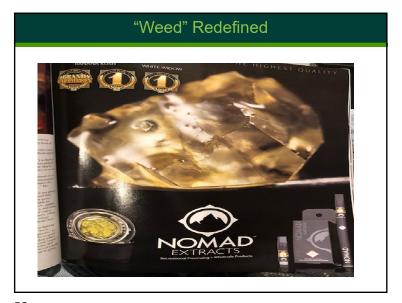




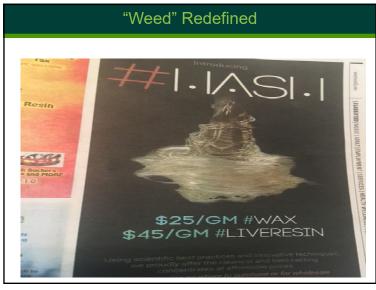


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Weed" Redefined

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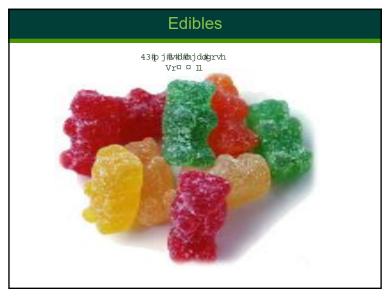
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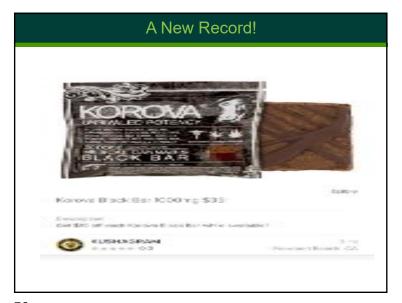




Edibles

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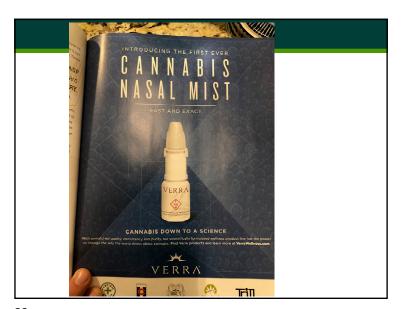


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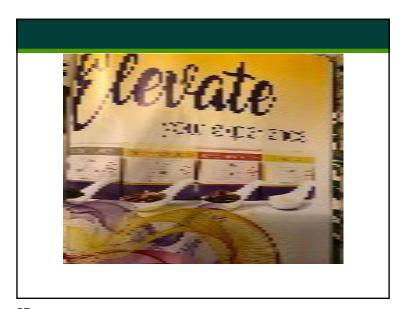


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MEDICINAL CANNABIS CENTER ALL PRICES I BUY 3 B'S TREATS 70MG LOLLIPOPS FOR THE PRICE OF 2!

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WE INVENTED
A HAPPY PILL

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WARNING: THERE MAY BE HEALTH RISKS ASSOCIATED WITH THE CONSUMPTION OF THIS PRODUCT. THIS PRODUCT CONTAINS MARIJUANA AND ITS POTENCY WAS TESTED WITH AN ALLOWABLE PLUS OR MINUS 15% VARIANCE PURSANT TO 12-434-20210/AIVURIEL, CR. S. THIS PRODUCT WAS PRODUCE WITHOUT REGULATORY OVERSIGHT FOR HEALTH, SAFETY, OR BEFIDOLOT HE WITOXICATING EFFECTS OF THIS PRODUCT WAS PRODUCT BY WOOD WAS WITH HE WOOD WAS PRODUCT BY WOOD WAS WITH AN EXPENSE OF PLANNING OR PLANNING NECOMINER WHILE USING MARIJUANA.

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STORE THIS PRODUCT IN A COOL, DRY PLACE.

THIS PACKAGE IS CHILD RESISTANT.

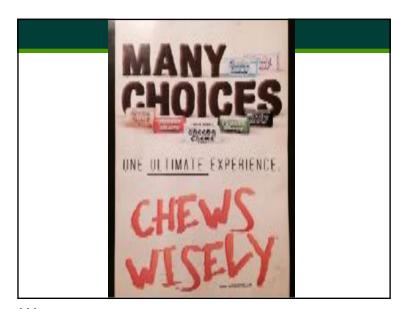
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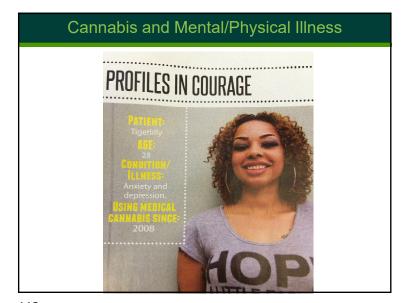
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### Mental Health Consequences: Casual Use

- > Risk of depression: 1.4x (Casual?)
- Acute Anxiety
- Increased risk of anxiety disorders (Casual?)
- Worsened outcomes in bipolar disorder (Casual?)
- Risk of attempted suicide requiring hospitalization: 2x (Casual?)

Reviewed in Hall, 2014; Di Forti et al 2014, Giordano et al 2014

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### Physical Health Consequences: Acute

- > Impaired memory
- > Impaired motor coordination
- > Slowed Reaction Time
- > Increased Singular Focus
- > Reduction in Perceptual Accuracy
- > Increased heart rate
- Increased risk of angina, heart attack and stroke in those with and without previous heart attack
- > Electrolyte imbalances
- Respiratory issues (difficulty for individuals to intake oxygen)

### Cannabis & Psychosis

- Use of cannabis associated with 1.4x increased risk of psychosis
- Regular associated with a 2x risk of psychosis
- High potency cannabis, more frequent use, and genetic susceptibility (slc, comt, akt1) can increase risk to 8x
- Use before age 18 has 2.4x risk of dx of schizophrenia (dose response)

Reviewed in Hall, 2014; Di Forti et al 2014, Giordano et al 2014 Radhakrishnan et al Gone to Pot – A review of the Association between Cannabis and Psychosis

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### Physical Effects of Chronic Use

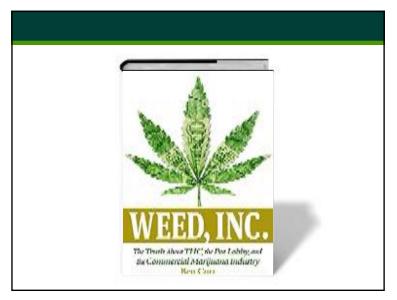
- > Changes in physical structure of the brain
- > Immune system decrease
- Reduced weight and height (adolescents)
- Increased risk of testicular cancer (dose response related)
- Reduced Sperm Count

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### Testing and Driving

- Impairment can't be measured with a test other than done by a DRE
- Fat Soluble 72 Days...
- Method of ingestion makes testing tricky
- Presence of THC does not necessary indicate intoxication, -5ng/ml does not indicate sobriety

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To Learn More...

- ▶Project SAM (Smart Approaches to Marijuana)
- > NIDA
- > SAMSHA
- >SMART CO
- > Lots of others, but use a critical eye (I subscribe to lots of pro-cannabis and commercial cannabis sites and newsletters)

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