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Should I smoke weed?

1. Sativa strains can increase energy
2. Indica strains will help you sleep
3. It can make you productive
4. It helps protect your brain
5. Cannabis can lower your blood pressure
6. Cannabinoids help ease your panic attacks
7. It can improve skin condition
8. Alternative treatment for headaches
9. Natural treatment for ADHD
10. Cannabis can help you lose weight

New Study Confirms Cannabis Smokers Are Rich And Happy

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HEARTS AND MINDS

WOMEN & WEED

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HERB News Video Strains Food Cannabis Culture Health Trending Adver

9 Reasons Why Weed Is Made for Women

Tiffany King 42 11 April, 2017 Culture

Photo credit

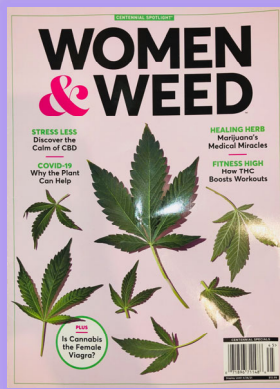
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Women's Weed

1. It relieves symptoms of anxiety and stress
2. It can improve your sex life
3. It helps with weight maintenance
4. Women get high faster than men
5. It puts you to sleep
6. It alleviates PMS symptoms
7. It can prevent or treat cancer
8. It may alleviate pregnancy symptoms
9. It helps you enjoy life more



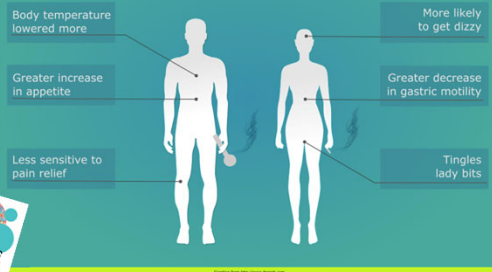
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Sex Differences in the Effects of Cannabis

by profotpot.com




Lynn BK, Lopez JD, Miller C, et al. The Relationship between Marijuana Use Prior to Sex and Sexual Function in Women. Sex Med 2019;7:192-197.
 Wiebe L, Just A. How Cannabis Alters Sexual Experience: A Survey of Men and Women. J Sex Med 2019; 16:1758-1767.

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PMS / Menstrual Cramps

PMS symptoms like bloating, migraines, period cramps, headaches, hot flashes, chills, irritability and sleep disturbances can all be alleviated by smoking weed.

Given the plant's molecular similarities to estrogen, weed helps to stabilize hormones whereas OTC medications merely treat the symptoms. In fact, cannabis is so effective in relieving PMS that several medical cannabis companies are now creating products that specifically treat PMS and PMDD.




Floral relief: vaginal suppository

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Pregnancy NSDUH annual report 2018

Cannabis use during pregnancy is an increasingly controversial subject. While the use of any substances is not recommended during pregnancy, many women do report smoking weed to combat morning sickness and other early pregnancy symptoms.



3.1% of pregnant women report daily / near daily use

Pregnant women (15-44) 7.1% report using during the past month - 108% increase in 2 years

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Wonder Woman

Women deal with so much in their personal and professional lives. It's often a juggling act in which we give more to our families, friends and colleagues than we give ourselves. Smoking weed gives you a moment to stop, relax and enjoy life.




Anxiety / Stress Depression Insomnia

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Bargains / Beauty

Cannabis-based skin care seemed like a fad, but the trendy ingredient is proving to be one of the most powerful forces in the skincare industry. Calming and restorative effects on the skin. Treats dryness, irritation, stress, inflammation, and redness.



The collage features several items: a tube of mascara, a set of lipsticks, a green bottle of 'SKIN DOPE' serum, and a magazine clipping. The clipping, titled 'NICOLE'S BEAUTY BY', discusses CBD's benefits for skin, mentioning its ability to reduce inflammation and improve skin texture. It also includes a photo of a woman in a black dress.

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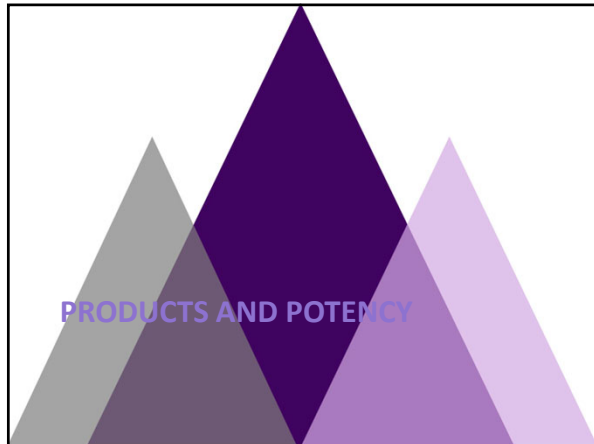
The image shows a woman with long dark hair smiling while smoking a cigarette. A Virginia Slims advertisement is overlaid on the bottom right, featuring a woman in a pink jacket and the text: "You've come a long way, baby. VIRGINIA SLIMS. Sleener than the fat cigarettes men smoke."

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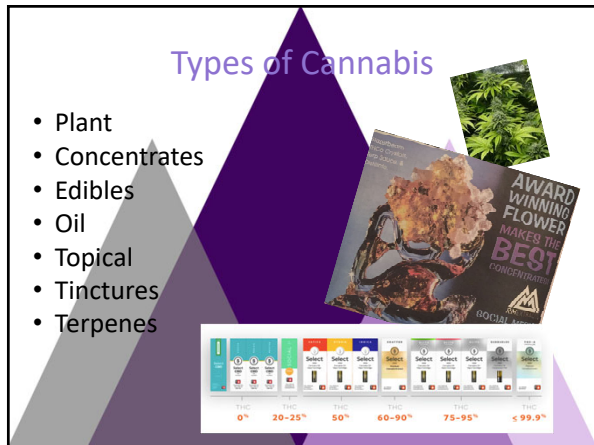


The image features a woman in a white top holding a cannabis plant. Below her is an illustration of five diverse women of various ethnicities and hair colors, each holding a cannabis leaf. A quote in the bottom left corner reads: "I TRY HARD NEVER TO HAVE ANY REGRETS, THEY'RE MEANINGLESS."

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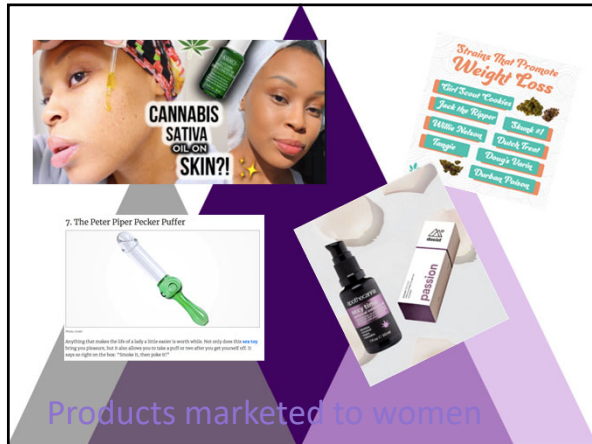
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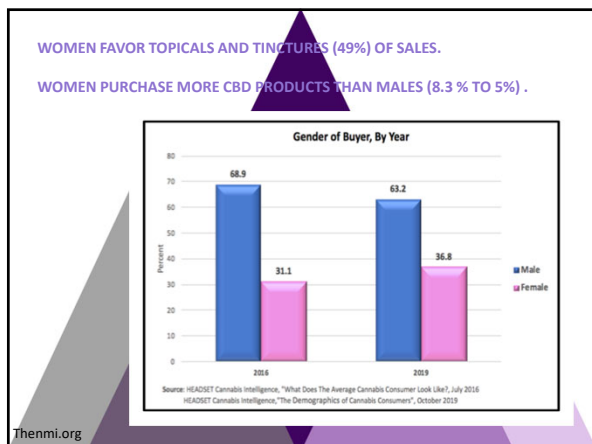
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Tinctures

Cannabis tinctures, also known as green or golden dragon, are alcohol-based cannabis extracts – essentially, infused alcohol. In fact, tinctures were the main form of cannabis medicine until the United States enacted cannabis prohibition. With a name like “green dragon,” you might think cannabis tinctures are not for the faint of heart, but they’re actually a great entry point for both recreational and medical users looking to ease into smokeless consumption methods.

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Terpenes

discover
THE AMAZING WORLD OF TERPENES

TERPENE	SMELL	FOUND IN	CANNABIS STRAINS
MUSK	SPICY HERBAL	MANGO	WANGS ACQUA BLUE, DRAGON, NORTHERN LIGHTS, BLUE CRUSH
MYRCENE	SPICY, GLOVES, WOOD	ORANGE, PEPPER, BASIL, COTTON	OG KUSH, TONGUE BROTHER, FORTY FORT, BUBBA KUSH
TERPINOLENE	FLORAL, SPICY, CANDY	LAVENDER, HIBISCUS, ROSEWOOD	AMERICA HAIR, PINK KUSH, SKYRACE
LINALOOL	EARTHY, WOOD	HERP, CHAMBER	OG KUSH, TONGUE BROTHER, HEADBAND
PHOLLODRIENE	CITRUS, PINE	ORANGE, PINE, PEPPERMINT	SUPRACRUSH, HAZE, LONDRICRUSH, JACK THE RIPPER
LIMONENE	SHARP, PINE, SWEET	PINE NEEDLES, ORANGE, PEPPERMINT	JACK HERER, TANGOROCK, SUPER FINE, HAZE

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CBD

Cannabinoid receptors found in the human body

Tissue-specific Localization

- CB1 receptors are concentrated in the brain and central nervous system, but are also present in nerves and some organs.
- CB2 receptors are mostly in peripheral organs, especially with associated with the immune system.
- TRPV1 receptors are concentrated in the heart, lungs, nervous system, kidney, liver, stomach and intestines.
- TRPA1 receptors are concentrated in the skin, muscle, kidney, stomach, and lungs.

Compounds found in cannabis: THC, CBN, CBG, CBC, CBD

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CBD Risks

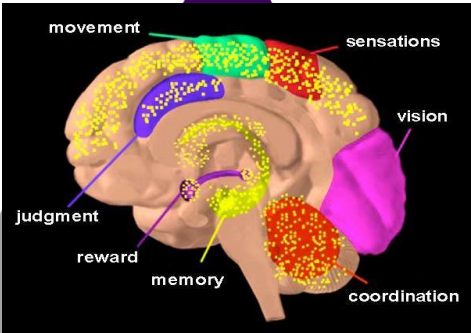
- Risks outlined by the Food and Drug Administration (FDA) include but are not limited to:
 - Liver damage
 - Unknown interaction with other prescription medications
 - Male reproductive toxicity - (e.g. low sperm count and motility)
 - Mood changes such as agitation and irritability
 - Unknown purity and potency levels or quality control standards from producers

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FACTS ON BRAIN, BODY, MENTAL HEALTH

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THC and the Brain




The diagram shows a sagittal view of a human brain with several regions highlighted in different colors and labeled with functions. The labels and their corresponding colors are: movement (green), sensations (red), vision (purple), judgment (blue), reward (yellow), memory (orange), and coordination (pink). The brain is set against a black background with a purple triangle above it.

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Intoxication



- A. Recent use of cannabis
- B. Clinically significant problematic behavioral or psychological changes (eg, impaired motor coordination, euphoria, anxiety, sensation of slowed time, impaired judgment, social withdrawal) that developed during, or shortly after, cannabis use
- C. At least 2 of the following signs, developing within 2 hours of cannabis use:
 - Conjunctival injection
 - Increased appetite
 - Dry mouth
 - Tachycardia
- D. Symptoms not due to a general medical condition and not better accounted for by another mental disorder, including intoxication with another substance



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Withdrawal


- A. Cessation of cannabis use that has been heavy and prolonged (ie, usually daily or almost daily use over a period of at least a few months).
- B. Three or more of the following signs and symptoms develop within approximately 1 week after cessation of heavy, prolonged use:
 - Irritability, anger or aggression
 - Nervousness or anxiety
 - Sleep difficulty (ie, insomnia, disturbing dreams)
 - Decreased appetite or weight loss
 - Restlessness
 - Depressed mood
 - At least one of the following physical symptoms causing significant discomfort: abdominal pain, shakiness/tremors, sweating, fever, chills, or headache
- C. The signs or symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- D. The signs or symptoms are not attributable to another medical condition and are not better explained by another mental disorder, including intoxication or withdrawal from another substance.

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Withdrawal

- Peaks at 4 days
- Last 16 days
- On Clinical Global Impression Scale, rated as markedly ill when they go through withdrawal
- More severe in women
- Symptoms are a negative reinforcement for continued use and are associated with less treatment adherence



Bonnet et al 2014

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Effects on the Body

Acute

- Motor
- Cardiovascular
- Autonomic nervous system
- Electrolyte imbalances

Chronic

- Second hand smoke
- Changes in brain structure
- Immune system
- Reproductive system

Effects on the Mental Health

Acute

- Impaired memory, judgment
- Changes in mood
- Increase suicide risks

Chronic

- Reduced verbal learning, memory, attention
- Loss of up to IQ points
- Neonatal impacts

Reviewed in Hall, 2014 and Volkow et al 2014; Hodcroft et al 2014; Astbridge et al 2015; Monte et al 2014

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Telescoping effect

“Same disease at different rates.”

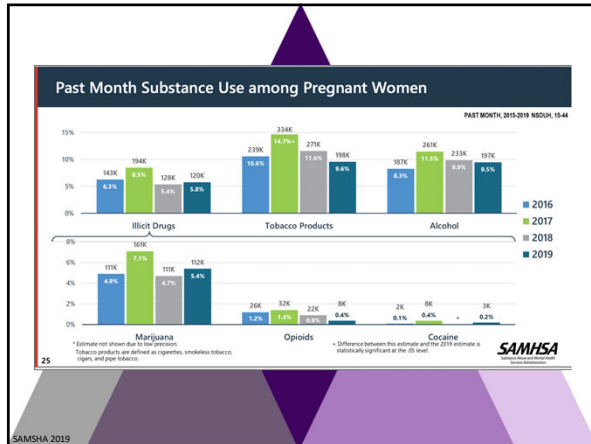
- Women typically start with lower levels of substances but end up escalating use to a higher degree
- Body composition
 - Higher body fat
 - Lower volume of water
 - Less gastric enzyme
- Women incur more consequences of use (usually 1:2 ratio)
- Psychological differences in why women use
 - Mood regulation, stress reduction vs. risk taking

SAMSHA 2009, p. 27; Journal of Neuroscience Res, 2017; TIPS 51

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FOCUS ON THE FAMILY

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Pregnancy

- Marijuana is the most common illicit drug used in pregnancy, with prevalence rates from **3% to 30%**
- It freely crosses the placenta and is found in breast milk, and can accumulate to high concentrations
- It may have adverse effects of perinatal and fetal development (lower birth weight)
- Can cause problems with neurological development (hyperactivity, poor cognitive functioning, and changes in dopaminergic receptors).
- Increased risk for psychopathology in middle childhood (psychotic-like experiences, depression, anxiety, impulsivity, attention, social problems and sleep disturbance)

CANNABIS USE WHILE EXPECTING LINKED TO SLEEP TROUBLES IN KIDS

An earlier or more severe onset of sleep problems, including insomnia and all types of sleeplessness, when a child is born to a mother who used marijuana during pregnancy, according to a new study.

University of Colorado Boulder researchers analyzed 12,000 children aged 4 through 10, who had been born to mothers who used marijuana during pregnancy, as part of the Adolescent Brain and Cognitive Development (ABCD) study. They found that 30% of their parents self-reported using marijuana while pregnant.

Mothers who said they had used marijuana while pregnant were significantly more likely to report their children having clinical sleep problems, said Erik Wisner, a graduate student in the department of psychology and neuroscience.



For and during pregnancy use marijuana was linked to childhood psychosis.

Metz, TD and Silverthorn PH (2021). Marijuana use in pregnancy and lactation: a review of the evidence. *ajog.org*.
Finn, et al (2020). Cannabis in Medicine: Fetal and Neonatal Exposure. https://doi.org/10.1007/978-1-4939-9888-2_10
Paul SE, Hatsum AS, Finn JD, et al. <https://doi.org/10.1001/jamapsychiatry.2020.2902>
The ABCD Study. *JAMA Psychiatry*. doi:10.1001/jamapsychiatry.2020.2902

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Pregnancy and Breastfeeding

- Use by pregnant women is increasing. Screen at each trimester during pregnancy.
- Women who use marijuana before pregnancy often continue while pregnant. Women may use due to perceived anti-emetic effects.
- THC crosses the placenta and exposes the fetus.
- Marijuana use may increase the risk of miscarriage, low-birth weight, and NICU placement.
- Prenatal exposure is associated with long-term motor, mental health, and neurobehavioral problems including problems with learning and attention.
- THC is present in breast milk often at higher concentration than mother's blood level.

Clinical guidelines for addressing marijuana in adolescents, and in pregnant and breastfeeding women:
[Colorado.gov/cdphe/marijuana-clinical-guidelines](https://colorado.gov/cdphe/marijuana-clinical-guidelines)

Use during pregnancy may be associated with fetal growth restriction, stillbirth, preterm birth, and neonatal intensive care unit admission. (Metz and Silverthorn, 2021; Silverthorn, 2021)

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Rules for Storage

Marijuana products can be mistaken for regular food or candy.

Increasing numbers of children under 9 years old have been to an emergency room or hospitalized after accidentally consuming marijuana.

Be sure to keep all marijuana products in child-resistant packaging, clearly labeled and locked up.

Make sure your children can't see or reach the locked cabinet or box.

How you store marijuana should change as children get older.




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Recognize products that contain marijuana

Department of Revenue will require that all retail marijuana products use the symbol pictured here on packaging.

Teach your kids not to eat or drink anything with this symbol on the package.

Also, adults who can't read the ingredient label can use this symbol as a warning that the product contains marijuana.




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Accidental marijuana use

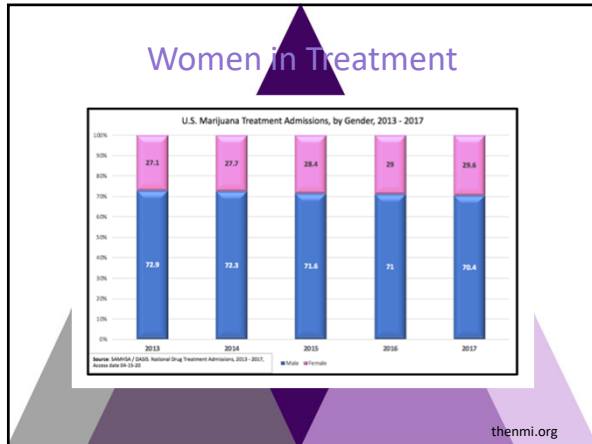
Eating or drinking marijuana can make children very sick. They may have problems walking or sitting up, have a hard time breathing or start to feel sleepy.

If you're worried about your child, call the poison control hotline at 1-800-222-1222 as soon as possible. Calling is free and you'll be helped quickly.

If a reaction seems bad, call 911 or go to an emergency room right away.



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Women "Must knows"

- Impact of cannabis use is harder on female bodies
- Potency is a concern
- Products are being positioned to become part of our everyday lives
- Unknowns of long term use are still a concern
- Research / science is trying to catch up with reality
- Consequences of use during pregnancy or while breastfeeding may not show up until the child is school age
- Cannabis is not recommended in breastfeeding in any amount
- Babies who test positive for THC can be reported to Child Protective Services

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Q & A

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