

MEDICAL CANNABIS THERAPY

FOR GERIATRIC PATIENTS



PAIN MANAGEMENT

REDUCE PILL INTAKE WITH CANNABIS

Medical cannabis can be an effective pain relief option and has the potential to be an alternative to opioid treatment.¹

COGNITION

CHALLENGES WITH COGNITION

Delta-9-tetrahydrocannabinol (THC), the psychoactive ingredient in cannabis, may hinder short-term memory when cannabis is being used.⁴

Studies have indicated that long-term cannabis use could impair cognition, which is often a top concern among geriatric patients.¹



ANTI-INFLAMMATORY

RELIEF WITH CANNABIS



Cannabinoids are known to produce anti-inflammatory effects and have muscle-relaxing properties.^{4,2}

SIDE EFFECT RISK

INCREASED RISK FOR GERIATRIC PATIENTS

Geriatric patients are at an increased risk of side-effects due to comorbidities, drug-drug interactions, and impaired metabolism.³ Special considerations to adverse effects should include psychomotor (such as instability and increased risk of falls), cognitive, mental health, and cardiovascular (increased heart rate, arrhythmia, etc.).³



INSOMNIA

SLEEP AID BENEFITS



THC has been shown to help with sleep apnea, improvement of sleep quality and promotion of restorative sleep in stage 3 that is necessary for recharging and regeneration.²

References:

- 1 Yasgur BS. Experts Offer Tips on Integrating Medical Marijuana Into Geriatric Practice. MPR. <https://www.empr.com/home/features/experts-offer-tips-on-integrating-medical-marijuana-into-geriatric-practice/>. Published September 18, 2019. Accessed March 2, 2020.
- 2 Frye PC, Smitherman D. The Medical Marijuana Guide: Cannabis and Your Health. Lanham, Maryland: Rowman & Littlefield Publishers; 2018. <http://search.ebscohost.com.proxy-hs.researchport.umd.edu/login.aspx?direct=true&db=nlebk&AN=1936751&site=ehost-live>. Accessed March 2, 2020.
- 3 Minerbi A, Häuser W, Fitzcharles M-A. Medical Cannabis for Older Patients. *Drugs & Aging*. 2019;36(1):39-51. doi:10.1007/s40266-018-0616-5.
- 4 Weil A, Backes M. Cannabis Pharmacy: The Practical Guide to Medical Marijuana - Revised and Updated. New York: Black Dog & Leventhal Publishers Inc; 2017.