



In February, LBCA hosted Pam C., MPH, for an event that addressed Cannabis History, Laws, Science, Purpose, and Advocacy. We had such a great turn out that we asked her to share the information she presented for those who missed it.

More About Our Speaker: Born in Downey, California, I moved around a bit to surrounding cities and counties with my family and then on my own. I moved to Long Beach while earning an undergrad at CSULB – Go Beach! I have spent the last 16 years in Long Beach. I married a Long Beach local and I call the city by the sea my home. I earned a master degree in public health, specifically in health education, in Jan. 2017. I transitioned careers from a 10-year editor position at a local publication to helping a Long Beach nonprofit. I recently accepted a key position to help the cannabis industry with health education. You can find my blog at CannabisCloset.org. You can also follow her on Instagram @cannabiscloset and Twitter @canabiscloset.

**It is important that clients rely on advice from their healthcare practitioner to employ sound clinical judgment for their specific conditions. This information is not intended to be a substitute for the advice of a healthcare practitioner nor a recommendation of any particular treatment plan. Please consult with your physician or healthcare practitioner for professional advice pertaining to your particular disease state.*

Cannabis Purpose & Use

Compiled and written by Pam C. | March 1, 2018

What is your purpose?

Medical Vs Recreational

For me, I have an auto-immune disease. Lots of inflammation that high CBD helps me with. For pain or with friends, I use THC to relax.

When I think cannabis intoxication, I relate it to alcohol. If you open a bottle of wine, you are probably not going to finish the bottle, maybe one glass or two. Same with recreational cannabis, one puff off a joint or vape might be it, for the right effect, but the whole joint does not need to be smoked. It doesn't have to be a frat party. It could be similar to a wine and cheese night. There is such a thing as paring strains to food.

Public Health Concerns

As a public health professional, there are some concerns, but there are some stigmas that also need addressing.

DUI

There is no accurate THC testing. But, just like any other intoxicating substance or pharmaceutical, don't drive under the influence of anything, including cannabis

Access to children/pets

Keep cannabis products away from kids and pets, just like other medications or substances (including alcohol). There is some talk in policy and public health over product packaging. However, common sense tells me that a pet or toddler cannot read packages, so no matter what is on the package, if it smells like food (even if it does not), pets and kids might eat it, if it is accessible to them. They understand that food items come in packages –

they are given food from these packages by adults. It is the adult or caretakers responsibly to maintain inaccessibility of cannabis products.

Long-term effects

Recorded, official scientific research is needed; however, after thousands years of cannabis use, there is not any recorded, consistent fatalities (short or long-term) which is an unofficial observation of the risk of cannabis use.

New consumer safety and THC Toxicity

There is not enough *credible* cannabis education for new consumers to maintain safety during the end of prohibition. Little education leads to unexpected THC toxicity or overdose. Although not fatal, too much THC (greening out) in the system leads to an increase in anxiety and extreme discomfort for hours. However, effects always were off over time.

Product Safety

With regulation comes products safety of legal cannabis products. However, there is still a huge underground market of untested and possible contaminated product. Since cannabis is a plant, products can potentially contain fungus, mold, bugs, pesticides.

Smoke in the lungs

Combustion creates tar and cancers. Combustion creates smoke. Although cannabis smoke has less toxins than tobacco smoke, smoke is still an irritant. Read this study from UCLA pulmonologist.
<https://www.atsjournals.org/doi/abs/10.1513/annalsats.201212-127fr>

Use in Pregnancy

Most studies look at smoking cannabis, which always causes low-birth weight, and intoxicating THC. Most of the time they do not discuss THC or smoke specifically, but generally state “cannabis use.” Reports do not look at non-intoxicating CBD, that may help pregnant women with nausea and pain, but not harm the fetus.

Stigma in Public Health causes more harm than good. Reports need to stick to science.

Teen Use

Youth Risk Behavior Surveillance is performed every other year. I often look to the data to analyze teen behavior. Below is what I found comparing substance use in teens.

| Tobacco | 1995 | 2005 | 2015 |
|----------------|-------------|-------------|-------------|
| Ever Tried | 71% | 54.30% | 32.30% |
| Current Use | NA | 28.40% | 31.40% |

| | | | |
|---------------|----|-----|-------|
| Before Age 13 | NA | 16% | 6.60% |
|---------------|----|-----|-------|

Alcohol

| | | | |
|------------|-----|--------|--------|
| Ever Tried | 80% | 74.30% | 63.20% |
|------------|-----|--------|--------|

| | | | |
|-------------|----|--------|--------|
| Current Use | NA | 43.30% | 32.80% |
|-------------|----|--------|--------|

| | | | |
|---------------|----|--------|--------|
| Before Age 13 | NA | 25.60% | 17.20% |
|---------------|----|--------|--------|

| | | | |
|----------------------|----|-------|-------|
| Drove While Drinking | NA | 9.90% | 7.80% |
|----------------------|----|-------|-------|

| | | | |
|--|----|-----|-----|
| Rode with driver who had been drinking | NA | 29% | 20% |
|--|----|-----|-----|

Marijuana

| | | | |
|------------|-----|--------|--------|
| Ever Tried | 42% | 38.40% | 38.60% |
|------------|-----|--------|--------|

| | | | |
|-------------|----|-----|--------|
| Current Use | NA | 20% | 21.70% |
|-------------|----|-----|--------|

| | | | |
|---------------|----|-------|-------|
| Before Age 13 | NA | 8.70% | 7.50% |
|---------------|----|-------|-------|

Marijuana use among teenagers in grades 9-12 has remained mostly the same in the 20-year span: those who have ever tried marijuana, 1995, 42%; 2005, 38.4%; and 2015, 38.6%. Also, notice that the percentage of those who ever tried tobacco has decreased a significant number: 1995, 71%; 2005, 54.3%; and 2015, 32.3%. As well as those who ever tried alcohol: 1995, 80%; 2005, 74.3%; and 2015, 63.2%.

From 1995 to 2015, the percentage of teenagers in grades 9-12 who ever tried marijuana fluctuated about 4%, while the percentage of teenagers in grades 9-12 who ever tried tobacco declined about 41%; and alcohol was reduced by approximately 18%.

Cannabis as an Exit Drug

Some addicts of alcohol and opioids have found success in using cannabis to help with addiction.

Other data from the CDC:

- Direct Deaths (per day)
- Tobacco = 1,300
- Opioid = 90+
- Alcohol = 6
- Marijuana = 0

Addiction Rates

Tobacco = 32%

Opioid = 26+%

Alcohol = 15%

Marijuana = 9%

Tips for New Consumers

CBD Consumption (no intoxication)

THC Consumption (intoxication)

Dosage may depend on method of use, physical conditions (current medications), and experience

Tips for THC Consumption (intoxication)

- Do Your Research
- Start Low and Go Slow
- Microdose 2.5-5mg
- Stay Hydrated - Drink Water
- Buddy Up
- Do Not Mix with Alcohol
- Smoke/Vape: Wait a few minutes between inhalations gauge effects. (Duration: 1-3 hours.)
- Edibles: Can take 1/2 - 2 hours for effects. (Duration: 6-8 hours (up to 10))
- Concentrates: Not recommended for new consumers. Follow extreme caution when dosing cannabis oils the first time.
- Be safe, stay hydrated.
- Be Responsible
- **KEEP CANNABIS PRODUCTS AWAY FROM CHILDREN AND PETS**
- **DO NOT DRIVE WHILE UNDER THE INFLUENCE. OF CANNABIS**
- **PUBLIC CONSUMPTION IS NOT ALLOWED**
- **DO NOT BRING CANNABIS ACROSS STATE LINES OR TO AIRPORTS**
- Keep a Journal
 - Strain name & dispensary name or company name of CBD products
 - Type (hemp, indica, sativa, hybrid), % of THC and % of CBD, other cannabinoid or terpene information (should be on labels)
 - Dosage including how much ingested and method such as 1 dropper of 300mg CBD oil; 5mg edible; one puff of vape or joint, etc.
 - Time including how long before effects were felt and how long did they last
 - Details of effects vs. intended purpose

Additional Resources:

Cannabinoid page from Steep Hill Labs

<https://www.steePhill.com/science/cannabinoids>

Terpenes page from Steep Hill Labs

Products found in a dispensary

TYPES OF PRODUCTS

BUDS/FLOWER

Dried flowers of female cannabis plants.

Smoking & vaping are the most common methods of consumption.



Buds can also be used for cooking infusions, cannabinoids are fat and alcohol soluble. .

Kief is the resin from flowers. Often used to make hash.



Hash is simply the compression of kief.

INFUSED FOODS/BEVERAGES (EDIBLES)

Food or beverage that has been infused with marijuana (usually in fat/oil or alcohol).



Effects of ingesting cannabis-infused products offers a different and longer-lasting effect than consuming by smoking or vaping.

RUBS, CREAMS, BALMS

Cannabis-infused rubs, ointments, balms and creams are applied topically (directly on the skin).



TINCTURES & OILS

Tinctures are a liquid concentrate extracted with alcohol and consumed by placing drops under the tongue, mixed in a beverage or rubbed directly on the skin. There are also sublingual sprays that are great for microdosing.



Ingestible oils are infused oils usually using grapeseed oil or MCT (medium chain triglycerides made from coconuts). Consumed the same as tinctures or in capsules.

OIL EXTRACTS

Oil Extracts (or concentrates) are the end products of cannabinoid extraction process.

High-potency concentrates include:

Solvent: BHO (butane hash oil), Supercritical CO₂,

RSO or Phoenix Tears (pure light aliphatic naphtha or 99% isopropyl alcohol)

Solventless: Rosin (heat and pressure) ice methods.



End product: wax or shatter, consumed by dabbing.

RSO (Rick Simpson Oil) is ingested



Vape cartridges are made from oil extracts, but made less viscous in texture for use with heating (battery) devices.



Advocacy and Resources

Informational Blogs/Sites

ProjectCBD.org
LearnGreenFlower.com
ImpactCannabis.org
Steep Hill Labs, steephill.com
Dear Nurse Susan, dearnursesusan.com
TheCanncierge.com
Leafly.com
EstroHaze.com
CannabisCheri.com
HelloMD, hellomd.com
CityandSeaTrading.com

Medical Cannabis Card - Online

NuggMD.com

Advocacy

California Cannabis Advocates
californiacannabisadvocates.org

Drug Policy Alliance, drugpolicy.org

The Law Enforcement Action Partnership
(LEAP), lawenforcementactionpartnership.org

Other

Long Beach Marijuana Information
<http://bit.ly/2Bb9glU>

California State Laws
<https://cannabis.ca.gov/>
Let's Talk Cannabis <http://bit.ly/2jCdbtY>

DEA - Drug Schedule
<https://www.dea.gov/druginfo/ds.shtml>

Seek out Forums & Groups

Such as CBD Oil Groups on social media.
Ellementa.com - women and cannabis group
First gathering March 7th, 6-8:30pm
<http://ellementa.com/event/ellementa-long-beach-women-and-cannabis/>

Tickets at

<https://www.eventbrite.com/e/ellementa-long-beach-women-and-cannabis-tickets-43303485892?aff=efbevent>

Recommended Books

The Leafly Guide to Cannabis: A Handbook for the Modern Consumer - Author: The Leafly Team

Smoke Signals

Author: Martin A. Lee

The Emperor Wears No Clothes

Author: Jack Herer