# Cannabinoid Use in the Management of Chronic Pain

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## Changing Picture for Legalization
- Medical marijuana is legal in over half of the United States.
- In most states, it is still only legal for medical use but not for recreational use.
- Cannabidiol (CBD) is legal in all states.
- The 2020 election has changed the legalization picture even further.

## What is Cannabis?
- The name for the marijuana plant itself.
- Some chemicals found within the plant have effects on the human body. The two most studied are Cannabidiol (CBD) and Tetrahydrocannabinol (THC).
- Terpenes are other chemicals in the cannabis plant that are also commonly found in other plants such as pine or lavender.

## What are the potential therapeutic effects of CBD?
- Does not cause intoxication (feeling high/altered)
- Anti-seizure
- ↓ Opioid craving
- ↓ PAIN (?)

## Potential Adverse Effects of Cannabis
- Intoxication (feeling high/altered)
- Lung conditions (with smoking)
- Risk of vehicle crashes
- Mental health effects
- Effects on pregnancy
- Problems with learning, memory, attention
- Dizziness and falls
- Interactions with other medications

## Research
A recent study noted labeling of products was inconsistent.
- Actual amounts of CBD in the product may not be consistent with the amount noted on the label.
- THC content in some products was found to be higher than as labeled.

Another recent study looked at cannabis use in women with chronic pelvic pain.
- New research is limited but suggests potential benefits in regard to pain and quality of life.
What are the potential therapeutic effects of THC?

- ↑ Appetite
- ↓ Nausea
- ↓ PAIN

Further studies are needed to support the positive effects of the cannabis plant, while looking for ways to lessen negative effects.