

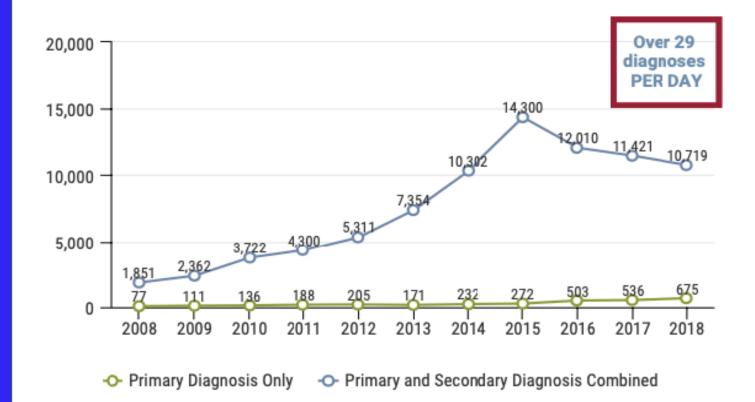
Marijuana as Medicine Fact or Fiction?

Roneet Lev, MD
Emergency and Addiction Physician
Former White House Chief Medical Officer ONDCP



Emergency Department Frontline

- 776% increase in emergency department visits in San Diego with primary diagnosis listing cannabis
- Nearly 30 ED visits per day in San Diego



Emergency Department Poisoning

- Suicidal ideation
- Scromiting
- Excited Delirium
- Seizures
- Cardiovascular Collapse
- Pneumothorax
- Motor Vehicle Collision
- Stroke like symptoms
- Anxiety
- Tachycardia
- Amotivational Syndrome

- Over sedation
- Chest Pain and Palpitations
- Excessive Bleeding due to drug interaction with blood thinners
- Allergic Reaction
- Withdrawal
- Cannabis Use Disorder

Cannabis reactions in not consistently documented in ICD 10 diagnosis

International Academy on the Science Allergies and Impact of Cannabis



IASIC1.ORG

Medical Library has helpful summaries and citations

- Amotivational Syndrome
- Anxiety
- Autism
- Cancer
- Cannabis Hyperemesis Syndrome
- Cannabis Use Disorder
- Cannabis Withdrawal
- Cardiovascular Health
- **CBD** Effects
- Contamination
- Depression and Suicidality
- **Emergency Admissions**
- Life Expectancy
- Motor Vehicle Collisions
- Neonatal Exposure
- Neurocognitive Effects
- Pain/Opioids
- Psychosis and Schizophrenia
- PTSD
- Pulmonary Health
- Seizures
- Suicide
- Violence

Medical Association Position

S Association for Addiction Professionals

- American Academy of Neurology
- American Academy of Ophthalmology
- American Academy of Pediatrics
- American Cancer Society
- American College of Medical Toxicology
- American College of Obstetrics and Gynecology -
- American Epilepsy
- American Glaucoma Foundation
- American Heart Association
- American Lung Association
- American Medical Association
- American Academy of Neurology
- Psychiatric Association
- Australian and New Zealand College of Anaesthetists, Faculty of Pain Medicine
- International Association for the Study of Pain
- American Society of Addiction Medicine













High Truths on Drugs and Addiction



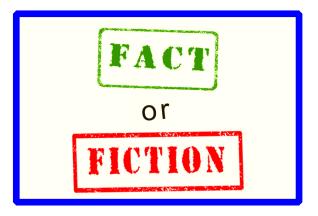
High Truths on Drugs and Addiction Hightruths.com Podcast Hosted by Dr. Lev

JOIN SEASON FINAL
NOVEMBER 19
BE PART OF CONVERSATION





Medical Marijuana



Medical marijuana is safer than non-medical marijuana.





Frontline Case

Fungal Infection

34-year-old man presented with pulmonary aspergillosis on the 75th day after bone marrow transplantation for CML leukemia. He was smoking marijuana heavily for several weeks before admission to the hospital. His lung cultures and marijuana stash cultures grew the same Aspergillus fumigatus morphology. Unfortunately, he did not survive this infection.





What is "Medical" Marijuana?

"Medical" is political definition not a scientific definition

- No different in plant quality
- Not held to international medicinal standards of prescribing
- "Medical" users
 - Less than 3% of California users have cancer, HIV, seizures
 - Average age 32
- Products are not Dietary Supplement Standards Verified









"Medical" Marijuana



"Medical" marijuana is not safer than non-medical marijuana.

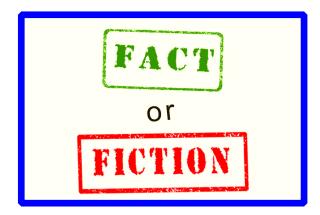
- Medical and recreational marijuana come from the same plant.
- 20 out of 20 licensed dispensaries in California were found to can contamination in their marijuana such as fungus and bacteria.
- CDC Alert: Organ transplant recipients should avoid smoking cannabis and immunocompromising conditions should be aware of the possible link between cannabis smoking and fungal infections.
- Truth in Labeling JAMA study
 - CBD: 84 products studies, 31% accurate labeling
 - THC: 75 products studied, 17% accurate labeling



UC Davis. Clinical Microbiology and Infection, titled, "A microbiome assessment of medical marijuana." In press. Retrieved from http://www.ucdmc.ucdavis.edu/publish/news/newsroom/11791. March 13, 2018

Pain





Medical marijuana is recommended for pain.





Frontline Case

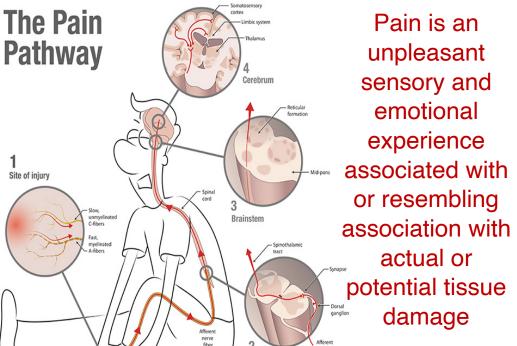
Back pain and Blood pressure

54-year-old man presented to the emergency department with back pain. He was proud of spending \$50 for medical marijuana card and purchased vaping products. He thought it helped him for a while, but now his back pain was worse. His blood pressure was 250/120.

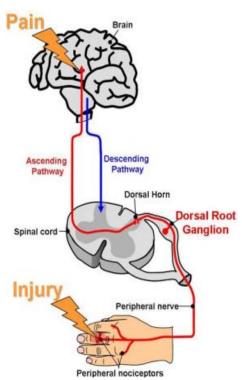




Pain Pathway



Spinal cord





Types of Pain

Nociceptive (Tissue Damage)

- Tissue Damage
- · Broken Bone
- Arthritis
- Cancer Pain
- Surgery pain

Neuropathic (Nerve Dysfunction)

- · Diabetic Neuropathy
- · Post Herpetic Neuralgia

Sensory/Hypersensitivity (No Tissue or Nerve Damage)

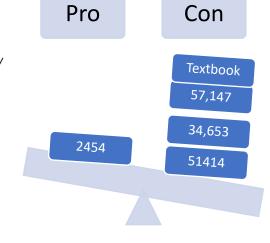
- Fibromyalgia
- · Irritable Bowel Syndrome
- · Chronic Fatigue
- · Restless Leg Syndrome



Science on Pain

STUDIES SUPPORTING CANNABIS FOR PAIN

- 28 studies with 2454 patients: cannabis vs placebo (Whiting, 2015)
 - 37% vs 31% greater pain reduction
 - Patients had mostly neuropathic pain
 - Example study: 4%THC 3x per day for 5 days, 50 patient study



STUDIES AGAINST CANNABIS FOR PAIN

- Several Large Studies:
 - Goldfrank Toxicology Textbook
 - 1514 participants over 4 years Campbell, The Lancet Public Health, 2018
 - Users have a greater pain severity score, great pain interference score, lower pain self efficacy scores, and great anxiety.
 - No evidence that cannabis resulted in discontinued opioids.
 - 34,653 participants Olfson, Am J of Psychiatry, 2017.
 - Use increased risk of developing nonmedical prescription opioids and opioid use disorder.
 - 57,147 people- NSDUH data, Caputi. J Addiction Medicine. 2008. 2015
 - Medical" Marijuana Users are more likely to use prescription drugs medically and non medically.



Misleading Science

"Marijuana Protection Hypothesis"

- Bauchhuber. JAMA. From 1999-2010 states with medical cannabis laws experienced slower increases in opioid overdose mortality.
- Shover. Proceedings National Academy of Science. Extended exact same study from 1999-2017 and found the opposite. States passing medical cannabis laws experienced a 22.7% increase in overdose deaths.
- Hue and Kovacs. Association of county level cannabis dispensary counts and opioid related mortality rates in the United States. The BMJ. 2021.
 Claim 17% reduction in opioid deaths with increase of 1-2 store fronts.
 Evaluated 23 states.
- Archie Bleyer. Oregon Science and Health University. Updated the "marijuana protection hypothesis" with opioid mortality trends to 2017 looking at all states and District of Columbia. Of the 23 legalizing states, 78% had statistically significant acceleration of opioid death rates after medical or recreational legalization.



Marijuana Research

Things to ask:

- How many people in study?
- What was dose of THC / CBD used?
- Who sponsored?



Opioid Epidemic based on NEJM
Letter to the
Editor and study
of 38 patients



International Association for the Study of Pain

 Due to the lack of high-quality clinical evidence, the International Association for the Study of Pain (IASP) does not currently endorse general use of cannabis and cannabinoids for pain relief.







"Medical" Marijuana is **not** recommended for pain.

- Lack of Science in pain relief
- Lack of Science as an opioid substitute
- Studies using Cannabis for pain are very small
- Studies using Cannabis for pain do not use high potency product
- Marijuana use does not reduce opioid use for people in chronic pain
- Marijuana users increase opioid use without obtaining more pain relief

Marijuana is contraindicated for opioid use disorder.

- Concurrent marijuana and opioid use interferes with treatment of opioid use disorder
- ASAM- American Society of Addiction Medicine: Cannabis should not be recommended for use of opioid use disorder.
- · Larkin PJ, Madras BK. Opioids, overdoses, and cannabis: is marijuana an effective response to the opioid abuse epidemic? The Georgetown Journal of Law and Public Policy.
- Nugent SM. Et al. Patterns and correlates of medical cannabis use of pain among patients prescribed long term opioid therapy. Gen Hosp Psychiatry 2018.
- Lee DC, et al. Systemic review of outcome domains and measures used in psychological and pharmacological treatment trials for cannabis use disorder. Drug Alcohol Depend. 2018.
- Shover LE, et al. Association between medical cannabis laws and opioid overdose mortality has reversed over time. Proc Nat Acad Sci. 2019.
- Cannabis and Pain: A Clinical Review. Hill et al. Cannabis Cannabinoid Res. 2017

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5549367/

• Marijuana as Medicine? The Science Beyond the Controversy. Alison Mack, Janet Joy.

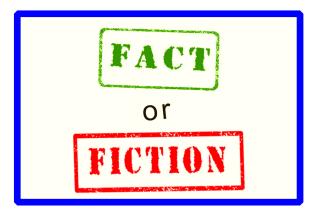
https://www.ncbi.nlm.nih.gov/books/NBK224394/

• Cannabis for Chronic Pain: Not Ready for Prime Time. Carr and Schatman. Am J Public Health https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6301389/





Bleeding

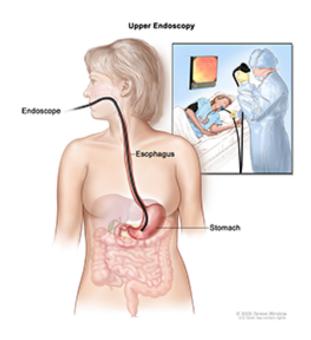


Marijuana can cause spontaneous bleeding.





Front Line Case



Internal Bleeding

68-year-old man presented to the emergency department for the third time for internal bleeding. Each time he received a blood transfusion and endoscopy to look for bleeding. He was on a blood thinner for his prior heart attacks. On the third visit his marijuana use was found to cause drug interaction that increased bleeding.



Marijuana Drug Interactions

Drugs.com





Cannabis - THC

Do not take with Marijuana



- 377 drugs interact with cannabis
- Morphine, Tramadol,
 Benzodiazepines, Psychiatric
 meds, Alcohol
- 24 Major reactions
- 353 moderate reactions

Cannabidiol - CBD

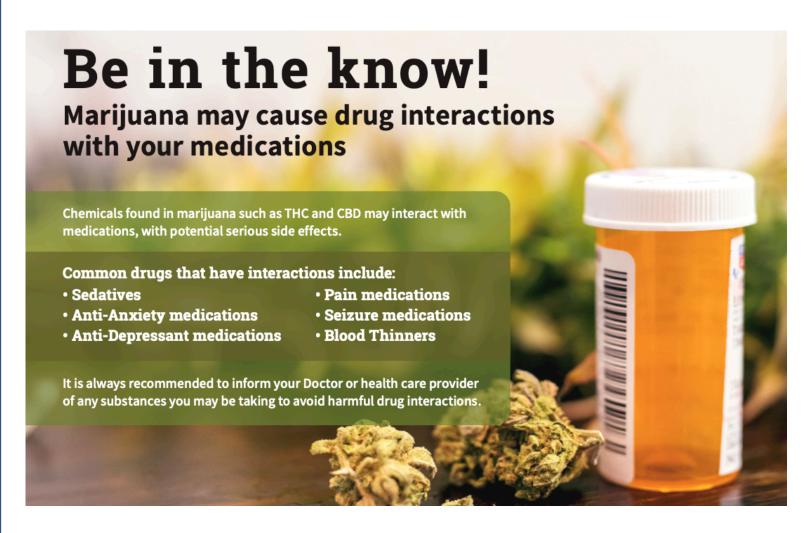
Do not take with CBD



- 529 drugs interact with cannabis
- Aspirin, antihistamines,
 Tylenol, Psychiatric meds,
 Alcohol
- 9 Major reactions
- 519 moderate reactions



Marijuana Drug Interactions





Bleeding

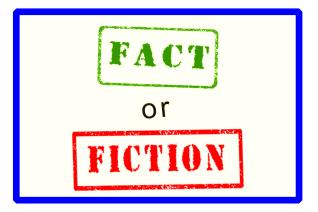


Marijuana can cause spontaneous bleeding.

- Marijuana can cause spontaneous bleeding in patients who are taking blood thinner medications.
- THC and CBD have many drug interactions.



Insomnia



Medical marijuana is recommended for insomnia.





Frontline Case



Grandpa can't sleep

88-year-old man on vacation with family with history of diabetes, high blood pressure, and cirrhosis. He complained of inability to sleep and taking too many medications. He grandson tried to help by giving him a pot brownie. He was admitted to the hospital with altered mental status because he could not wake up.



Insomnia



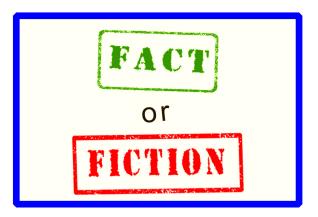
Marijuana is **not** recommended for insomnia

- Marijuana, the plant, is not a medical recommendation for insomnia.
- Delta-9 THC may decrease sleep latency but impair sleep quality long term
- Cannabis and sleep is in its infancy and yielded mixed results





Nausea



Medical marijuana is recommended for nausea



Front Line Case



Cannabis Hyperemesis Syndrome Scromiting

Brian Denny was 17 years old and diagnosed with cannabis hyperemesis syndrome. He died from his disease.

Daily diagnosis in emergency departments.



Nausea

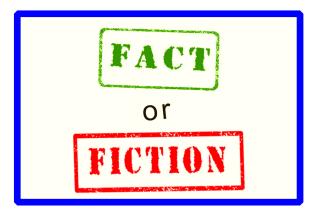


Marijuana is **not** recommended for nausea.

- Marijuana, the plant, is not a medical recommendation for nausea.
- Nabilone and Dronabinol (pure THC) can help chemotherapy induced nausea and vomiting
 - THC at low potency
 - No evidence it is better or safer than currently available antiemetics
- Vomiting can be caused by marijuana. Cannabis Hyperemesis
 Syndrome (scromiting) is a common condition in chronic marijuana smokers.
- American College of Obstetrics and Gynecology
 - Discourage marijuana use preconception, pregnancy, lactation



Seizures



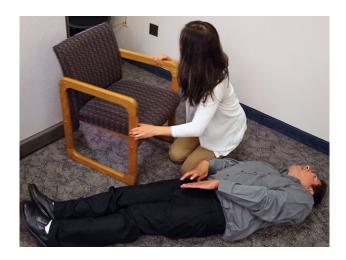
Marijuana helps seizures



Charlotte Figi



Front Line Case



Seizure

32-year-old man presents to the emergency because of seizure. This is his 4th visit to the ED for the same problem. He has a known seizure disorder and is not taking his seizure medications. He admits to using cannabis to treat his seizures.



CBD available by prescription

- The only FDA regulated CBD product is Epidiolex
- Indication: Dravet Syndrome or Lennox-Gastaut syndrome
- FDA studies show clinical side effects and adverse reactions

FDA package insert

------INDICATIONS AND USAGE-----

EPIDIOLEX is indicated for the treatment of seizures associated with Lennox-Gastaut syndrome or Dravet syndrome in patients 2 years of age and older (1)

-----WARNINGS AND PRECAUTIONS-----

Hepatocellular Injury: EPIDIOLEX can cause transaminase elevations. Concomitant use of valproate and higher doses of EPIDIOLEX increase the risk of transaminase elevations. See Full Prescribing Information for serum transaminase and bilirubin monitoring recommendations. (5.1)

------ADVERSE REACTIONS------

The most common adverse reactions (10% or more for EPIDIOLEX and greater than placebo) are: somnolence; decreased appetite; diarrhea; transaminase elevations; fatigue, malaise, and asthenia; rash; insomnia, sleep disorder, and poor quality sleep; and infections. (6.1).



Warning:

- Liver damage
- Suicide
- Somnolence
- Sleep Disorder
- Infections



Seizures



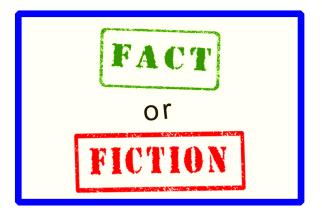
Marijuana does not help seizures.

- Marijuana, the plant with 500 chemical does not help seizures.
- American Epilepsy Society
 - No recommendation of THC for seizure
 - Epidiolex (CBD) is recommended for specific pediatric seizures
 - - Dravet Syndrome
 - - Lennox-Gastaut Syndrome
 - Caution in buying CBD from dispensaries

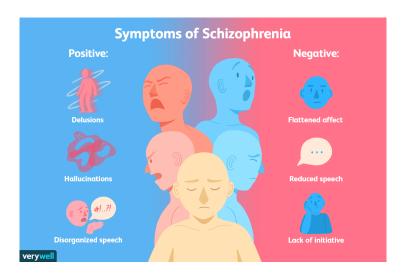




Schizophrenia



Marijuana can cause permanent schizophrenia.



Front Line Case



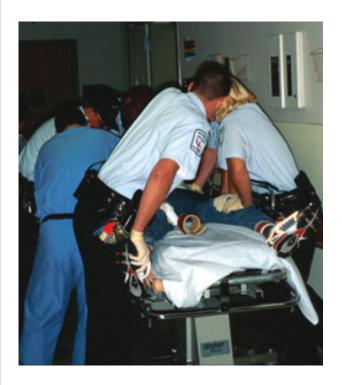
Psychosis

31-year-old man called 911 because he believes he is going to die. He is visiting California and just smoked marijuana.

Distracted
Hearing voices
Visual
hallucinations
Paranoid Delusions
Nonsensical speech
Bizarre behavior

"There is substantial evidence of a statistical association between cannabis use and the development of schizophrenia or other psychoses, with the highest risk among the most frequent users." - National Academies of Sciences, Engineering and Medicine. The Health Effects of Cannabis and Cannabinoids. 2017

Front Line Case



Agitated Delirium

26-year-old man brought in by paramedics and law enforcement kicking, screaming, spitting, flailing in a violent outburst. He was home alone tearing up his apartment when neighbors were concerned. After chemical sedation and 8 hours in the emergency department his toxicology test was positive just for THC. He was a nice young man and admitted to using a single marijuana gummy bear.



Schizophrenia



Marijuana can cause permanent schizophrenia.

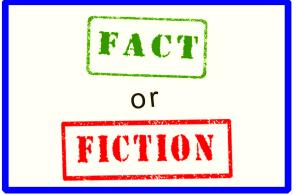
FDA Label for Marinol (2.5 mg bid): "Avoid use in patients with a psychiatric history"

- Marijuana causing psychosis meets all 7 Bradford-Hill criteria for epidemiolocal causation vs association.
- 5x risk chronic psychotic disorder for heavy marijuana users.
- 7 x increased risk suicide attempt in Caucasians who begin using in teens.
- Recovery of a psychotic break from marijuana occurs 50% of the time compared to recovery from other drugs 70% - 95% recovery.

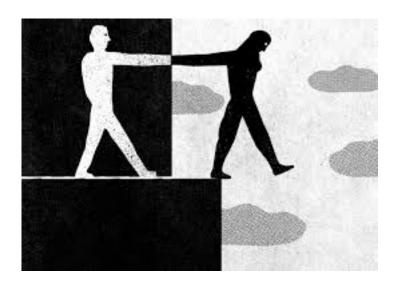




Depression and Suicide



Marijuana can lead to depression and suicide





Front Line

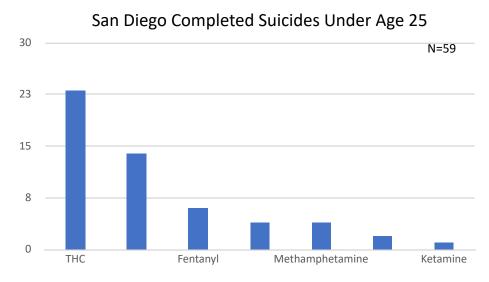


Psychiatric Boarding

- Anxiety
- Altered Mental Status
- Syncope
- Alcohol
- Alcohol
- Suicidal
- Drug Overdose
- Psychiatric Evaluation
- Suicidal Alcohol
- Withdrawal Suicidal
- Psychiatric Evaluation
- Suicidal
- Psychiatric Evaluation
- Manic Behavior
- Psychiatric Evaluation >400 hours



Front Line



- THC is #1 Drug found in completed suicides in age < 25
- Nearly 50% of Age Development(< 25) completed suicides included
 THC
- Nearly 50% of THC positive completed suicide have THC alone and no other drug

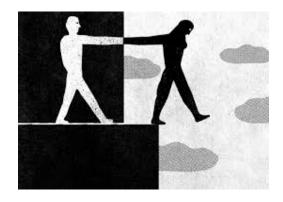


Depression and



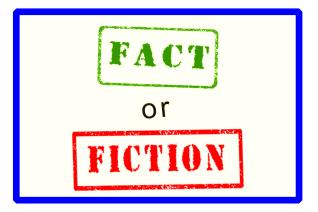
Marijuana can lead to suicide

- Adolescents who use cannabis have a significant increased risk of depression and suicidality in study of 23,217 individuals
- Marijuana use is associated with increased risk of suicide
- THC is #1 drug found in completed teen suicide in Colorado
- Self harm increases 46% in young men in states with commercialized cannabis

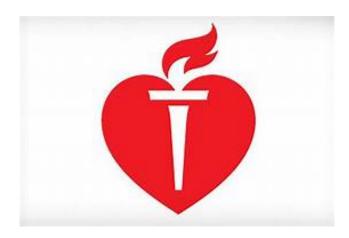




Heart Health



Marijuana is associated with heart attacks and stroke.





Front Line Case



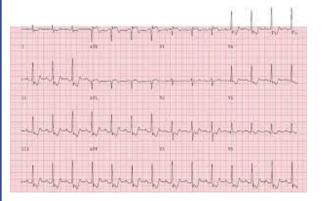
Passed out

54-year-old woman with history of fibromyalgia has been taking marijuana gummy bears for 2 years without any problems for her chronic headaches. She came to the ED after passing out, hitting her head, and sustaining a head injury.

She just took a single dose of a new batch of gummy bears.



Front Line Case



Heart Attack and Cannabis Hyperemesis

46-year-old woman with known CHS requested Haldol to help her symptoms. She felt anxious when trying to quit marijuana and has not been able to. She noted chest pain due to wretching. Her heart enzymes showed she had a heart attack.



Heart Health



Marijuana is associated with heart attacks and stroke.

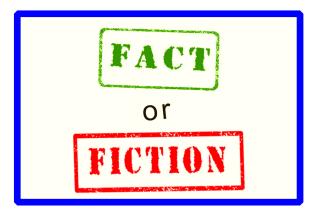
American Heart Association Scientific Statement "Cannabis use shows substantial risks, no benefits for cardiovascular health; more research is critical"

- Cardiac death rates increased 2.3% in men and 1.3% in women since legalization of medical cannabis – US National Vital Statistics 1990-2014
- Cannabis use is associated with increased systolic but not diastolic blood pressure – US National Health and Nutritional Examination
- 3-year incidence of Acute Myocardial Infarction was higher in cannabis abuse group Explorys 2011-2016
- Increasing trend of arrhythmias with cannabis users National Inpatient Sample 2010-2014
- 3.3 x increase stroke rate in cannabis users 1999-2002

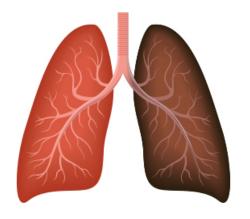




Lung Health

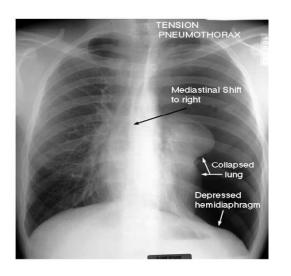


Smoking marijuana is bad for the lungs.





Front Line Case



Pneumothorax

27-year-old man presented with severe chest pain and shortness of breath.

A chest x-ray showed a pneumothorax – collapsed lung.

Lung Health

For every I adult who quits cigarettes using e-cigarettes, 80 adolescents who never smoked will eventually become daily smokers through e-cigarette use

- The American Lung Association cautions the public against smoking marijuana as well as tobacco products
- The CDC/ FDA investigated 2807 cases, 68 fatalities, associated with EVALI (peak Sept 2019)







Lung Health

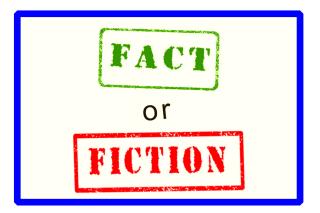


Smoking marijuana is bad for the lungs.

- Smoke from marijuana combustion contain many of the same toxins, irritants and carcinogens as tobacco.
- Marijuana smokers tend to inhale more deeply and hold their breath longer than cigarette smoking which leads to greater exposure per breath to tar.
- Marijuana smoking is associated with a 2-fold increased risk of lung cancer.
- Marijuana joint procedures 3.5 times as much secondhand smoke as a Marlboro cigarette



Cancer



Marijuana can cause cancer.





Front Line Case



Block of enlarged lymph node filling almost the entire right retroperitoneal space infiltrating the psoas muscle.

Testicular cancer

32-year-old Caucasian male presented with right sided scrotal swelling for 6 months. A CT scan showed metastatic cancer. He was treated with orchiectomy and chemotherapy. Unfortunately, he died of his disease.

Stamatiou, K., Papadopoulos, P., Perlepes, G. et al. Mixed germ cell tumor of the testicle with ravdomuosarcomatous component: a case report. Cases Journal 2, 9299 (2009). https://doi.org/10.1186/1757-1626-2-9299



Cancer



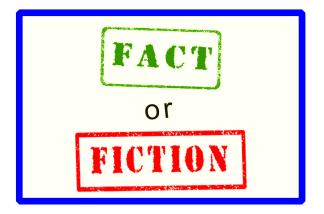
Marijuana can cause cancer.

- Testicular germ cell cancer has a 2-fold increase in marijuana users.
- American Cancer Association cautions against relying on marijuana alone while avoiding or delaying medical care for cancer
- ACA notes helpful in nausea for cancer chemotherapy, neuropathic pain, HIV wasting syndrome, slow growth of some cancer cells in a lab.
- New Zealand cancer association associated marijuana use with lung cancer

- Daling JR et al. Association of marijuana use and the incidence of testicular germ cell tumors. Cancer. 2009;115(6):1215-1223. doi: 10.1002/cncr.24159
- Lackson JC, Carroll JD, Tuazon E, Castelao EJ, Bernstein L, Cortessis VK. Population-based case control study of recreational drug use and testis cancer risk confirms an association between marijuana use and nonseminoma risk. Cancer. 2012;118(21):5374-83. doi: 10.1002/ cncr.27554
- Traber B, Sigurdson AJ, Sweeney AM, Strom SS, McGlynn KA. Marijuana use and testicular germ cell tumors. Cancer. 2011;117(4):848-53. doi: 10.1002/cncr.25499.
- Aldington, et. Al. Cannabis use and risk of lung cancer: A case control study. Eur Resp J. Feb 2008.



Neonatal Health



Marijuana can cause still birth.





Frontline



Pediatric Poisoning

4-year-old ate a gummy bear from her mother's purse. She became unconscious with eyes vibrating back and forth. She was admitted to the ICU.



Neonatal Health



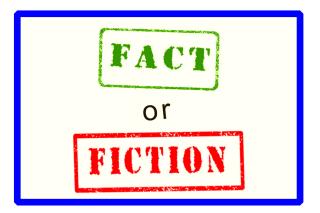
Marijuana can cause still birth.

- Neonatal Exposure: 2.3 x increased risk of stillbirths
- A child's development is impaired by other's marijuana use during pregnancy
- Cannabis has been linked as a teratogen, an agent causing congenital abnormalities to a fetus

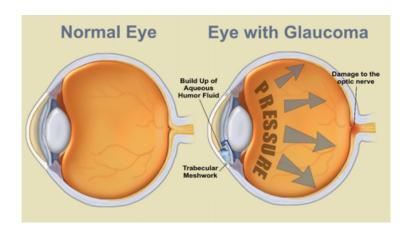




Glaucoma



Marijuana is a treatment for glaucoma.





Frontline

No Cases

Not aware of any patients who use cannabis for glaucoma. Health and Safety code laws are written by non clinicians.

HEALTH AND SAFETY CODE - HSC

DIVISION 10. UNIFORM CONTROLLED SUBSTANCES ACT [11000 - 11651] (Division 10 repealed and added by Stats. 1972, Ch. 1407.)

CHAPTER 6. Offenses and Penalties [11350 - 11392] (Chapter 6 added by Stats. 1972, Ch. 1407.)

ARTICLE 2. Cannabis [11357 - 11362.9] (Heading of Article 2 amended by Stats. 2017, Ch. 27, Sec. 121.)

- 11362.5. (a) This section shall be known and may be cited as the Compassionate Use Act of 1996.
- (b) (1) The people of the State of California hereby find and declare that the purposes of the Compassionate Use Act of 1996 are as follows:
- (A) To ensure that seriously ill Californians have the right to obtain and use marijuana for medical purposes where that medical use is deemed appropriate and has been recommended by a physician who has determined that the person's health would benefit from the use of marijuana in the treatment of cancer, anorexia, AIDS, chronic pain, spasticity, glaucoma, arthritis, migraine, or any other illness for which marijuana provides relief.



Glaucoma

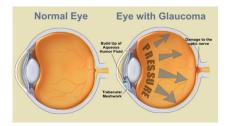


Marijuana is **not** a treatment for glaucoma.

- Marijuana can reduce intraocular pressure
- American Academy of Ophthalmology
- American Glaucoma Society
 - Do not recommend marijuana for glaucoma treatment

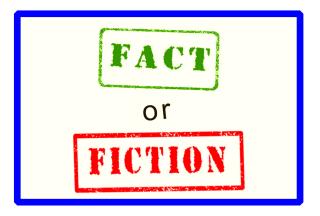






Death





No one dies from marijuana



Front Line Case





Almost died

39-year-old man was smoking wax (90% THC) when he collapsed. His blood pressure was critically low, and he was unresponsive. He was placed on life support and admitted to the ICU.





Front Line Case



Trauma

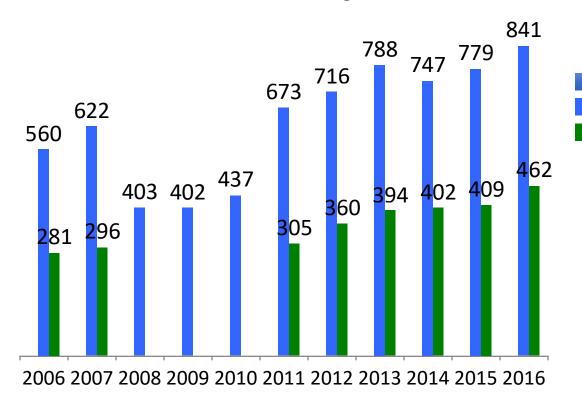
- 36-year-old Hyun Choi convicted vehicular manslaughter while high on marijuana, March 2016.
- 22-year-old Jennifer Gasper died by driver going 82 mph through red light and high on marijuana

Since 2009, more high school seniors reported driving after smoking marijuana than driving after drinking alcohol. Monitoring the Future.



San Diego Drugs Deaths

Number of Patients with Drug Related Deaths



Total Drugs Deaths

THC Deaths



Marijuana Death Diaries

- 1 year old "undetermined"
- 15 year old "undetermined"
- 19 year old lost control of vehicle, struck tree (32 Drivers)
- 21 year old jump off bridge in suicide "suicide" (76 suicides)
- 34 year old fall while hiking "accident"
- 55 year motorcycle driver struck embankment, (9 MCA)
- 23 year old with pneumonia "natural"
- 50 year old struck by car (pedestrians) "accident"
- 69 year old with heart disease "natural"
- 24 year old with seizure "natural"
- 38 year old electrocuted "accident"
- 54 year old with hypertension "natural"
- 34 year old stabbed to death ""homicide" (23 homicides)
- 52 year old with COPD/emphysema ' "natural"
- 33 year old sudden cardiac death, history of diabetes, "natural"
- 42 year old riding bicycle, hit a car, "accident"
- 47 year old with diabetic ketoacidosis, "natural"
- 22 year old skateboard into car, "accident"
- 61 year old hemopericardium, "natural"



Death



No dies from marijuana

- Drugged Driving 2 x risk of responsible for deadly crash or be killed if THC in blood
- Death associated with cannabis hyperemesis syndrome
- Death associated with psychosis
- Death associated with homicide/ violence
- Death associated with blood clot in arteries



You Protect our Future

One Person Can Make a Difference



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