

Cannabis Effects on Adults and Seniors

Maria K. Poirier M.D.

Rochester, MN

Smart Approaches to Marijuana Minnesota <https://www.sammn.org/>

Cannabis use reduces intelligence

Middle age cannabis users with at least weekly cannabis use showed a mean 5.5-point IQ decline compared to their childhood IQ and smaller hippocampal volume. Researchers are uncertain if cannabis users show elevated rates of dementia in later life. (Meier et. al, Am. J. of Psychiatry 2022)

State-regulated cannabis is **not** prescription medication

Cannabis legalized by the state of Minnesota is not regulated by the FDA under pharmaceutical standards. As a result, cannabis manufacturers do not have to prove through clinical trials in humans that cannabis is safe, effective, or whether it will interact with prescription medications. State-regulated cannabis has not been proven to prevent, treat or cure any disease.

Cannabis use can impair driving for 8+ hours

People who consume cannabis edibles should not drive for 8 hours after use. Longer waiting periods may be required if cannabis edibles are eaten with a high fat, high calorie meal (such as burgers and fries). (Schlienz et. al. Drug Alcohol Depend. 2020). Smokable cannabis also impairs driving for extended periods of time.

Cannabis negatively impacts health and increases risk for falls

Cannabis adversely affects most organ systems in the body. The most common adverse effects are respiratory symptoms, alterations in blood pressure, dizziness, nausea, sedation, intoxication, cognitive disturbance, and interaction with prescription drugs. Cannabis' neurocognitive side effects increase the risk of falling in older adults. (Khoury et al, Clinics in Geriatric Medicine, 2022)

Cannabis use is associated with psychosis and depression

The association between cannabis use frequency and cannabis use disorder with psychosis and depression is consistent across all age groups. (Leadbeater et.al. Addiction 2019)

Cannabis use may cause addiction

Near daily use of cannabis over an extended period of time, regardless of dose leads to addiction in up to 50% of users. (Callaghan et. al. Drug and Alcohol Dependence 2020)

Marijuana and Seniors Don't Mix

Marijuana makes one less smart

Lowers IQ by 5 points and shrinks the brain memory bank when used frequently. Researchers do not know if using marijuana regularly increases the risk for developing dementia.

Marijuana is NOT a prescription medication

It can interact with medicines prescribed by your doctor. Over-the-counter marijuana products have not been proven to prevent, treat, or cure disease.

Using marijuana and driving is dangerous

People consuming marijuana edibles should not drive for 8 hours after use. Smokable marijuana also impairs driving for lengthy periods of time.

Marijuana is bad for your health and can increase risk for falling

The most common side effects of marijuana are dizziness, sleepiness, nausea, and foggy thinking. Most organs in the body are negatively affected by marijuana.

Marijuana can cause psychosis, depression, and may lead to addiction

Call your state representatives today!

Tell them to STOP legalization of marijuana!

