

Women and Weed

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Did you know...

Every brain begins as female.

50.8% of the global population is female.

Until the 1990's, most studies to find effective treatment included only male participants.

8% of substance research is about women's needs.

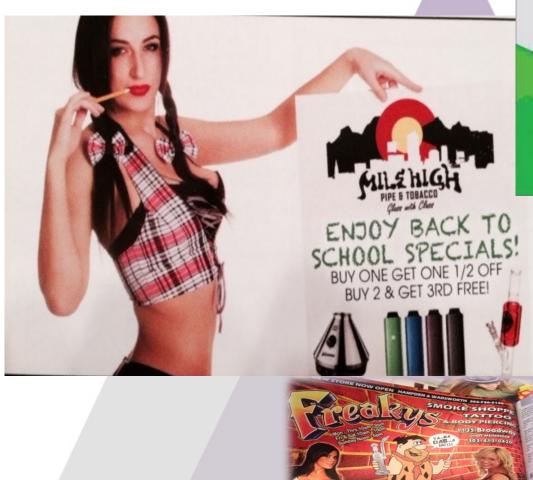
According to the Brightfield group 59% of new weed users are women.

Past Month Marijuana Use for All Age Groups among Women



+ Difference between this estimate and the 2019 estimate is statistically significant at the .05 level.





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News Video Strains Food

Cannabis Culture Health Trending

Adver



9 Reasons Why Weed Is Made for Women



HERB

Tiffany King 42 11 April, 2017

Culture

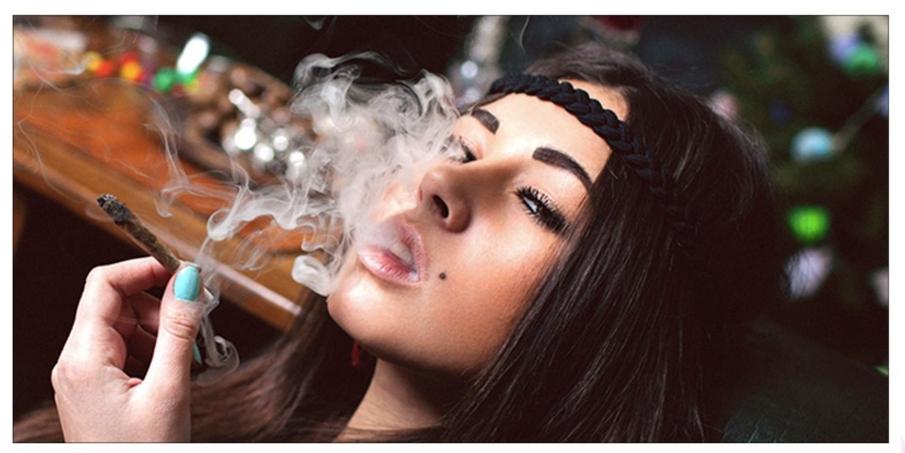
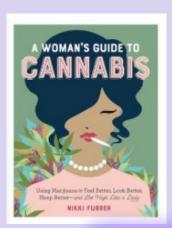


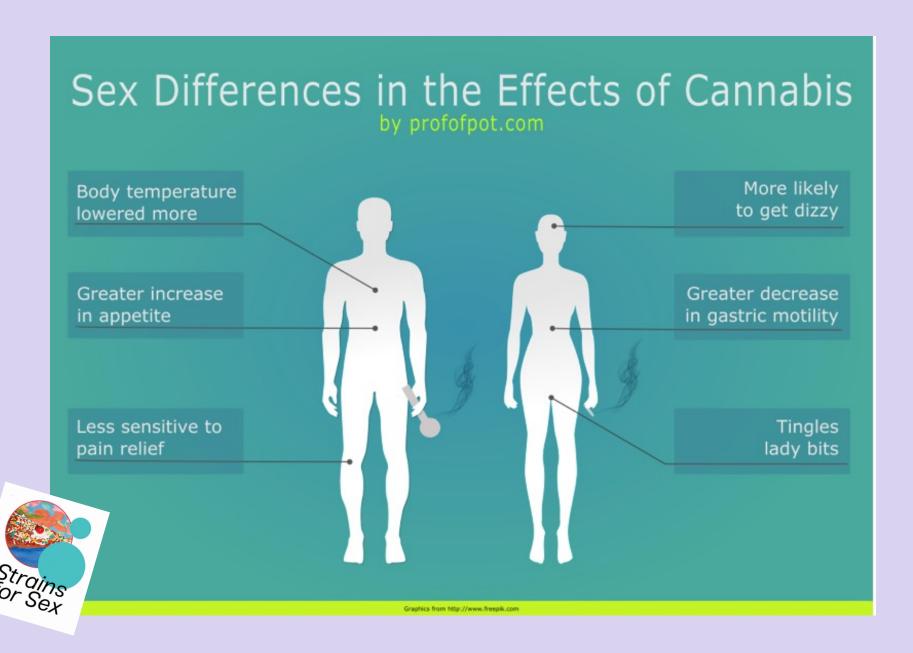
Photo credit

Women's Weed

- 1. It relieves symptoms of anxiety and stress
- 2. It can improve your sex life
- 3. It helps with weight maintenance
- 4. Women get high faster than men
- 5. It puts you to sleep
- 6. It alleviates PMS symptoms
- 7. It can prevent or treat cancer
- 8. It may alleviate pregnancy symptoms
- 9. It helps you enjoy life more







PMS / Menstrual Cramps



Floral relief: vaginal suppository

Pregnancy / Parenting

'Mommy needs to microdose'



83% of medical dispensaries suggested cannabis use for pregnant women

Use among pregnant Women doubled from 2002 to 2017 (3.4 to 7%)

Pregnant women (15-44) 7.1% report using during the past month – 108% increase in 2 years 1.2% to 3.1% of pregnant women report daily / near daily use

Mental Health



HEAD RIGHT

My very first experience with weed showed me that it was possible to turn off that nagging negative voice inside my brain. It was a wonderful discovery! AMY, NEW JERSEY







PRODUCTS AND POTENCY

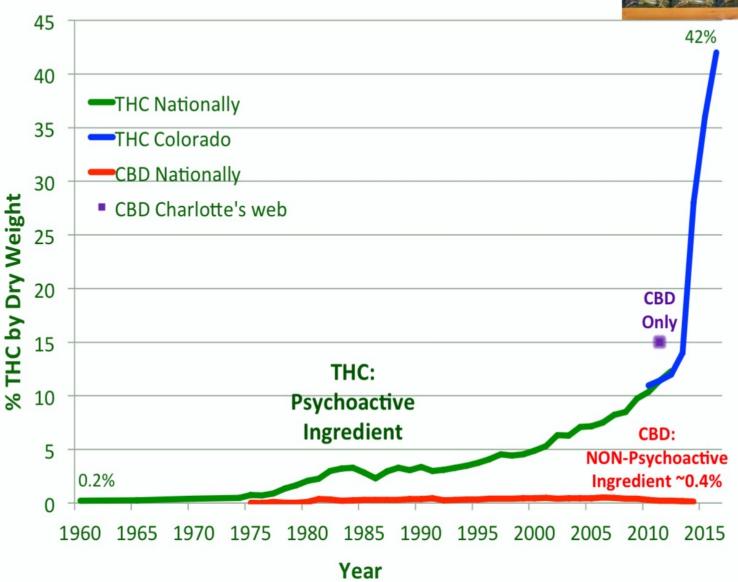
Types of Cannabis

- Plant
- Concentrates
- Edibles
- Oil
- Topical
- Tinctures
- Terpenes



Cannabis: % THC Over Time

The percent of THC, also known as potency, has been steadily increasing in plants over the last 55 years, while CBD stayed the same.



Plant / Flower





80% of tested concentrates were contaminated





Dispensary marijuana is around 8x stronger than a generation ago



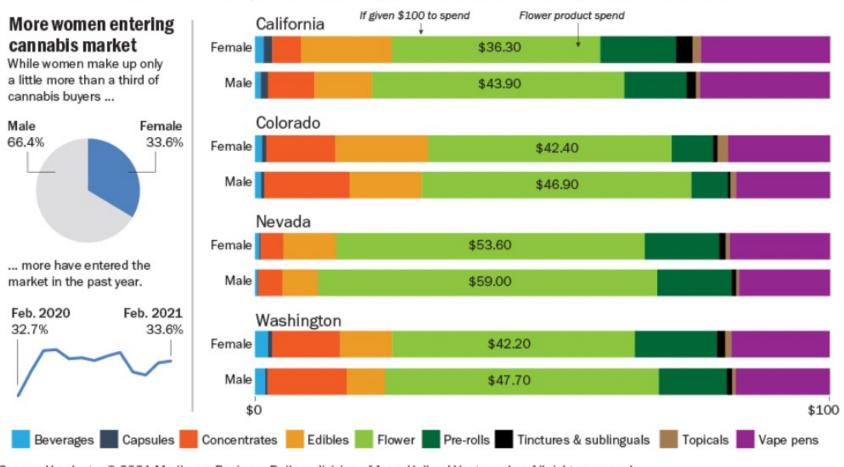
Extraction



Distillation equipment used in a cannabis extraction lab.

The Marijuana Buying Patterns of Women

Female cannabis buyers are more likely to purchase products other than flower compared to their male counterparts, according to an analysis of adult-use marijuana wallet spend in four Western states.



Source: Headset © 2021 Marijuana Business Daily, a division of Anne Holland Ventures Inc. All rights reserved.







RELIEF

240MG THC + 40MG CBD



The weed tampon

Can't Afford \$50 Marijuana Tampons? Here's How To Make Your Own





Relief Suppositories

(Based on 71 reviews)

Formulated for relief during your menstrual period or for local muscular relaxation and inflammation relief

Body / Pleasure



Strains That Promote
Weight Loss

Cirl Scout Cookies

Jack the Ripper

Willie Nelson

Tangie

Skunk #1 Dutch Treat

Doug's Varin

Durban Poison







Beauty / Aesthetics

Pacifica Highest Lash Chronic Volume Mascara (\$14)



or THC-spiked drinks-ranging from sparkling water to hard tonics and

mocktails-than thirsty men.





COWBOY K*SH

suede, saffron flower, labdanum, pot leaf, tonka, raspberry and patchouli \$32.00

BOY **SMEI**

The K*sh Collection

KEEP UR STASH HANDY-This collection takes the infamous herb and pushes into unbridled explorations of ne intoxicating strains. Expl<mark>ore our best</mark> seller, COWBOY K*SH, a year round favorite that's akin to "enjoying a joint at a rousing

Home / Pantry





COWBOY K*SH

suede, saffron flower, labdanum, pot leaf, tonka, raspberry and patchouli \$32.00



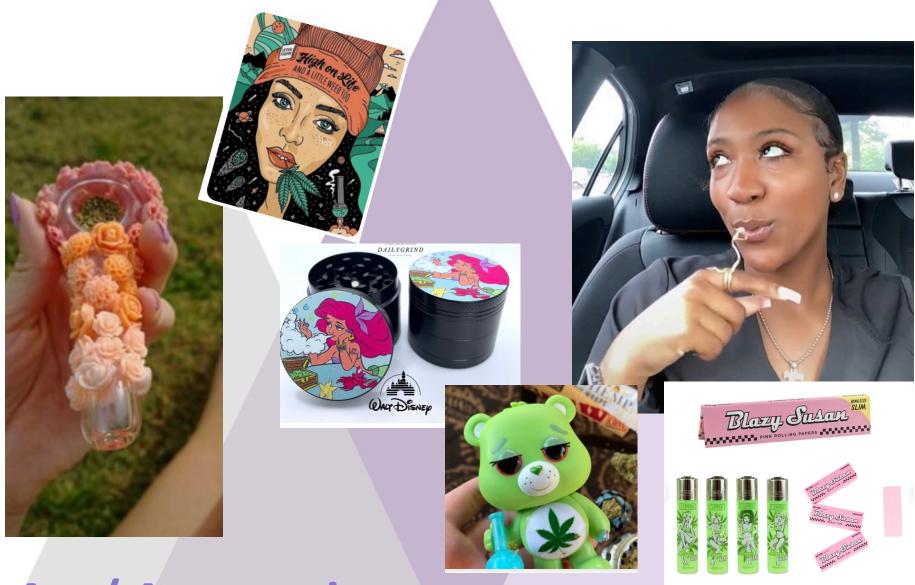


Perfect exactly like described. My daughter loved it. Highly recommend. Only took a \rightleftharpoons off because it took a while to get here.







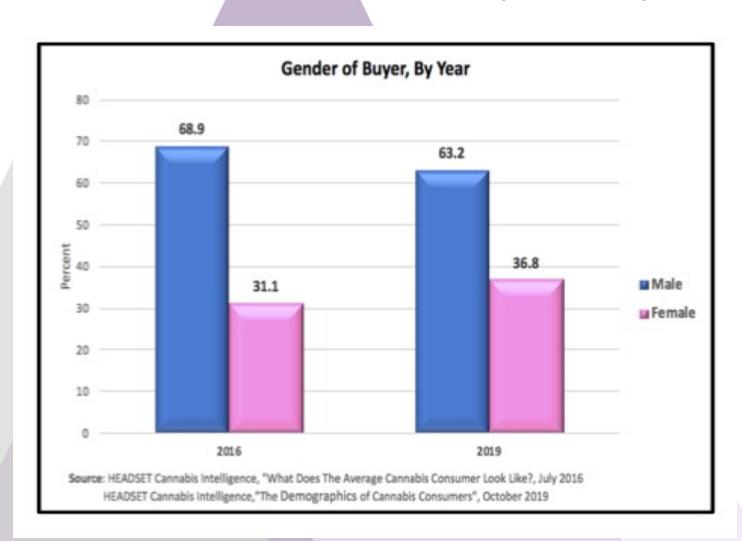


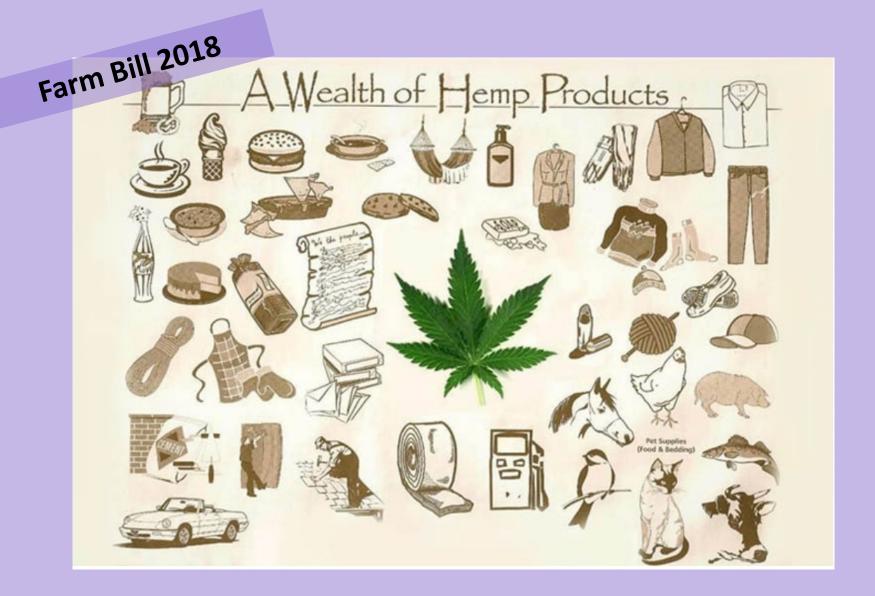
Art / Accessories



WOMEN FAVOR TOPICALS AND TINCTURES (49%) OF SALES.

WOMEN PURCHASE MORE CBD PRODUCTS THAN MALES (8.3 % TO 5%).

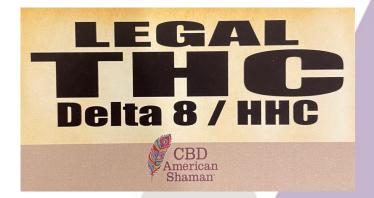




"TODAY'S HEMP IS YESTERDAY'S WEED."

Delta 8 THC

Hexahydrocannabinol



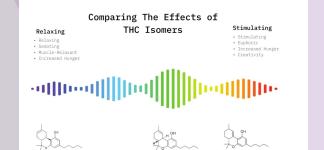
THC-O Acetate







Discovered in 1974



Delta 10



CBD Risks

- Risks outlined by the Food and Drug Administration (FDA) include but are not limited to:
 - Liver damage
 - Unknown interaction with other prescription medications
 - Male reproductive toxicity (e.g. low sperm count and motility)
 - Mood changes such as agitation and irritability
 - Unknown purity and potency levels or quality control standards from producers

POPSUBARY, Fitness, Sleep, The Best CBD Products For Sleep, According to Industry Pros Women in the CBD Industry Share Their Tips and Product Recommendations For Sleep Product Recommendations

CBD

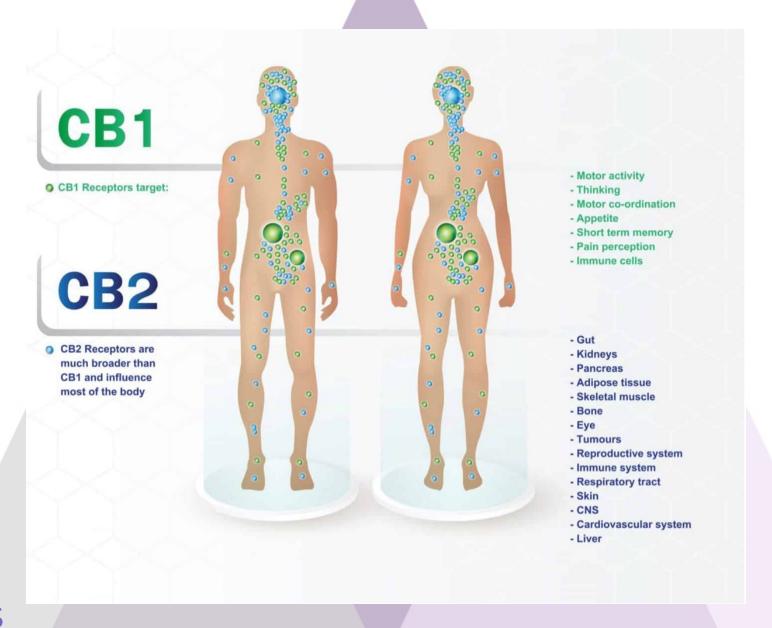


- CBD has an estimated 542 drug interactions (10 major, 483 moderate)
 - Liver, cytochrome P₅₀ system
- Only 31% of CBD products were labeled accurately (JAMA, 2017)

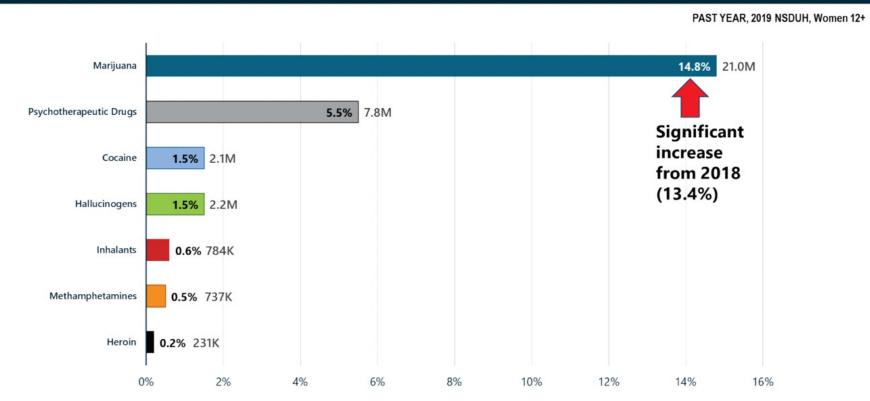


FACTS ON BRAIN, BODY, MENTAL HEALTH

Endocannabinoid System







Why Women Use

- Fighting exhaustion
- Coping with pain

Self-treat mental health problems

Controlling weight







Women are heavily influenced by their partners

Effects on Body

Motor

Slowed **reaction time**, **motor** coordination, and perceptual accuracy

Cardiovascular

- Greater difficulties with oxygen intake
- Increase **heart rate**
- Increased risk of bronchitis
- Increased risk of heart attacks and strokes

Autonomic nervous system

- **Inhibits** sweating and temperature control
- **Electrolyte** imbalances
- **Respiratory** system complications
- **Fatigue** during anaerobic testing

Effects on Mind

- Impaired memory, judgment, attention
- Increases risk of depression
- Acute **anxiety**, paranoia
- Increased risk of anxiety disorders
- Worsened outcomes in bipolar disorder
- Increased risks of **psychosis**, up to **8x**
- Risk of suicide attempt requiring hospitalizations 2 x higher
- Slows neuronal activity in hippocampus for more than 24 hours after use
- Lower **GPA**, skipping classes, longer time to graduate
- Perception

Reviewed in Hall, 2014 and Volkow et al 2014; Hodcroft et al 2014; Asbridge et al 2014; Monte et al 2014

Di Forti et al 2019; Lisano et al 2019; Gillman, Hutchison, Bryan 2015; Finn et al

Effects on Emotions / Relationships

- Decreased emotion regulation
- Influences emotional processing
 - THC increases anxiety in fearful situations



- Decreased accuracy and response time to identify happiness, sadness, or anger
- Weakening interpersonal relationships
- Increasing emotional distress





Cross faded

Alcohol increases the absorption of THC

Dangerous because it prevents you from vomiting (antimetic effect)

Simultaneous alcohol and marijuana (SAM)

- Dizzy
- Nauseated
- Extreme paranoia
- Hallucinations
- Disorienting short-term memory loss
- Disconnect from reality
- Can resemble a panic attack



Telescoping effect

"Same disease at different rates."

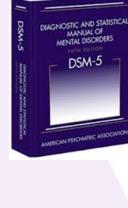
- Women typically start with lower levels of substances but end up escalating use to a higher degree
- Body composition
 - Higher body fat
 - Lower volume of water
 - Less gastric enzyme
- Women incur more consequences of use (usually 1:2 ratio)
- Psychological differences in why women use
 - Mood regulation, stress reduction vs. risk taking

Withdrawal

- Peaks at 4 days
- Last 16 days
- On Clinical Global Impression Scale, rated as markedly ill when they go through withdrawal
- More severe in women
- Symptoms are a negative reinforcement for continued use and are associated with less treatment adherence

Women may be more susceptible to cravings and relapse.





Pregnancy/Parenting

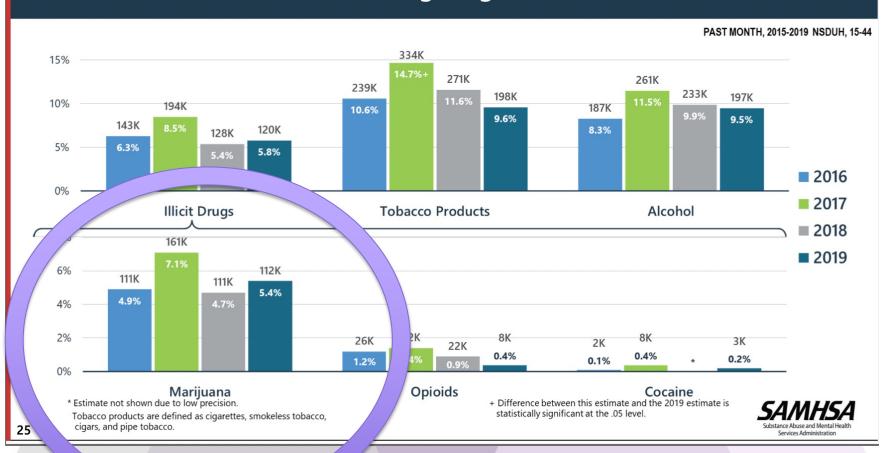
No amount of marijuana use during pregnancy is known to be safe





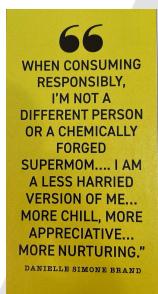
Surgeon General VADM Jerome Adams

Past Month Substance Use among Pregnant Women



Recommendations

- Women reported getting health care information from <u>health</u> <u>care providers and budtenders</u>
- 69% of budtenders recommended cannabis to treat nausea based on personal opinion



and Chilling TF Ou

Pregnancy

- Most common illicit drug used in pregnancy, rates from 3% to 30%
- Cannabis freely crosses the placenta
- Disrupts the endocannabinoid system, needed for healthy pregnancy and fetal brain development
- Fetal growth restriction, stillbirth, preterm birth, and neonatal intensive care unit admission
- Neonatal withdrawal (poorer feeding, poorer tone, hypertonicity, irritability)
- Infant toxicity

Pregnancy

- Problems with neurological development (hyperactivity, poor cognitive functioning, and changes in dopaminergic receptors, increased diagnosis of autism and ADHD).
- Increased risk for psychopathology in middle childhood (psychotic-like experiences, depression, anxiety, impulsivity, attention, social problems and sleep disturbance)

Metz, TD and Stickrath EH (2015). Marijuana use in pregnancy and lactation: a review of the evidence. ajog.org Finn, et al (2020) Cannabis in Medicine; Fetal and Neonatal Exposure Paul SE, Hatoum AS, Fine JD, et al. <u>Associations between prenatal cannabis exposure and childhood outcomes</u>: Results from the ABCD Study. *JAMA Psychiatry*. doi: 10.1001/jamapsychiatry.2020.2902 (Metz and Borgelt, 2018; Stickrath, 2019).

CANNABIS USE WHILE EXPECTING LINKED TO SLEEP TROUBLES IN KIDS



As many a mama can relate, stress, morning sickness and all types of

unpleasant aches can put a big damper on an expectant woman's baby bliss. But if you want to sleep *after* your little one is born, smoking a J while pregnant may not be your best option.

University of Colorado Boulder researchers analyzed 12,000 children aged 9 through early adulthood through data from the Adolescent Brain and Cognitive Development (ABCD) study. They found about 700 of their moms self-reported using marijuana while pregnant.

"Mothers who said they had used cannabis while pregnant were significantly more likely to report their children having clinical sleep problems," said Evan Winiger, a graduate student in the department of psychology and neuroscience.



Breastfeeding

- THC is found in breast milk, and can accumulate to high concentrations
- It can be found in breastmilk in as little as one hour and up to 6 weeks
- It can have cognitive, social and motor effects on the child, and they may be long term.
- Increases in use occurred after delivery

The potential for cannabinoids to adversely affect developing fetal and infant brains led the Society of Obstetricians and Gynecologists of Canada and the Motherisk program, formerly run through SickKids, to recommend that all pregnant and breastfeeding women abstain from marijuana use. Jan 8, 2020

Screening / Education / Treatment

- Screening for cannabis
- Provide counsel on lack of safety data around cannabis use
- Relapse prevention / anti-craving medication
- Recommendations for treatment

Providers report limited education or lack of best practices

UCSD STUDY: DOCS SHOULD SCREEN FOR CANNABIS USE DISORDER IN PREGNANT WOMEN



If you use marijuana during pregnancy, you may be putting your health and your fetus's health at risk.

Possible Effects on Your Fetus

Possible Effects on You



Disruption of be development before birth Permanent lung injury from smoking marijuana



Smaller size at birth Higher risk of stillbirth Dizziness, putting you at risk of fall



born too early, especially when a woman uses both marijuana and cigarettes during pregnancy npaired judgment, putting you at risk of injury



*

Harm from secondhand marijuana smoke Behavioral problems in childhood and trouble paying attention in school

Lower levels of oxygen in the body, which can lead to breathing problems



DID YOU KNOW?

- Medical marijuana is not safer than recreational marijuana. Recreational and medical marijuana may be legal in some states, but both are illegal under federal law.
- There's no evidence that marijuana helps morning sickness (ask your obstetrician-gynecologist [ob-gyn] about safer treatments).
- I You also should avoid marijuana before pregnancy and while breastfeeding.

Marijuana and pregnancy don't mix. If you're pregnant or thinking about getting pregnant, don't use marijuana.



If you need help quitting marijuana, talk with your ob-gyn or other health care professional.

Research is limited on the harms of morijuona use for a pregnant woman and her fetus. Because all of the possible harms are not fully known, the American College of Obstetricians and Gynecologists (ACOG) recommends that women who are pregnant, planning to get pregnant, or breastfeeding not use marijuona. ACOG believes women who have a marijuona use problem should receive medical care and counseling services to help them quit.



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Rules for Storage

Increasing numbers of children under 9 years old have been to an emergency room or hospitalized after accidentally consuming marijuana.







If you have kids in your home, I strongly suggest a stash box with a lock and key. This safe disguised as a dictionary is unassuming but secure.

Recognize products with cannabis

Teach your kids not to eat or drink anything with this symbol on the package.

Also, adults who can't read the ingredient label can use this symbol as a warning that the product contains marijuana.

#1 drug poisoning



Accidental cannabis use

Eating or drinking marijuana can make children very sick. They may have problems walking or sitting up, have a hard time breathing or start to feel sleepy.

If you're worried about your child, call the poison control hotline at 1-800-222-1222 as soon as possible. Calling is free and you'll be helped quickly.

If a reaction seems bad, call 911 or go to an emergency room right away.

POISON

1-800-222-1222

"Cannabis conversation"

- Do you consume any form of cannabis?
- Using helps me ______
- Does anything else get close to the effects of cannabis?
- What strain? potency? frequency?
- If it keeps you from getting what you want or causes problems, would you be willing to try and stop for a period of time?

Women "Must knows"

- Just as likely to develop use disorders
- Impact of cannabis use and withdrawal is harder on female bodies
- Potency is a concern
- Products are being positioned to become part of our everyday lives
- Research/science is trying to catch up with reality
- Women's substance use is influenced by relationships

- More likely to have panic attacks, anxiety, or depression
- Victims of DV are at increased risk of use
- Different brain changes
- Cannabis is not recommended during pregnancy /breastfeeding in any amount
- Consequences of use during pregnancy or while breastfeeding may not present until the child is school age

THANK YOU FOR YOUR TIME





Dr. LaTisha Bader

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