Talking with Patients About Cannabis

Cannabis/Marijuana is legal in Michigan and now more than ever healthcare providers may find that patients are consuming cannabis products. Like alcohol, tobacco, and other drugs, it's important to discuss cannabis, its possible health effects, and other medical considerations with patients.

Possible Health Effects of Cannabis Use	• Adverse interactions with prescription medications • Increased heart rate and blood pressure • Poor lung health (if using products that are inhaled) • Problems with memory and focus • Increased risk of mental health disorders, including schizophrenia and paranoia • Cannabis use disorder • Cannabinoid hyperemesis syndrome (associated with long-term use)
Questions to Ask the Patient	**Ask the following questions when discussing cannabis use:** • How often are they using cannabis? • How much cannabis do they use? • What type of cannabis products do they use? (vape, smoke, edible) • What is the potency of the products they are using?
Patient Considerations	**Appointments with patients with specific medical conditions should include discussions about possible adverse effects of cannabis. This includes:** • Patients with cardiac, lung, and kidney disease • Mental health conditions - additional screening can determine if cannabis use is linked to depression, social anxiety, and thoughts of suicide • Pregnant and breastfeeding patients - cannabis can lead to problems for the baby like limited fetal growth, stillbirth, low birth weight, and long-term brain development issues • Patients being prescribed medications that counteract with cannabis • When a patient is being scheduled for a procedure/surgery
If a Patient Uses Cannabis	• Consider existing health conditions and educate them on risks of cannabis use • Explain the importance of safely storing cannabis, in a lock box/bag, away from children and pets • Discuss the importance of never driving or operating machinery while under the influence of cannabis • Discuss the importance of reading labels - how dosing, potency, and ingredients can impact health

Is your patient looking for help with Cannabis Use Disorder? Use the ***Livingston County Substance Use Disorder and Mental Health Resource Guide*** to help your patient take the first step towards recovery from CUD. *Full guide can be found here: bit.ly/LivCo-SUD-MH-Resources.*

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LIVINGSTON COUNTY Health Department