



## **MEDICAL CANNABIS RISKS, SAFETY INFORMATION and DISCLOSURES**

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This document is designed to inform you about some of the risks regarding the use of medical cannabis and to provide you with safety information; however, this list should not be considered all-inclusive in defining other methods of care, and/or total risks/adverse effects that could be encountered..

**Please read it carefully.**

If you have any questions regarding the information in this document, please contact our office:

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While you are expected to have favorable effects with the use of medical cannabis in regards to your qualifying medical condition, there is no guarantee (implied or stated) to suggest that medical cannabis is an effective treatment or cure for your condition.

### **RISKS OF MEDICAL CANNABIS**

Cannabis use can have negative and long-term effects:

- Approximately 1 in 10 people who use cannabis will become addicted.
- If one starts using cannabis before age 18, the rate of addiction rises to 1 in 6.

#### **Brain Health:**

- Cannabis can cause permanent IQ loss of as much as 8 points when people start using it at a young age.
- These IQ points do not come back, even after quitting cannabis.

#### **Nervous System:**

- perceptual distortions
- memory impairment
- hallucinations
- drowsiness
- cognitive impairment
- slowed reactions

#### **Lung Health:**

- Inhaled particulates from cannabis has many of the same toxins, irritants, and carcinogens (cancer-causing chemicals) as tobacco smoke.
- Inhaled particulates from cannabis can also lead to a greater risk of bronchitis, cough, and mucus production, though these symptoms generally improve when you quit smoking cannabis.

Gastrointestinal Health: Cannabis may cause:

- dry mouth
- increased appetite
- nausea
- vomiting
- abdominal pain
- cannabinoid hyperemesis syndrome (persistent/severe nausea and vomiting related to use of cannabis)

Mental Health:

- increase or decrease in anxiety or panic attacks
- paranoia
- irritability
- restlessness
- psychiatric illness and/or suicidal thoughts

Athletic Performance:

- Research shows that cannabis affects timing, movement, and coordination, which can harm athletic performance.

Driving:

- People who drive under the influence of cannabis can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.
- There is currently no consensus regarding the cut-off/legal amount of THC (or THC metabolites) that can be in your system while driving, however, in Utah, you can expect “zero tolerance”, and you may be at risk of “driving under the influence”.
- DO NOT DRIVE after you have used medical cannabis.

Pregnancy and Baby Health and Development:

- Medical cannabis use during pregnancy may cause fetal growth restriction, premature birth, stillbirth, and problems with brain development that may result in hyperactivity and poor cognitive function.
- Tetrahydrocannabinol (THC) and other chemicals from cannabis can also be passed from a mother to her baby through breast milk, that possibly could further impact a child’s healthy development.

Daily Life:

- Research shows that people who use cannabis are more likely to have relationship problems, worse educational outcomes, lower career achievement, and reduced life satisfaction.

Other Medical Risks may include, but are not limited to:

- Increased heart rate
- Dizziness
- Impaired concentration and memory
- Slower reaction times
- Negative medication interactions
- Increased risk of heart attack and stroke

- Hallucinations or mental illness, including depression, anxiety, psychotic episodes and/or suicidal thoughts or planning
- Cannabis Use Disorder
- Potential for addiction
- Withdrawal symptoms
- Use with caution with liver and heart disease

**Per current Utah Law**, if you hold an active Utah Medical Cannabis Card, you **CAN NOT HAVE**:

- More than 113 grams of unprocessed cannabis (raw bud or flower in blister packs)
- More than 20 grams of total composite THC in all other medical dosage forms

**SAFETY WARNINGS**

- Keep your medical cannabis in a secure place and use child-proof containers for storage
- Keep cannabis in child-resistant packaging
- Make sure you can always see the original label and warning disclaimer on the package
- Store medical cannabis out of sight and out of reach of children
- Never use medical cannabis around children
- Treat medical cannabis like any other medication
- Keep medical cannabis in a secure location
- Use the lowest effective dose
- Never drive while using medical cannabis
- Do not sell, resell, or gift medical cannabis
- Do not mix medical cannabis with alcohol or recreational drugs
- Avoid pregnancy while you are using cannabis. If you become pregnant while using medical cannabis, stop using medical cannabis, and contact your physician
- Call 911 if you experience suicidal thoughts
- Poison Control Center: 1-800-222-1222

Please notify ALL of your medical provider(s) that you are using medical cannabis

For more information regarding the health effects and risks of using medicinal cannabis, please see the CDC Website: <https://www.cdc.gov/marijuana/health-effects/index.html>

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PATIENT NAME (Printed)

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SIGNATURE

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DATE