

Things to consider before using cannabis

Before using cannabis, consult your Healthcare Provider (HCP). If you are taking prescription medications, cannabis may interfere with how your medications work or increase the risk of side effects.

QUESTIONS TO ASK YOUR HCP:

- How might cannabis interact with my current medications, and are there any potential risks or adverse effects?
- What are some of the common side effects of cannabis, and how can I manage them?
- How do I know if cannabis helps me?
- Are there any long-term effects or risks associated with cannabis use, and how might this effect my health?

POINTS TO CONSIDER WITH YOUR HCP:

- History of falls or balance issues
- Cognitive concerns (memory lapses or confusion)
- Mental health (depression or other conditions)

WHO SHOULD AVOID CANNABIS:

- Patients should talk with their HCP about their specific conditions to decide if cannabis is appropriate for them.

Cannabis potency

According to Stanford University medical experts, the potency of cannabis between the 1970s and now has increased significantly.

Today's cannabis flower contains an average of 20% tetrahydrocannabinol (THC), with some strains containing as much as 35%, that's compared to about 1% to 4% THC in the 1970s.

Identifying legal cannabis products

Legal cannabis is sold at state-licensed dispensaries. All products are lab-tested and clearly labeled with THC and CBD percentages, dosage amounts/serving size, and more, so you always know what you are getting.

Scan to learn more about ways to identify licensed dispensaries and legal cannabis products.



If you think you or someone else may have cannabis poisoning or toxicity, call the

New Jersey Poison Center

1-800-222-1222

OR

chat/text with a healthcare professional

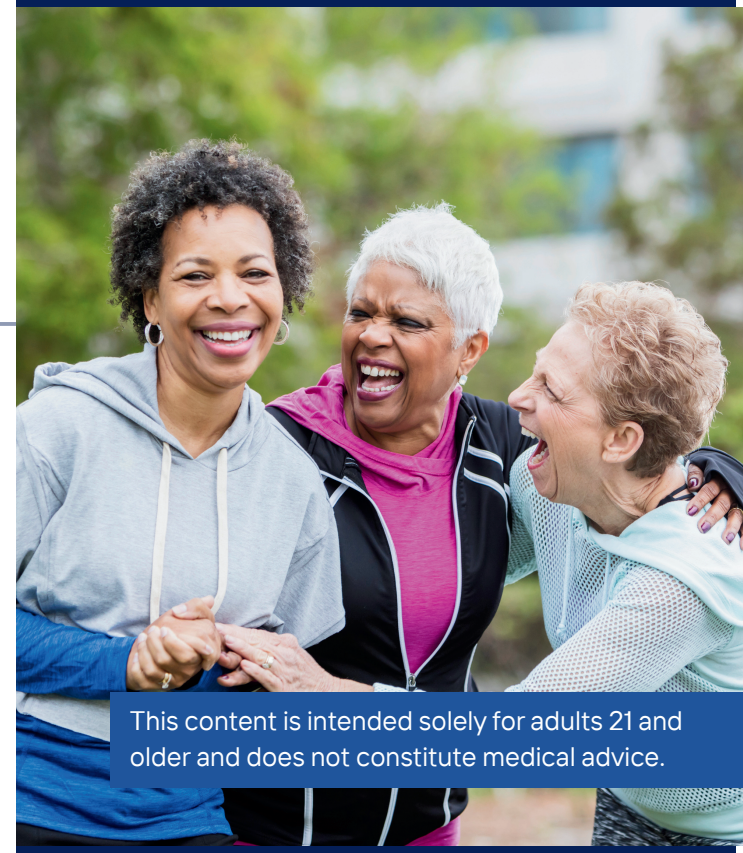
at www.njpies.org

IF THE PERSON IS UNCONSCIOUS OR UNRESPONSIVE, CALL 911.



Older Adults and Cannabis:

A guide to making informed choices



This content is intended solely for adults 21 and older and does not constitute medical advice.



Finding the right product



The recreational use of cannabis is legal in New Jersey for adults 21 and older. It is also available to patients of all ages that are under the care of an HCP. While cannabis is legal for recreational use and available as medicine, it is not right for everyone.

Cannabis contains two key compounds: tetrahydrocannabinol (THC), which produces the “high,” and cannabidiol (CBD), which does not cause intoxication and is often used for pain, sleep, and anxiety relief.

Products vary widely in their ratio of THC to CBD. According to an analysis led by researchers at the NYU School of Global Public Health, approximately 7% of adults aged 65 and older are cannabis users. Research also shows more older adults are interested in trying cannabis for the first time. Understanding the balance of THC to CBD is one of the most important steps in choosing the right product for you.

Reminder:

If you take any medication, especially for blood pressure or a heart condition, talk to your HCP before any cannabis use, and always disclose use before any medical procedure.

Cannabis products come in a variety of forms, each with different delivery method, onset times, and effect duration.

Flower: Pre-rolled joints, loose flower, vapes

How it works: Smoked or vaped. Enters the body through the lungs into the bloodstream

Onset time: 5-15 minutes

Duration: 3-5 hours

What to consider: May irritate lungs and increase cardiovascular risk

Edibles: Gummies, infused foods/drinks, lozenges

How they work: Enters the body through the digestive system and liver

Onset time: 30 minutes to 2 hours

Duration: 6-8 hours

What to consider: Effects can feel stronger and last longer than inhaled products. Dosing may be imprecise.

Concentrates: Wax, shatter, rosin

How they work: **Vaped.** Enters the body through the lungs into the bloodstream

Onset time: 1-5 minutes

Duration: 4-8 hours

What to consider: Imprecise dosing. Highly potent and not recommended for beginners. May irritate lungs.

Tinctures and oils: Liquids and sprays

How they work: Administered under the tongue. Enters the body through the digestive system and liver

Onset time: 15-45 minutes

Duration: 4-6 hours

What to consider: More precise dosing but may be an acquired taste

Capsules and Pills: Softgels, tablets, oil capsules

How they work: Enters the body through the digestive system and liver

Onset time: 30 minutes to 2 hours

Duration: 4-8 hours

What to Consider: More precise dosing and no taste or smell

Topicals: Creams, balms, or lotions

How they work: Applied directly to skin

Onset time: 5-60 minutes

Duration: 2-6 hours

What to Consider: Used for localized areas such as joints or muscles and does not produce a “high”

Reminder:

Start with a low dose, wait for the full effects and gradually increase to get the desired results. **DON'T DRIVE HIGH!**