

# CANNABIS USE

## for Rheumatic Disease Pain Management

Many Americans living with a rheumatic disease are among the **50.2 million Americans** who also live with chronic pain.<sup>1</sup> What should patients know about the use of medical cannabis for rheumatic disease pain management? Learn more from the American College of Rheumatology:

**30%**

of patients with rheumatic diseases have tried medical cannabis in various forms.

Medical research on cannabis and rheumatic disease is limited.

**Only About 200**

patients have been formally studied on the effects of cannabis use for rheumatic disease.

**50%**

of rheumatic disease patients who try medical cannabis stop it for various reasons.

## Know the Difference: **CBD** vs. **THC**

CBD and THC are the two most studied molecules in the cannabis plant.

May help with anxiety, pain management, and sleep promotion

Non-psychoactive

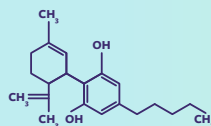
Calming

Neuroprotectant

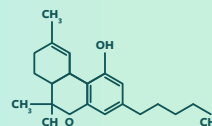
Anti-inflammatory



**CBD**



**THC**



May lead patients to say they “are distanced from pain”

Psychoactive, euphoric effect

Relaxing

Sleep-inducing

Appetite-stimulating

## Medical Cannabis for Pain Management

### CBD BENEFITS

Pain relief

Sleep promotion

Regulating mood

Natural, safer

alternative to opioids



### THC RISKS

Dizziness, difficulty with concentration, and decreased motor skills

THC is addictive

Smoking and inhalation can trigger disease flares\*



\*Choose non-smoking CBD options such as gummies, liquids, and balms.

**AMERICAN COLLEGE**  
**of RHEUMATOLOGY**  
*Empowering Rheumatology Professionals*

**The American College of Rheumatology encourages you to speak with your healthcare provider before using cannabis for pain management.**

<sup>1</sup> Centers for Disease Control (CDC)

**NOTE:** Cannabinoids and THC in particular should not be used in pregnant or lactating women, or in young people where brain development and maturation continue into the early 20's. Cannabis is not a replacement for prescribed treatments.

Content provided by Mary-Ann Fitzcharles, MB, ChB, rheumatologist and pain management physician.

**DISCLAIMER:** This document and its contents are not medical advice, and do not replace professional care or a physician's advice.