**Why Some Seniors Are Choosing Pot Over Pills**

**Older people are using cannabis more than ever. Here’s what to know about its potential medicinal benefits and side effects as we age.**

[*https://www.nytimes.com/2023/11/16/well/mind/medical-marijuana-seniors.html*](https://www.nytimes.com/2023/11/16/well/mind/medical-marijuana-seniors.html)

*["Marijuana", "Elderly", "Age, Chronological", "Medical Marijuana", "Drugs (Pharmaceuticals)", "United States"]*

*Comment 0:*

Opioids seem to be the only prescribed medicines for pain. Obviously, they are addictive and, in many cases (like mine), totally screw-up your digestive system. While not 100% effective, the cannabis gummies I used after a hip replacement operation greatly diminished my pain.

*Comment 1:*

Someone might have mentioned this already, but can you tell if it was grown in a clean garden?  Like no lead, asphalt in the soil?  Something grown by the "road" wouldn't be clean if it's soil near a big highway paved for trucks, etc.  Also one article reported to keep the stuff up in a cabinet away from pets and kids.  I saw a lot of brownies in a store one place and how would even a grown man or woman know which brownie had the marijuana in it?  Maybe it clumped all in the corner right piece like sugar can do in cookies.  Or butter can do too.  When vets came back from Vietnam around Berkeley and S.Francisco, some of them said they used hashish which I think is a kind of smoke, but maybe more opiate.  College students got blamed for a sad lifestyle getting "stoned," but a lot of it was really the men released from the Armed Forces that weaved around, sometimes laughing, but crying too and injuring themselves even on the streets.  Nice students from UCB set up crash pads where the vets and anyone really could attend a T group meeting, sleep, get cleaned up and have breakfast which helped I'm sure.  Police are testing for m.j. use now I have heard, like they do for ETOH in weaving drivers.  Or if people get admitted to an E.R.  At a hospital, the docs need to know if someone is on m.j. or other mind altering substance in case of anesthesia need for pain or surgery.  Just caution, I know people trust their sources, trust but verify maybe, is it the same source and/or quality.

*Comment 2:*

Oh, what a fantastic display of logic we have here! It's truly mind-boggling how Congress can't seem to grasp the concept of legalizing marijuana, a substance with potential health benefits, while happily turning a blind eye to the widespread issue of alcoholism and its delightful habit of causing accidents on the road. But hey, who needs consistency or common sense when you have outdated laws and societal hypocrisy to uphold, right?

*Comment 3:*

The longer you can go without all drugs prescription, THC or otherwise the better for your health. I wouldn't put smoke in my lungs or eat THC unless I was desperate, such as Stage 4 cancer or dementia. THC is known to cause people to be unmotivated stalling a healthily lifestyle that includes exercise and proper eating.  This series of articles is about living out your senior years in the best way possible to avoid an unhealthy unhappy end.

*Comment 4:*

“You just need to educate yourself, not be afraid of things — learn for yourself,” Ms. Verner said. “You need to know what may work for you — and you go from there

There is the problem! With no research into cannabis by the United States it’s up to the individual to figure it out for themselves.

Please give us some scientific research into the possible benefits of cannabis!

*Comment 5:*

"Warfarin"?

With Xarelto, Equis -- even baby aspirin -- available, who takes that rat-poison derivative anymore?

*Comment 6:*

I have a bone spur, bulging disk and deterioration of the disks in my neck that pinches a nerve between C6 and C7 causing pain and numbness in my left arm. Plus I have moderate arthritis everywhere. {Prescription anti inflammatory drugs made my blood pressure shoot up, made me dizzy and I saw spots in front of my eye.  One gummy or a small amount of indica cannabis takes the pain completely away and allows me to sleep. I would really like to see more research and opportunity for medical guidance. Reclassifying cannabis and lifting federal restrictions would make a big difference. States still restricting recreational cannabis will have to explain the lack of tax revenue to their voters.

*Comment 7:*

So when will Federal employees and contractors stop losing their security clearances if their mandated urine tests detect a little THC?  Don't hold your breath.

*Comment 8:*

When I was18 (1966) I could drink legally in NYC,so I visited my cousin who lived their to go for a drink. She handed me a joint  and said try this instead.Almost 60 years later I've been a steady user  and have had zero ,nada negative side effects and countless positive effects.The down side cost from $15 for a shopping bag to $150 an.oz from my supplier, no way I'm going to the legal shops to get ripped off, its a weed after all.

*Comment 9:*

Here in Oregon, I used to get looks from the young staffers when I entered a pot shop. The shops I go back to have well-informed, respectful staff who appreciate my level of knowledge. I've been smoking pot on and off since college, but had to stop smoking due to lung irritation. The pot shops help me choose edibles and tinctures with the hybrid profile I prefer, whether I'm looking for pain relief and sleep or mood enhancement and creativity. Alcohol makes me sloppy and sleepy; I've always preferred weed.

*Comment 10:*

I have had chronic pain for a decade due to nerve damage. There's a limit to how many pills my body will tolerate. Cannabis has helped me enormously especially w sleep-- hard when you're in pain. Even after surgery which didn't help much.