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#commentsContainer>

Seniors are one of the fastest-growing populations of cannabis users in the United States. While some older adults have used pot for decades, studies suggest that others are [turning to the drug](https://pubmed.ncbi.nlm.nih.gov/33026117/) for the first time to help them [sleep better, dampen pain or treat anxiety](https://pubmed.ncbi.nlm.nih.gov/30291748/) — especially when prescription drugs, which often come with unwanted side effects, don’t work as intended.  
  
In 2007, only about [0.4 percent](https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2761271) of people age 65 and older in the United States had reported using cannabis in the past year, according to the National Survey on Drug Use and Health. That number rose to almost 3 percent by 2016. As of 2022, it was at [more than 8 percent](https://www.samhsa.gov/data/sites/default/files/reports/rpt42728/NSDUHDetailedTabs2022/NSDUHDetailedTabs2022/NSDUHDetTabsSect1pe2022.htm).

Nancy Herring, 76, has been using cannabis recreationally for her entire adult life — she describes herself as “one of the hippies from the ’60s.” But it wasn’t until her husband was diagnosed with Parkinson’s disease and dementia two years ago that she began to wonder about pot’s medicinal use.

During the course of his illness, her husband, now 79, had developed insomnia. Soon, neither of them was sleeping.

Doctors prescribed pills to help him rest, but “nothing really worked,” she said. At one point, he reacted so negatively to a medicine he ended up in the hospital.

Then they tried an indica strain from a dispensary near where they live in Clearwater, Fla. Now, after one gummy and a hit on a pipe, her husband “can sleep at night, which is a huge thing,” she said.

Marijuana’s medicinal properties have not been well studied, particularly among older users, making it difficult for doctors to counsel their patients on the benefits and risks. Cannabis companies have rushed to fill the void, offering tips to older adults about doses or formulations and even creating products meant to appeal to them. Meanwhile, as more seniors experiment with cannabis, they are evangelizing to one another about its benefits, and sharing the problems they’ve encountered along the way.

“People are just desperate,” said Dr. Aaron Greenstein, a geriatric psychiatrist in Denver. “They’re willing to try anything.”

When [his own grandmother](https://www.wsj.com/articles/how-cannabis-can-help-the-elderly-11675486861) became convinced that she was reliving the Holocaust during the later stages of her dementia, taking a dissolvable strip with a small amount of THC — the psychoactive component in marijuana — put an end to her flashbacks and helped her feel at peace.

“I have had dozens of patients who tell me that it has cured their various ailments,” said Dr. Haley V. Solomon, a geriatric psychiatrist in San Diego who, along with Dr. Greenstein, [has written](https://pubmed.ncbi.nlm.nih.gov/33660625/) about the promise and risks of seniors using cannabis. “I think that it’s really important to listen to them, to acknowledge that and then to [study it further.](https://pubmed.ncbi.nlm.nih.gov/36226368/)”

Older adults need to be aware of potential drug interactions, she added, and also consider how cannabis can affect cognition, coordination and balance.

Image

Carminetta Verner, 88, started a cannabis club in her Maryland retirement community. She recently used ChatGPT to produce an 89-page manual about medical cannabis for her members. Credit...Greg Kahn for The New York Times

## **‘Medicine isn’t working.’**

Without a North Star guiding older adults on how to use cannabis, there is a grass-roots effort among some seniors to teach one another.

Carminetta Verner, 88, has become the go-to source for cannabis information at her retirement community, the sprawling Leisure World complex in Montgomery County, Md., which houses about 8,000 older adults.

In 2018, she founded a club devoted to educating residents about medical cannabis. The club’s membership, which has now grown to about 100 people, might be higher if it weren’t for the stigma still associated with the drug, Ms. Verner said.

“There are a lot of people up here that are suffering and in pain, and medicine isn’t working for them,” she said.

Damien Cornwell, the owner of a dispensary in Binghamton, N.Y., that opened in February, said his business has attracted customers who are “seeking relief they can’t find at the doctor’s office.” They have ailments such as rheumatoid arthritis, anxiety and insomnia, he said.

As more states legalize cannabis — it is now permitted for recreational use in [more than 20 states and Washington, D.C.](https://www.ncsl.org/civil-and-criminal-justice/cannabis-overview), and for medical use in [38 states and D.C.](https://www.ncsl.org/health/state-medical-cannabis-laws) — the number of seniors who turn to marijuana will only continue to grow, experts said. An October [Gallup poll](https://news.gallup.com/poll/514007/grassroots-support-legalizing-marijuana-hits-record.aspx) found that about two-thirds of adults 55 and older think the use of marijuana should be legal.

## **Cannabis brands are courting seniors.**

Steve Hickerson, who lives in Laguna Woods, Calif., wants to sleep better.

He used cannabis sublingual drops but said they didn’t help, so he’s trying gummies, “which seem to work much better.” In the past, he felt using mind-altering drugs was morally wrong — “I’m a Christian,” he explained — but now, he said, “I’m 79, things are different.” He is willing to explore products that have a medical use.

Companies are capitalizing on the newfound interest. Earlier this year, Mr. Hickerson was bused to an event organized by Glass House, one of the biggest cannabis brands in the country, along with about 50 other people from his retirement community who were offered cannabis products at a substantial discount.

The company Trulieve, which has the largest retail footprint for cannabis products in the United States and a 750,000-square-foot cannabis cultivation facility in north Florida, is also connecting with older people through educational sessions at senior living communities.

Kim Rivers, the co-founder and chief executive of Trulieve, said their “wisdom” customers — those 55 and older — are growing year over year. In Florida, she added, these adults represent 20 percent of their customer base.

Bristol Extracts, which manufactures cannabis in New York, has created a brand called Senior Moments — a collection of tinctures, gummies and mints that debuted in March.

“IT’S TIME TO SPICE THINGS UP A LITTLE!” proclaims the company’s website. “Growing older doesn’t have to be mundane.”

The brand’s edibles also have ingredients like ginkgo biloba that are advertised as supporting “memory and mood.” Soon the line will include body balms and gummies that function as both a sleep aid and an aphrodisiac, said Eric Blazak, the company’s founder and chief executive.

## **What should older people know about cannabis?**

Because cannabis is not federally legal, doctors don’t have enough research to guide them on what conditions it is helpful for, who might be at higher risk for potential harms, how to dose it properly or which strains to recommend, said Dr. Benjamin Han, an addiction medicine specialist at the University of California, San Diego, and one of the few geriatricians in the United States who studies older adults and substance use.

“What makes it even more complicated is cannabis is a very complex plant,” he added, and there are more than 100 cannabinoids — the biologically active components in the cannabis plant — as well as products with different ratios of THC to cannabidiol, or CBD.

**Start low and slow.**If a patient wants to try cannabis products containing THC, Dr. Han recommends starting at a low dose (generally 1 milligram to 2.5 milligrams) and then “give it one week” before making the decision to increase it.

Taking too many edibles can cause dizziness, confusion, changes in heart rate and blood pressure, panic attacks, anxiety, nausea, vomiting, and can even land some people in the emergency room.

There’s also the potential for [cannabinoid hyperemesis syndrome](https://www.sciencedirect.com/science/article/abs/pii/S1054139X20305772), a condition that causes recurrent vomiting in heavy marijuana users.

[One study](https://agsjournals.onlinelibrary.wiley.com/doi/abs/10.1111/jgs.18180), led by Dr. Han, found that emergency department visits associated with cannabis use among older adults rose more than 1,800 percent in California — from 366 in 2005 to 12,167 in 2019.

Older users may lean on their prior experience with the drug, but “the cannabis today is very different,” he said. “It is stronger. And then on top of that, there are all these physiological changes with aging that make you more sensitive than you would have been 40 years ago.”

**Discuss the risks and benefits with your doctor.** “It’s important to talk with a clinician or health provider, especially if you’re using it for medical reasons to treat chronic disease or chronic symptoms,” Dr. Han said.

Cannabis can interact with certain medications, like warfarin, a drug used to treat blood clots. And seniors who take sedative-hypnotics like Ambien or benzodiazepines like Xanax — or who drink alcohol — should consider avoiding cannabis, Dr. Solomon said, because when paired with those drugs, it can cause dizziness and confusion and make seniors more susceptible to falls and injuries.

And smoking cannabis can trigger respiratory symptoms in those with chronic lung disease, Dr. Han added.

**Educate yourself.** Ms. Verner recommended going to licensed dispensaries that sell products that have been [tested by a third party](https://cannabis.ny.gov/consumers). Familiarize yourself with state regulations, too, she said.

“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.”

Through trial and error, she discovered that cannabinol, or CBN, which is not psychoactive, was most helpful for her insomnia.

Now she takes fewer pills: just one for her thyroid levels and another to reduce her blood pressure.

Many older adults “end up with all these bottles of medicine,” she said. “And I don’t think that’s necessary.”

***A correction was made on***

***Nov. 16, 2023***

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*An earlier version of this article misstated the nature of Trulieve’s outreach to seniors. The company does not offer tours of dispensaries, but travels to senior living communities to provide educational information.*

When we learn of a mistake, we acknowledge it with a correction. If you spot an error, please let us know at [nytnews@nytimes.com](mailto:nytnews@nytimes.com).[Learn more](https://www.nytimes.com/explain/2022/new-york-times-journalism)

[**Christina Caron**](https://www.nytimes.com/by/christina-caron) is a reporter for the Well section, covering mental health and the intersection of culture and health care. Previously, she was a parenting reporter, general assignment reporter and copy editor at The Times. [More about Christina Caron](https://www.nytimes.com/by/christina-caron)

*Comments from the readers:*

* The great perk about cannabis, besides the health benefits, is that it deprives the rapacious pharmaceutical companies of profits.
* At 95, I have been smoking Marijuana for many years. It relaxes my mind and body, and leaves me appreciating my life.
* At eighty, I've been smoking pot virtually everyday for well over 50 years and my mind is still sharp as a hammer.
* I find it odd that some people think we elders don’t know that cannabis is much stronger now. That’s well known and easy to handle—you just use less. People switching from beer to whisky don’t try to drink six-packs of hard liquor. They drink less of it. So don’t worry, kids; we’ll figure it out just fine.
* I'm a 75-year-old woman living in Michigan where pot is legal. Most of my friends are using edibles to help them sleep. If we have any questions, we call our grandchildren and share their responses with our book clubs. Life is good.
* Cannabis is a true miracle 'drug' with very few negative side effects for the overwhelming majority of the population. It's a shame the drug czars have so recklessly demonized it the last hundred years, but what else would you expect from 'conservatism' and the puritanical Know Nothings ? A sizable portion of the population has performed scientific testing on cannabis for decades and the results are in: Cannabis is very good affordable antidote for a rainbow of physical ailments and illnesses and has limited adverse effects when used judiciously....and the pharmaceutical companies and 'conservatives' are devastated at this good news for society. Enjoy your edibles, gummies other cannabis infused delights.
* For the last six months of his life, my 89 year-old roommate was suffering terribly from neuropathy. I suggested THC. He was a little reluctant, still recalling that time as a young man when he made cherry wine that wound up giving him wild hallucinations. But he eased into it. We had so many fun nights, each popping a low dose capsule, getting a little high, eating tomato sandwiches, playing checkers and watching Walker Texas Ranger. “Look, it’s Chuckie Baby!” He’d say. And laugh and laugh and laugh. None of his other medications produced such joyful side effects.
* It's legal here. I have not gotten high in years. But smoking 1/3 of a very skinny joint every day, I just FEEL a lot better. It makes a bad day lots better. Doesn't take much.
* I live in Wisconsin, where cannabis is not legal for medical or recreational use. If you drive through a parking lot of a cannabis shop just over the border in IL, the parking lot is full of cars with Wisconsin plates. Then watch who is walking inside. Mostly seniors. Wisconsin is losing hundreds of millions of dollars in tax revenue to cannabis tourism in IL. And our seniors would not have to drive across the state border to purchase cannabis. This state will likely be one of the last holdouts to not legalize medical or recreational as long as Republicans control the state legislature.
* The quote by the gentleman from CA: "In the past, he felt using mind-altering drugs was morally wrong — “I’m a Christian,” he explained —" I find somewhat amusing. Didn't Jesus turn the water into wine? Alcohol is somehow morally acceptable to Christians, but other mind altering drugs are not? Abuse of anything is certainly wrong, and some drugs are far too potent such that a single use can go horribly wrong. I'm glad that marijuana is being released from that stigma.
* I grow my own - so I know it's clean and fresh. Easier than roses and vegetables. Since I grow organically outside, I start with a lot of seedlings because I expect to lose half the crop to bugs and diseases. Last year the bugs didn't show up and I ended up with a lifetime supply! One or two hits daily from a water pipe (cool the smoke and you're fine) and the mental and physical parts of getting old become funny and decent. My doctor is a scold when it comes to cannabis, but will cheerfully prescribe things that make me dizzy, nauseated and truly harmed. So I just don't tell her any more.
* Doctors in hospitals and teaching facilities know nothing about marijuana and couldn’t help me in any way when I was doing tortuous chemo for a stage 4 diagnosis. Neuropathy, nausea, insomnia, and severe lack of appetite were all solved by regular THC. I had no adverse events from this substance. It bothers me to read an article that suggests older people haven’t ever heard of weed, like we’re too simplistic to figure it out. Do you know what generation you are talking to? That same “discuss with your doctor” phrase is nonsense. Talk with an experienced friend is much better.
* “People are just desperate,” said Dr. Aaron Greenstein, a geriatric psychiatrist in Denver. “They’re willing to try anything.” No, Dr. Greenstein. People are rational. They are willing to try simpler methods to ease their burdens. People shouldn’t be shamed for being proactive in their well being, no matter how much that cuts into the profits and kickbacks from drug companies.
* Tell your doctor(s) that you consume, very simple and good thinking. Helps them know how to advise you. Remember; not every day needs to be a Pink Floyd or Grateful Dead concert. But cannabis can make your day easier mentally, spiritually and physically. Enjoy it, you've earned it!
* had not had a good nights sleep in years. I hated the way sleeping aids from Big Pharma left me feeling dopey the next day. My husband smoked a little pot at bedtime and slept well. But I never would join him. Then the dispensaries opened in Maryland - and I just thought I'd try a gummy. The Gummies I now use (Betty's Bedtime - is that allowed? Can I say that?) give me a lovely deep sleep. When I wake up to pee (I'm an old lady after all) I fall right back to sleep. 7 or 8 hours of good sleep - it feels soooo good.
* I have suffered from chronic GERD/heartburn for years. Have seen multiple doctors, have been prescribed medications, advised which OTC medications to take (the usual suspects), been told, in the end, to "just" take Pepcid when it acts up. Finally, I discovered, and this on more than one occasion, that even after taking Pepcid AND the prescription medication when the former didn't work, that smoking pot ALWAYS cured the heartburn. I suspect it works because of the anti inflammatory properties of cannabis. For a while now I've imbibed it with a "dry herb vaporizer," which I believe is a healthier way to go, is much milder and does not fill the air with pot's unmistakable aroma. That's one great thing about it. The other? It simply puts me in a better mood. Cannabis is a godsend.
* I've been smoking pot regularly for 55 years. My lungs remain healthy and I've never experienced hyperemesis (nor has any other smoker I've known). What I enjoy most about cannabis is the mental stimulation and the surge of euphoria it brings -- in other words, the high. The only negative effect I feel is dehydration, which I avoid by drinking water. I've tried vaping, dabs, and edibles. None of those methods deliver the high I get from smoking. Both vaping and edibles can produce relaxation but they don't augment the pleasure and beauty of music, video, or daily reality. They also -- surprisingly -- feel more dehydrating than smoking. Edibles have the additional drawbacks of delayed effect & unpredictable duration. Meanwhile, dabs -- AKA concentrates -- are just too painful for my lungs. So then! Elders of America, especially you lucky residents of the dozens of states where recreational cannabis is legal, try smoking pot if you want to get high! Smoking mixes well with socializing, exercising, walking your dog, doing housework, and consuming media! It also works very nicely as an aperitif!
* This is terrific, I’m SO Happy to see this I’m 80 and boy oh boy I’d much rather choose an edible that’s mild and a tiny bit euphoric then taking the dangerous toxic, numbing pharmaceuticals put out by Predatory Capitalism and their cronies I worked as a nurse for 40 years BSN MA and I saw my share of decimated confused, benumbed over medicated unknowing victims of “ the system” and imagine all the beautiful elderly folks Terrified and Numbed out, Medicated into silence In our Nursing homes Which are truly Wear houses of horror, where Pharmaceuticals are King, Spare me Give me a little joy and relief from our war torn , and greedy world, Some Light, Some harmless Magic….. YES PLEASE………z
* You can imagine I see a lot of cannabis in my patient population, elders definitely not excepted. Most Oregonians are pretty open about it. I don’t judge. A couple things though: — tell us. It has real health implications. In my field for example it can profoundly impact how much anesthesia you need. — it’s hard to quantify for us: but try. “All day every day” versus a drop of tincture at bedtime and THC vs other cannabinols, smoking vs vape vs edibles. — We don’t have the data. Most of us will be hesitant to give cannabis advice. That doesn’t mean your doctor knows nothing. Tell us, so we can do our best to partner with you, understand you, and support you in your decisions.
* A strain that has a near 1 to 1 ratio of THC to CBD, steeped into a butter then mixed into melted chocolate bars got my quadriplegic wife to reduce oxycodine by 50 percent and eliminate fentanyl patches. The 1 to 1 ratio is supposed to be the most effective ratio for medical use, according to ''research''. Same strain, steeped into coconut oil to use on toast or mixed in coffee helped me gain weight and keep lifting weights during chemo and deal with experimental immune therapy treatment. My oncologists wish they could writes scripts, as they have heard variations of this numerous times before.
* Isn’t it about time marijuana is delisted as a schedule one drug so studies can be done of it properties and effects? Honestly, no one is paying attention to that nonsense anymore. Make it available for study, figure out which strains are best for which conditions, and keep big pharma out of it. I find THC/CBD low dose gummies really relieve my peripheral neuropathy and let me sleep with no side effects.
* I'm a retired USAF officer living in NE Florida. I have extensive arthritis from my time in the military. I've tried all types of drug and physical therapy treatments but medical marijuana has been a lifesaver. It takes the edge off the pain and helps me sleep. I don't suffer the side effects from opioids or prescription NSAIDS. I don't care what anyone else thinks. It works for me and it's all that matters.
* I am a retired physician now 70 years old. I retired early largely due to Crohn's disease. Obviously, being a physician, use of illegal substances is a big no-no and of course I avoided this throughout my professional career. Substance abuse is a big problem among doctors and our medical board takes it very seriously, rightly so. When medical marijuana became legal here I became an early adopter. Immediately the most annoying aspects of my Crohn's disease abated or became markedly less troublesome. The most interesting aspect of it for me is that I lost all interest in alcohol and without any conscious effort on my part, I became a teetotaler. This immediately resulted in loss of over 25 lb and the sort of health benefits one might expect from better sleep and mental clarity. All this from a half a gummy and a half a cc of tincture after dinner at night. I am up early everyday (it is 5:20 a.m. as I write this) work hard everyday on the farm and am having the fewest symptoms from my chronic illness since I first developed it in medical school. I am but one person but for me the improvements are spectacular. YMMV. Our society allows you to destroy yourself with alcohol, tobacco, gambling, processed food etc. All completely legal, regulated and taxed. But you can still be jailed for eating a plant that can grow wild in your yard?
* Have been smoking for 53 years. Some of the strains today are incredibly strong compared to 50 years ago. The strains I like with a low THC content are reasonably priced and the varieties are plentiful. Going into a dispensary is beyond anything I dreamed of 30 years ago…. I make my own canna-oil and use it as a sleep aid and to make salves for my arthritis. I enjoy and rely ongrass and am glad it’s legal.
* A note on "safety" of marijuana: Number of Americans that died from opiod addiction/overdoses in the last 10 years: 100,000 (?) Number of Medical Doctors and Dentists that went to jail for prescribing opioids that lead to addiction/overdose deaths: 0 Number of Big Pharma execs that went to jail for opioid charges: 0 Number of Americans that died from marijuana addiction/overdoses in the last 10 years: 0 Number of authoritative, federally funded research studies conducted by medical schools stating marijuana is unsafe: 0 You decide.
* I began smoking pot when I was 24, in 1963. As a musician, it was a big help motivating practice. A benefit I didn't expect was that it was instrumental in my quitting two really dangerous and life-threatening drugs--alcohol and tobacco. I've used it ever since. When CA legalized medicinal use I signed up, and the doctor who wrote my prescription advised me to stop smoking it and get a vaporizer, which I did. Vaping is much healthier than smoking, and doesn't induce coughing. I also enjoy edibles when vaporizing is inconvenient. I've also taken advantage of California's grow laws--the six plants a year we're allowed is plenty for my needs and desires, and costs about $150 a year for seeds, plus costs of fertilizer, bags off soil, etc. There may still be health risks, of course, but at age 84, eating well, swimming a half mile 3X a week, and still performing as a musician, I'll take my chances.
* You don't have to smoke it. They're are plenty of options, but I honestly don't care if someone on Chemo or someone over 85 chooses to smoke anything. They've made it. Why not just let them enjoy themselves.
* I am in my 60s and have had chronic insomnia for over 20 years. Two years ago, I tried a low dose, sublingual tincture (CBD, CBN, THC) and it worked like a charm. No side effects, no morning grogginess. I still use it several times a week. My mom recently died after a long battle with heart failure. The heart meds that kept her alive made her sick and unable to eat. Plus she had terrible anxiety about death. Her doctors would only prescribe the lowest dose of an anti anxiety medication because of her age, and it was ineffective. We gave her low dose THC/CBD pills that helped with both the nausea and anxiety. Her last months of life had much better quality because of those pills.
* I'm 60, with an MS diagnosis in 2007. The medications for MS are like Schrodinger's Cat... they might work, but you'll never know until they don't. At 50, I was taking everything but the kitchen sink to ...get well. Started smoking weed in 2016. In 2019, I stopped taking the $7000/mo drugs used to keep MS at bay and the other pills for anxiety. I've educated myself about cannabis and cannabinoid receptors, how CBD works with THC. The labels on dispensary jars are misleading. A top bud of a plant is used for testing, which is the most potent part, but that's not what's in the jar you bought. Those buds could come from anywhere on a plant. The state makes 37% tax on my purchase. The costs are prohibitive to someone on social security. I know what kinds of things are safe to use on a plant when it's growing, and I know bugs can happen. I know how easily a crop can get mold or rot. I also know that I don't want to use anything that's been treated with chemicals - even those deemed "safe to use". The only way I can be assured to get something that is useful to me, not treated with chemicals, not moldy or seedy, and of a strength I can try and adjust, is to produce my own. WA needs to catch up with the rest of the West coast and allow personal cultivation. It's like growing your own tomatoes, folks. You can get them in the store, but if you grow your own, you know exactly what it is and where it's been. Farm to table. And no more MS drugs or side effects thereof.
* My mother who passed away 10 years ago at the age of 90 started smoking pot in the 60s and smoked every evening until the last week of her life. She proclaimed that it was a miracle drug as it help her psoriatic arthritis, macular degeneration, and insomnia. Her pot brownies were made with high quality chocolate and very little sugar. I could’ve made a fortune selling them now. I have taken over her voice on Marijuana, smoke and use edibles daily, and despite having Lupus, I take NO meds at the age of 63 other than an occasional Zyrtec and Advil.
* Instead of picking fights on the Senate floor, elbowing colleagues during interviews, or chasing conspiracy theories wasting MY tax dollars, maybe congress should consider taking marijuana OFF Schedule 1 status so it can actually be researched and studied for the common good. "Reefer Madness" is as antiquated as leaded gasoline. Move on! But I'm sure the Big Pharma lobby doesn't want that. That might cut into their profits. Our elected representatives need to listen to the people that elected them, rather than the lobby that is greasing their palms!
* cannabis is a wonderful plant. chickens love the leaves and I the bud. I find it to be much easier on my body than alcohol. I do enjoy the high and smoke responsibly. I don't drive and smoke, but love taking a bath or listening to music. I'm working in my garden again. I just grew my first plants and I am enjoying the benefits of this wonderful plant.
* Amen! Cannabis has helped me sleep, relieve stress and reduce anxiety. I do not take any other medications yet. Out here in CO, one can grown 6 plants. What a harvest it produces. I am set for the next 3 -6 years with all the pot an old lady could ask for! Smoking a small bowl just before bedtime does the trick. Rarely do I drink anymore. My friends and I will get high to relax together and laugh lots! Best of all: the cost is almost nothing!
* Of course seniors are using cannabis. It's effective with few side effects, compared to the dangerous regimen of drugs Big Pharma has inflicted on American seniors. Hopefully, seniors will also take up more tai chi (aiding balance to prevent falls) play more games and music (to help reduce Alzheimer's cases) go for walks with pets, and other myriad ways to age well and happily without stoking the uncaring medical industrial complex. We don't need so much geriatric medicine, we need more gerontological common sense.
* The best sleep of my entire 71 years has been since Oregon legalized cannabis. I only indulge at bedtime. And I’ll never, ever live in a state where marijuana is illegal.
* Don't worry. As soon as cannabis is federally legal, you can bet Big Pharma is going to step in and squash all the little guys in the arena. I'm sure there is a calculation of increased cannabis sales against decreased pharmaceutical sales that they've made which identifies a breaking point at which big pharma will begin to lobby for legalization so they can get in on the action. And Congress will surely oblige at that point as their palms are sufficiently greased by armies of Big Pharma lobbyists. And 20 years on from that point we'll be complaining about Big Cannabis (which will really just be another arm of Big Pharma). It's greed, quite simply, and Big Pharma is among the greediest. The Mom and Pop pot shops will be squashed, as capitalism and those who exploit it mandate. I truly agree with the sentiment of your comment. I just know it isn't going to last long once the profits become evident.
* I'm 66 and started using "medical marijuana" a couple of years ago, after having not smoked since the 70's. I have found it an excellent way to avoid other more dramatic pain relief options, like pills. But, honestly - the reason for my entry in the comments portion is this quote from the article - "In the past, he felt using mind-altering drugs was morally wrong — “I’m a Christian,” he explained... sorry, but often I see "I'm a Christian" used as an excuse that implies some higher moral power or direction, in justifying a bizarre collection of various behaviors. guns? pain solutions? woman's control of her own body, kindness, tolerance? whatever...
* Long ago in a far away place I was exposed to the devil’s lettuce. But at the time I really didn’t care for the substance. But fast forward to recent times and I now find these old bones are aching from arthritis. But, my spouse’s 90 year old uncle gave me ointment infused with high concentrations of THC. And the relief from the pain was better than the pills. But, where I reside the high THC ointment is not available in the state regulated dispensaries. Fortunately I can get in line at a recreational dispensary in a neighboring state with other seniors and join in on purchasing a substance that does provide relief without the side effects of prescription drugs.
* I just came back from walking and jogging 5 miles - took 1/2 of a gummy and just finished a fine meal. I feel good like I knew that I would.
* I use cannabis to control my epilepsy. It also helps me sleep and I don’t have heartburn anymore. I was taking 3 medications with side effects, and now I take two gummies where the side effects are giggles and munchies.
* Of course our elders, me included (at 69), are using marijuana. My friends and I have long known about the benefits of Lady Jane for anxiety relief, pain relief, and sleep enhancement. We were just unable to lawfully use it for years due to asinine state and federal criminal penalties. Now that it is available for purchase in most states, we are again realizing that a little pot (and for me that means very little, like one puff or a small half-size gummy) can make life a little happier, a little calmer, and a little more - colorful. No harm in that.
* These articles always bring up the "possible risks" of cannabis while completely ignoring all the definite risks of prescription drugs.
* I feel the same way at 70 after using cannabis 55+ years. I have had an extraordinary memory my entire life and still retain abilities far beyond my age peers. I am also blessed with high IQ and good education with multiple skill sets including creative abilities which is said to help the mind. The Drug War was a travesty I will always condemn.
* A half gummy an hour before bed and I sleep all night. No racing brain, no staying awake for three hours after using the bathroom, just a great night’s sleep with no drug hangover.
* Keeping Marijuana on the same list as Cocaine and Heroin will go down one of the stupidest moves in medical history. There is no question that THC has positive medicinal properties and America has been banned from doing any research for about 50 years. Pure insanity.
* I'm in my late 50s and operate a legal weekly bingo game at a bar in Ann Arbor. Instead of cash, players win Cannabis. One Sunday afternoon, a group of 8 women in their 80s sat in the bingo area. Concerned, I briefed them about the game and asked them if they wanted to be re-seated. (There's a great $10 brunch at the bar on Sundays). "Move? We're here to play!" said one, followed closely by her best friend Cecile -- "WE were at WOODSTOCK!" Lesson learned! Geriatrics are significantly cooler than they once were. Cannabis saved my quality of life and it looks like it saved theirs, too!
* I am one of those seniors using (medical) marijuana to treat chronic pain in both feet due to a fall of a ladder. I have been on it for 4 years now, and it has made a huge positive affect on my life. Over the counter pain pills, and doctor prescribed pain medicine did not work for me. As recreational marijuana legalization is becoming more common, I expect more seniors will try it. I hope it helps them, as it has helped me.
* I wonder what would have happened fifty years ago if cannabis had been taken off the most dangerous list (Schedule One) and real research had been done on this very complex plant. Aside from the drug industry trying to capitalize on its beneficial impacts it boggles the mind to think how much suffering could have been alleviated.
* I’ve had insomnia since I was very young. I’m 71 now and the Delta 8 THC gummies work really well on my sleep problems. I take one around 4-5 pm and another at bedtime.
* Not surprising that the generation that started smoking pot regularly in the '60s and '70s (long before gummies) still knows the benefits of cannabis decades later. We may have lived as successful professionals, raised families, and helped in the fight to make cannabis legal because we've always known what some are just finding out. We're not 'partying' anymore. We're just trying to get to sleep happier now.
* What I found through my reporting is that there are actually a large number of seniors who aren't familiar with weed at all -- they have never tried it and their friends haven't either -- so they are doing their best to educate themselves. Health professionals have very little data to work with, which makes it hard to advise their patients, but the doctors I spoke with said it is important to know what substances their patients are using for a multitude of reasons.
* I'm 73 and have a fine stash of a strain with the silly name of do--si-whoah that is so much fun that a couple of hits from a pre-roll is as good as a week in the Hamptons, and a lot cheaper. Fun is a fine sleep aid! But nobody is allowed to say a thing like that in a culture that values only hard work and being miserable, so look,I didn't say that. It's just medicine, honest. Like cod liver oil.
* I am 63 and can concur that my brain is still functioning at a high level despite smoking pot daily. My late mother, a national business owner, and her late husband, a criminal defense attorney, smoked pot nightly after dinner. They rarely drank alcohol, an occasional wine or beer, but maintained the pot regiment until they both departed this planet.
* If you work for a company that does business with the federal government, your boss will have to fire you if you are found to have used cannabis, or lose that federal contract. I suspect that some seniors are willing to try cannabis once retired and that threat has evaporated. This is another reason to legalize cannabis on the federal level.
* Whatever its legitimate medicinal benefits, the increasing use of cannabis by elders like myself is a powerful indictment of doctors and contemporary medicine. All older people know -- full well -- that they are not a priority and that medicine all too often ignores and discounts them.
* I couldn't agree more. Aside from your spot on remark on how much easier weed is on the body compared to alcohol, for most people it's also a much more enjoyable high. My lifelong passion is music, and weed has always added an undefinable dimension to my enjoyment.
* But she said it helps with her reflux. Who are you to say you know better. Most doctors just want to prescribe big pharma and frankly have blinders on.
* I'm 80 and have been smoking pot for years. I had a really good supplier in Northern California. His pot was the absolute best. All my friends who smoked it raved about it. For me, it made me laugh for hours. My sides would hurt so much from laughing I couldn't talk. It was the best aphrodisiac ever. Worked 90 percent of the time. I eventually lost track of him when I moved. I've started doing gummies due to having some breathing issues. I've always liked the Indica strain as it relaxes you. It will easily put you to sleep listening to Blue Oyster Cult. If you're a senior and have been thinking about it, give it a try. Start out with gummies. I hope the U.S. legalizes pot. I think society would benefit from it.
* A tip from a Canada, where cannabis has been legal for recreational use since 2018 from coast to coast (to coast): 1) don't smoke anything; the process is carcinogenic. Use a vape--no smoke, no flame, no mess, no smell. (Just don't buy obnoxious flavours like mango root beer or some such thing; I use ice mint--for a few minutes the room smells like mint, then it smells like nothing). 2) microdose; turn on your vape, take a hit or two, and then go about your daily activities. It's like taking a sip of your martini, not downing it in one large gulp. I'm old as dirt, but the judicious use of cannabis has made my days less stressful and almost free of arthritus in my hips, which means I can keep walking and doing yard work. It always surprises me that it doesn't occur to Americans to look outside of their own borders to see how other, more progressive countries have implemented various policies. Instead, you always end up agonizing over how to reinvent the wheel.
* 40 yr connoisseur of the Royal Weed here. I use dope a lot, but not a lot of dope - I don't like the brain-dead feeling where you can't remember your own area code. I make my own tinctures so I know the dose and just micro-dose a few drops now and then through the day. Nice and mellow. Quiet mind. I've had a lot of sports related surgeries and they all hurt. For me, pot doesn't actually ease the pain so much as it gives me emotional distance from it and helps me compartmentalize it, so it's the only pain drug I use. There's are many reasons ganja has been used around the world for thousands of years. If you're a newbie, don't stress. It won't get you "hooked", nobody is looking at you, you're not acting any sillier than you ever do. Take it sloooow, ease into it. There are positive rewards for many, many users.
* I’m 65 and have smoked pot for nearly five decades. My partner is 68 and has smoked for nearly three decades. Neither of us takes any medications, neither of us has any physical or mental health problems, neither has had any need for doctors, and we’re both active and healthy. I smoked pot all through my undergraduate education at Princeton, most of the way through my career (in which I did well enough that I was able to retire at 54), and during the years I was working full time and going to graduate school at night. I’ve heard all the stereotypes, fear-mongering, and false causalities since I was a child, and I’m glad that they’re finally starting to be recognized as the \*lies\* they are.
* I had brain cancer and went through 8 months of chemotherapy. After each periodic treatment I had no appetite for a week or longer. The thought of food sickened me until I found that marijuana solved the appetite problem and helped my body recover from chemo side effects. My brain cancer has been in remission since 2012!
* In this boomer's experience, except in the case of extreme pain after surgery (10 on the 1 to 10 scale), pot offers better pain relief than opiods alternatives. It lasts longer, it leaves more of your motor co-ordination intact, it doesn't put you on a count down until the next dosing and it isn't addictive--allowing the patient to control their own pain medication. And unlike NSAIDs, pot doesn't come with the side effects of cardio health risks and allergic reactions. And, where legal it's a lot cheaper!
* It is stunning to me that federal law puts weed in the same category as heroin, crack, and meth. Fentanyl and Oxycodone are in a lesser category. Weed is significantly less dangerous than alcohol. You can drink yourself to death but can’t overdose on weed; alcohol increases aggression, damages liver cells and brain cells, and is used to induce people to agree to sexual acts they wouldn’t otherwise consent to. The federal prohibition is absolutely without moral justification.
* I just gotta say that a little puff of pot makes vacuuming the house a lot more interesting. Yardwork too.
* The mother of a friend who is a nurse has been treated for paranoid schizophrenia for years. Recently she went off her meds and her daughter tried CBD to alleviate her symptoms. This has worked well enough that they can live together.
* It's weird, I live in Missouri, which has one of the reddest state legislatures in the country; yet they passed the most liberal marijuana law around. It's the lure of a taxable product that drove their votes. Don't give up hope.
* I am an unabashed evangelist for the healing properties of cannabis. I re-discovered it 8 years ago, having tried it briefly in college. It has changed my life! Cannabis has mitigated my anxiety, fought depression and given me great sleep. I cannot recommend it highly enough. For those seniors considering it, purchase it from a licensed retailer who knows the plant inside and out. Never buy cannabis on line, as it's not tested and 100% illegal. PS -- Low dose Psilocybin is an amazing healer of the brain!
* I think the article could have done a better job educating re: the differences between Indica, Sativa, and CBN strains. Sativa might induce increased pulse rate and anxiety when a consumer is seeking a more mellow experience (i.e. as a calming sleep aid). NYT, please add links to vetted and accurate educational resources or provide easy-to-understand comparative graphics.
* Big Pharma wants us to stay addicted to their pricey medications. They're quietly fighting pot legalization bills.
* I am loving these comments. Almost as good as clinical trials! (I know, not double blind, etc. I can just hear the scolds.) There's a lot to be said for collected wisdom.
* My wife had Chemo a few years ago and obtained a card for medical pot for Nausea . Her nausea which was at that time the worst side effect of the chemo lasting for days was constant and intense . I will always remember driving her to and home from the dispensary, the 1st time she got her pot vape she took a hit on the way home and within 2 or 3 mins the nausea had completely disappeared . Seeing her smile the 1st time in over a month was the best . She had a lot of ailments as chemo progressed and most were subdued if not totally abolished with the pot. It is wise to ignore the nay-sayers and health nuts that profess to have perfect mental and physical health. For the rest of us we admit we are human and need help with any number of health issues interfering with our well being. Instead of listening to the Rosey Red outlook that the nay-sayers claim to have living a clean chemical free lifestyle go ahead experiment and at the very least do your own research .
* Not related to human consumption but I have a 15 year old Border Collie who began to exhibit symptoms of canine dementia a year ago. Wilson became very agitated, pacing constantly & uncertain about where to find his favourite dog bed. A few months later a visiting friend suggested we try a very small dosage of cannabis edibles. As an experiment, we did & the results have been borderline miraculous! The "old boy" now gets his meds first thing in the morning & before bedtime. His daily life has greatly improved as has ours. By the way, many of our American friends may not be aware that cannabis has been legal in Canada since 2018 & believe it or not, the country hasn`t gone to pot!
* You have never experienced something that leaves you with unremitting pain, related insomnia, and a reduced ability to exercise safely. No amount of clean eating and mental work can fix everything, especially as one continues to age.
* I am 49 and have metastatic cancer that spread to my brain. Unfortunately it caused a traumatic brain injury that left me paralyzed on one side of my body and I am now dealing with severe spasticity in my fingers/ arm/shoulder I take 2 different muscle relaxers that really only help minimize the spasticity. I’ve never really liked cannabis but I’ve been experimenting with it and it has the ability to completely eliminate my spasticity. It’s only temporary but THC/CBD interactions with the brain are real. My advice is to start LOW but i agree with the article that Cannabis can definitely help.
* So, it was 3 years ago and my wife and I did a 2 day trip to see one of our favorite musical acts. This was in Oregon at an outside venue. I decided to bring along 2 joints purchased at our local cannabis store in WA. One was a low THC content, the other a high THC. Before the main act came on I decided, along with others, to wander into a nearby garden to have a smoke - high THC. I remember thinking " Wow, this is much stronger than 40 years ago! " I then decided to wait on a line to get a glass of wine and a soda for my wife. I got to the table, ordered the drinks and promptly passed out into the serving table and my drink order. I was brought to a nearby table, saying " What happened!? " I declined an EMT and went back to my seat- glasses a bit askew and wine stains on my shirt. And still stoned. My wife just rolled her eyes. Lesson learned; I'm not as young as I was and marijuana is seemingly 100x as strong as it was!
* After being prescribed pain medication for my Fibromyalgia for years I knew I had to do something different. I had no appetite, couldn't remember anything and the funniest were not funny. As soon as marijuana was legalize in Massachusetts, I went to a dispensary and got some marijuana lotion and tincture. I weaned myself off the opioids, and never looked back. The interesting thing I found was that my pain levels were the same off the pills, as when I was on them. They were not working the way they should have. Marijuana lotion is a blessing. It melts nerve pain away. I don't smoke, so I use the lotion and marijuana oil in a brownie at night for sleep. Marijuana needs to be federally legalized in my opinion. Just think of the mess I would be in if I had a addictive personality.
* Canada legalized recreational use of cannabis five years ago. Retail stores are as ubiquitous in most Canadian cities as hairdressers and nail salons and sell a wide range of edible and combustible products with varying percentages of THC, CBD, and both, Under federal legislation: adults can possess up to 30 grams of legally-produced cannabis. adults can grow up to four cannabis plants per household. the minimum age for purchase and use is 18 years of age, but provinces can increase the age limit. The percentages of THC and CBD are also regulated. Cannabis producers and retailers are licensed and regulated and must have every product approved by the government and sealed with a federal tax stamp. For this 76 year old boomer, access has been a godsend. Having undergone two hip replacements, a radical prostatectomy, an angioplasty, and a torn meniscus in the last few years, I have used cannabis edibles, oils and lotions for pain relief, anxiety management, and as a sleep aid and have found it a wonderful supplement to the drugs prescribed by the various specialists and my family physician. The hysterical alarmism and judgemental moralizing about cannabis are merely that - it is a safe and useful product, unlike alcohol, tobacco, and a host of OTC and prescription drugs.
* My mom has dementia, kidney disease, and spinal stenosis. When she had a severe problem with lack of appetite four years ago, a nurse practitioner was recommended to us for help with medical cannabis. The NP spent time with us to diagnose and prescribe the best strain and dose. She also helped us register with the state of Massachusetts (where Mom lives). Every single ailment, including memory loss, has been completely stable since she started THC. We found that a tincture was the best form for her. She is 91 and has a very high quality of life - all due, I believe, to this miracle drug.
* My brother and I strongly advocated for my dad to use cannabis during chemo and were relieved when he agreed to it. He has been in remission for six years and I truly believe it saved his life. Being able to sleep and eat during chemo is an absolute necessity, and one that is near impossible without some help. He had surgery and six months of chemo and ate and slept well through it all thanks to a daily edible. They have a friend who was recently diagnosed with breast cancer and they are advocating for her to take CBD, but she won't touch the stuff, and even mentioning cannabis is out of the question. My heart hurts for her. If you're in pain or in need, take the medicine, please.
* I have always been cautious about drugs and avoided the hallucinogens back in the day. I occasionally smoked pot but not habitually. I enjoyed getting high and it sometimes put me to sleep. Now I take CBD gummies to help me sleep. I'd love to use it recreationally, but I have enough difficulty staying vertical when I'm fully alert. I used to get an annual prescription from my doctor for Ativan, which not only helped me get a good night's sleep but seemed to lift my mood the next day. As I had to make that one 30-pill prescription last a year, I was judicious in my use, and, in fact, still have one pill left over from two years ago. Now my doctor refuses to prescribe it or anything else, citing the opioid crisis. I don't like being made to feel like a drug addict when I just want a good night's sleep now and then.
* Decades of persecuting marijuana users helped stifled any useful governmental studies of the medicinal properties of this fascinating drug. In The 1980s I was convicted of possessing 15 pounds of marijuana with intent to distribute . The prosecutor asked for a 9 to 15 year prison sentence, That was the equivalent of a sentence imposed for a second degree murder conviction.
* @Lorna "That same “discuss with your doctor” phrase is nonsense. Talk with an experienced friend is much better." Agreed. Boomer in a legal state. And the doctors are still all 'oh no you shouldn't do drugs'. But at the same time... they don't have any good ideas about what meds to take for my arthritis. I can't take NSAIDS anymore because of the kidney damage. They would happily destroy my immune system with their shots.. but a 10 milligram hash rosin edible is 'too dangerous'. Really? Got some kind of GI issue about 18 months ago. Nausea and vomiting.. doc refused to consider treating me until I stopped taking weed. Which of course.. made the nausea and vomiting much, much worse. After two weeks and losing another 10 lbs I said 'f this' and started using again. I don't use to excess. I'm barely recreational at all. I very carefully monitor my doses. But the doctors treat me like I'm just another junkie. So instead of my 10 milligram edible cut in half and taken twice a day... they give me Zofran.. which means I can't work because it makes me dopey. I get that the War on Drugs remains popular with the GOP but honestly... this is freaking stupid.
* I'm about to turn 70. I've had 6 strokes, one so severe I was in a coma for 3 days and not expected to make it, and pot has been a true blessing. I take one sativa vape toke before a sativa gummy after breakfast, and the same after dinner. I feel like I never had a stroke all day. enthusiastic and energetic about projects with zero pain or depression. The biggest plus for family and friends is that I'm able to control my temper, which flares into constant rages. Zero addiction, zero withdrawal. I really don't care what anyone else thinks. This works for me.
* “the easy way out”? Obviously you don’t know much about chronic pain. Not everyone can exercise because of chronic pain - so for those people Cannabis can be a tremendous help with much less side effects than painkiller pills.
* Living in Australia with limited legal options for marijuana. My 70yo husband was prescribed opiods for his back pain and sleeping problems. Our sons stepped in, set us up with a grow tent, cannabutter machine and brownie recipes. My husband discussed with his doc, got the green light and now, with 1/2 a brownie nightly, sleeps well, pain free. Australia really needs to catch up!!
* Just an anecdote from my personal experience. I'm a 68 yo white male with periodic insomnia and paroxysmal atrial fibrillation (A fib). When I tried CBD gummies for a sleep aid, they triggered an A fib event. However, when I switched to THC delta 9 (the psychoactive component of cannabis), either in the form of flowers or gummies, it helped by sleep immensely, without triggering my A fib. No hangover, no other ill effects. Thanks for this article NYT.
* I'm 83 years of age. I've always used physical activity to relieve stress and, although I can no longer run, I managed to transition to a home spin bike, walking my dog 30" a day and online pilates sessions in addition to the NYT 7 minute online fitness session. Having osteopenia, I worry MJ will make me unsteady. Also, I know aerobic physical activity benefits the heart, blood pressure. I do get a sense of relaxation, well being after physical exertion which I attribute to self generated endorphins. Best of all, I prove to myself that I can still work out. All pluses I can generate from myself.
* Timely article! I just picked up a couple packs of gummies here in MD to help me sleep... in theory. I literally have not tried then yet, but will tonight. I had knee replacement surgery about 6 weeks ago and all the pain killers are gone. But that's OK because the irony is that the knee is not that painful any more... but I have several other arthritic joints that are and cause me very restless sleep. Motrin doesn't cut it and I don't want to be on opioids forever, so I am going to try the 5 mg gummies. Wish me luck.
* Transparency really improves outcomes, and your comment speaks to your level of professionalism. During a recent appointment with my primary, I mentioned that I hit a vape pen during an ultramarathon to address some nausea, and my MD refused to refill my stimulant rx (something I've taken for twenty+ years for ADHD) for the month. She stated 'I'm not in the business of enabling poly-pharmacy'. I asked for a new primary.
* Everyone is different. Because of health issues, I’ve tried many natural remedies including cutting out caffeine to deal with my aches and pains. To my surprise, ahead of discovering cannabis, I learned that a cup of coffee in he middle of night could inexplicably alleviate my pain and allow me to sleep. Shocking, I know, but discovered by accident as I would occasionally just give up on sleep and beging my morning at 3am with a cup of coffee….only to cook out an hour later. Soon, I knew that a hit of coffee at 2am could guarantee a return to sleep. …..but even better than that has been the indica gummies which relax me, alleviate my bone pain, and let me sleep undisturbed all night.
* I'm 79, pushing 80. I was fortunate to get 6 hours of sleep a night, feeling exhausted much of the afternoon. One of my daughters visited me this summer and suggested that I try a micro dose of one of her gummies. I now typically get 7 1/2 to 8 hours a sleep a night. My golf game has also improved. The only shock that I had was purchasing my first tin of edibles and found that the sales tax in MA is 20% on cannabis products. I calculate for 75 cents a night, it's a bargain.
* I'm one of those seniors who had zero exposure to cannabis previously and ended up writing an article titled "Confessions of an Eighty Year-old Virgin" for our neighborhood newsletter. My preference is gummy rings which I cut into quarters for a 2.5 mg dose. Washed down with a craft beer at dinner, I feel more relaxed and less achy. One of the reservations I did have was how it would affect my ability to solve the New York Times Spelling Bee and have concluded that it may help and most certainly enhances creativity.
* Very strange there was no discussion of CBD the non-psychoactive part of marihuana. Tetrahydrocannabinol or THC may have benefits but I suspect CBD has zero risk. I hear it is VERY effective for a good night's sleep with NONE of the side effects of 100% of anything a doctor can prescribe. It is a scandal that prescription medicines for insomnia are legal when CBD is safer and more effective. Also, there is nothing in the article about the history of why marihuana was outlawed. The hemp industry threatened the emerging synthetic fiber industry that was using dirty and poisonous fossil fuels as a raw material. Hemp was a versatile crop with various uses, including producing paper and textiles, and its prohibition eliminated competition for the fossil fuel industry. It is high time to outlaw fossil fuels and legalize marihuana.
* There are very few things that work on neuropathic pain. Cannabis does. I can actually get some exercise now which was pretty much impossible before
* My husband (age 77) and I (age 66) occasionally use small amounts of cannabis (half a “dose”) and our sex life is BETTER, intense and over-the-top more satisfying than it was 30 years ago. I can highly recommend it.
* A micro dose doesn't affect my driving since I take it at 9pm and don't drive until 12 hours later. I was probably more a danger trying to drive with sleep deprivation. I also have no urge to up my dose since this minimal amount works just fine.
* In an essay, astronomer Carl Sagan wrote that: “marijuana has the potential to be a useful tool for coping with the "increasingly mad and dangerous world" that we've somehow found ourselves in. “The illegality of cannabis is outrageous," he concludes, "an impediment to full utilization of a drug which helps produce the serenity and insight, sensitivity and fellowship so desperately needed in this increasingly mad and dangerous world.” <https://www.iflscience.com/carl-sagans-secret-essay-on-why-he-enjoyed-using-marijuana-60151>#
* I guess you really have a problem with pot since you've written multiple comments against it. Sorry, but those of us who appreciate the positive aspects of it weren't buying into the scare tactics of the 60s and 70s and still aren't. Don't use it if you don't want to but leave the healthy happy long-time pot smokers alone. Alcohol is much worse but I guess you're ok with that. And your other comment that states: "More than half of people involved in road accidents had drugs or alcohol in their system". We know alcohol and the aggressive, sloppy driving it brings is deadly, so that study is useless unless it separates the results of the individual drugs.
* I am a 72 year old woman who has developed psoriatic arthritis, osteoarthritis and degenerative disc disorder. CBD gummies and Aleve help my pain today. I take NO prescription medication at all. Unfortunately we will have to move if I need to increase my THC levels since SC is one of the only states where not even medical pot is available. What a travesty. So many in my state are suffering needlessly.
* First, for professional reasons I am agnostic about cannabis use. Everyone (especially in states where it is legal to some degree) is free to use cannabis. And given that it has been used for hundreds of years by millions of people, there is a certain degree of familiarity and comfort with cannabis. Many of the comments speak to this reality. Having said that, there is considerable clinical evidence that like any drug, cannabis can have unwanted effects. It can affect persons with certain psychotic conditions, it can wreak havoc with other drugs that we take to maintain our well-being. It can affect the fetus in a pregnant woman. (And blood results show that 28% of pregnant women use cannabis.) Worse, studies show that the medical community is woefully unprepared to properly advise patents on how to integrate cannabis into their medical care plan. The information about the endocannabinoid system just isn't "there" yet. So PLEASE, heed the advice that runs though most of the comments "Start Low and Go Slow" but PLEASE, please let your doctor know what you are doing. With the increasing potency comes the real risk of unwanted drug-drug interactions among other things. Tell you doctor. She or he needs to know all the drugs you are taking. Even the fun ones! Be safe, enjoy a good life.
* Restless leg. If you have it, omg. It takes more than just a puff or a casual use gummy but relief is there for me.
* 64 years old. Went without for 30 years, then started taking gummies in order to sleep. Works great; I function fine in the evening and the next day. I buy the 5 mg size and take half of that at most. It's definitely not the pot you remember from your younger days, kids. The advice to start low and go slow is sound.
* Several years ago, a friend was suffering from nausea brought on by chemotherapy. I asked if he had tried cannabis. he replied, "I thought it was only good for sex and music!". He tried it, and relieved his nausea.
* As a senior who has used marijuana recreationally most of my life, I had to argue with my mom’s assisted living when she moved in at age 90 that her marijuana pain balm which is legally bought in her state, but due to federal regulations was not allowed. I brought it in anyway. There seems to be a lot of unknowns with marijuana due to the lack of study, this is unfortunate and stupid. We could know so much more if we just legalized it federally. At least reduce its designation as a schedule 1 drug and with drugs like alcohol being legal and far more dangerous, this just doesn’t make sense. The sports world needs to take notice too and help remove the stigma for athletes who use marijuana to battle pain due to injuries. It’s just stupid to ban marijuana for pain managment as marijuana is not a performance enhancing substance.
* I'm 62 and had a hip replacement in April. My hip pain had been growing for several years. Doctors said my X-rays looked fine. People kept insisting that I should just exercise more, etc. I tried, but the exercise made things worse physically and emotionally. Nobody seemed to be hearing me. My life changed for the better when a great chiropractor advised that I get better x-rays. I did and BINGO! Major osteoarthritis. Time for a new hip. Stat. The only thing that helped me find relief pre- and post-surgery was cannabis. It did much more for me than the dangerous opioids I was prescribed for early recovery. My surgeon was fine with the switch. He got it. Whatever works. Now I have a great quality of life. Chronic pain is real, debilitating, and bad for one's mental state. Honestly, pot kept me from spiraling.
* I was a solid sleeper until about a year ago, then issues began to arise. I tried Melatonin, and felt awful the next day, so groggy I had to pound down numerous cups of coffee to maintain alertness on the job. Then I discovered microdosing of gummies which on average are no more than 5 miligrams and combined with CBN and CBD. If I have difficulties getting to sleep or am very sore I take half a gummy 2.5 miligrams at bedtime and sleep like a charm, it takes away the aches and pains and it doesn't upset my stomach like aspirin or ibuprofen. I have other tricks up my sleeve like eating a banana which is high in L-tryptophan, but it doesn't always work. Lack of sleep is instrumental in all sorts of physical and mental issues.
* I'm nearly 72 and gave up marijuana back when I was 29. The only drug I take these days is one or sometimes two ibuprofen daily due to lumbar back issues. If you are going to use marijuana, don't smoke it, as just as with tobacco, you will expose your delicate lungs to accumulated tar and searing temperatures from the hot smoke.
* I'm 68 years old and eat a 2:1 (CBD 10mg:THC 5mg) gummy every morning to mitigate the depression and anxiety associated with diagnosed Bipolar Disorder and PTSD. Prior to this, I had been prescribed Abilify, Remeron, Paxil, Celexa, & Prozac. Some did nothing at all, others left me with suicidal ideation. Cannabis gummies have normalized my life.
* It should be pointed out that in the 1930s when the US House held a hearing on the bill that went on to make reefer illegal there was only one witness. He was the then president of the AMA, who testified that placing a prohibition on the plant would prevent the medical community from doing studies to unlock its potential. Given that the latest discovered and one of the most basic signalling systems of the body is the cannabinoid system, and the fact that there are a large number of cannabinoids that potentually affect this system, this statement was exceptionally prescient.
* I’ve smoked pot occasionally since the late sixties. It wasn’t until I was under treated for a thyroid issue that resulted in a spinal lesion that I became a fairly regular user. I’m in my 60s, and I’m grateful I was familiar with cannabis. I’ve never liked opiates because they tend to cause constipation. Fortunately, I live in a state where recreational use is legal. I can buy 10 milligram gummies that are one-third THC, one-third CBD and one-third CBG, an anti inflammatory. I usually only have a half of a gummy to sleep. I haven’t had much pain over the last month or so, so I haven’t needed one. However, I like having them on hand in case I need one. My doctor asked me how I dealt with the pain from the neuropathy from the lesion and I said cannabis - sativa, mostly, but indica if it was bad. I’m familiar with it and glad I have it as an option. It works brilliantly and I am vastly improved.
* Headphones and THC keep me sane, relaxed, well rested, and creative. My interest in drinking is gone. It's really quite incredible that people were ever, and are now, put in jail for a plant. Lives destroyed for illegally possessing weed or legally consuming alcohol.
* I track my sleep patterns on a FitBit and can see visual evidence of deep sleep periods when I use a gummy at bedtime (3 or10 mg, hybrid delta 9 THC). One important point for "newbies" is the delayed reaction. My gummy brand can take up to 2 hours to fully kick in, and I had similar delay times with THC beverages. If you are unaware of that, it's easy to think nothing's happening and over-consume. Also, I have heard you can build up a tolerance, so I try to limit my use to 2 or 3 times per week for sleep.
* Is smoking cannabis ideal? No. Could it save countless lives and keep families intact? Absolutely. The sooner that the feds can get their stuff together and decriminalize or, ideally, legalize cannabis, the sooner we can continue researching its efficacy for a variety of ills and get people off pain medication.
* It’s not instead of other healthy practices, it’s in addition to them. The stigma against pot is informing your response. Many prescription drugs cause mind altering effects also, as well as personality changes and negative physical effects. Proper dosage is key for all medications. I myself, alas, have not found any positive effects from using any THC or CBD products, but they work wonders for some of my friends and family.
* I work with a Medicare aged population and many of my patients are using cannabis with good results. However, two studies released at the American Heart Association meeting 10 days ago show an increased risk of heart failure and stroke (up to 1/3 more risk), which seems to be linked to smoking cannabis. People who choose cannabis should probably be looking at other forms. We know smoking tobacco is bad. It appears that smoking cannabis also carries increased risk.
* Some of the confusion about cannabis use could be overcome by changing its status as a schedule 1substance and putting real federal dollars into studying use, social repercussions, side effects, and digging into the true potential of the plant. I cannot use THC, as it makes me uncomfortable, but rely on CBD and CBG daily. I don't smoke, but I can vape and use a sublingual dose to combat inflammation and pain caused by years of physical labor. Cannabis has 480 constituent compounds, and we don't really understand them well. Isolating useful compounds and developing delivery systems that don't require smoking is the next best step.
* Cannabis has been around for thousands of years...it is one of the sacred plants in the Indian texts. Indica means India. Don't let Big Pharma fool you on prescription medications with numerous side effects. BTW...I am a physician.
* I truly believe that weed is here to help our society transition out of whatever this hell that we find ourselves in right now is. The plethora of positive impacts are obvious and ever-present. I truly believe if more people used cannabis for anxiety, anger, stress, relaxation, pain management, we'd be a much less aggressive and angry and suffering society. My own experience is that weed allows me to calm myself in many moments in public where i would otherwise be irritated or stressed, allowing me to have much better interactions with the people i interact with. I think society could seriously benefit from a much bigger integration into our lives.
* I am 68- fell and fractured my wrist- it sometimes takes longer for an elderly person’s fracture to show up in x-ray, but you could see bone buckled thru the skin- radiologist at ER said no fracture so I received no pain med or quick follow up with ortho dr- I have given natural childbirth to 3 huge babies sunny side up so I am no whiner- but this hurt - I couldn’t touch anything or move my arm without a lightening rod going up my arm- it was painful- finally, I went to local smoke shop and got strongest cannabis drops they had - not thinking it would work/ but it did - I finally got in to see an ortho dr- 2 fractures - not one - showed up on x-ray a week later- but over hysteria about opioid epidemic - got a weak opioid and not at therapeutic doses- so I stuck with my drops - did not like the way the drops caused cognitive dysfunction -so I only took until pain was better- I never craved them after pain was better- which proved what all my medical training has taught me- if you treat someone in a lot of pain- they will stop as soon as they are better. But an addict will not-
* I'm allergic to all NSAIDS and afraid of opiates. I was surprised when my neurologist recommended cannabis. I don't smoke, I said. You don't have to, he responded. I use cannabis infused ointment for arthritis. And now that I have bone cancer and have palliative care prescribed pain patches, cannabis lemon ginger lozenges are my go to for alleviating bone cancer pain and cancer medicine nausea.
* I’m 76. I tried it for fibromyalgia pain. I gave it a good shot - smoking, vaping, gummies, tinctures. Tiny amounts - like 1/8 of a gummy or one drop of a tincture. I took it very slow. All it did was make me high and clumsy. I was really scared to go out of the house on my own as I felt so unsteady. I banged my hand taking clothes out of the dryer and got a big bruise. And it did absolutely nothing for my chronic pain. Zip. If my experience is any indication, I’d say that marijuana is not for everyone - certainly not for me. People have to remember that it’s a drug. Buying from a dispensary is better than buying from a drug dealer as you know that what you’re buying is regulated. But please be careful.
* I’ve been taking indica to sleep…..one gummy per night. I have a form of lymphoma and some times have aches and pains. I’ve never slept better but do wish I had some medical guidance. Before, I was alternating Tylenol and Alice and it didn’t quite work. I hope this is better for my liver?
* I had cancer surgery which removed part of my large intestine. They gave me oxycodone to use after I came home from the hospital, but it wasn’t effective, and I didn’t like the side-effects. After two days at home, I tried a marijuana gummy, and it was very effective. I thought marijuana only got you stoned, but it was exceptionally good at treating pain after surgery.
* Never smoked it (echh), but last spring tried a gummy, and had half a day of perfect mood, no crankiness, pleasant conversations, etc., then spent the evening and next day spinning, nauseous, and light headed. Turns out some people on statins have this reaction. Now I’m back to being a crabby old sourpuss.
* I've been using cannabis for almost all my life-for 50 years now-and since it became legal a few years ago (recreational for Michigan and medical but now recreational for Ohio), I've had access to consistent quality cannabis. I've learned so much more about it, found my strains, know what dosage of gummies works best for me and I consider it a great source of comfort and enjoyment, and a great tool for powering through life's less desirable tasks. I'm a huge fan. Oh, and I'm in better physical shape than most 20-somethings.
* Times have changed ("reefer madness!") and it's absurd cannabis is still a schedule-1 drug. It never should have been there in the first place. Big Pharma, with their powerful lobbyists, would love to see it remain on schedule-1. Marijuana has been used as medicine for thousands of years and the main takeaway from this article is the pharmaceutical industry sees cannabis as competition for the slew of heavily advertised chemicals they want you to put in your body.
* Desperately seeking relief from ailments that were keeping him awake and making life unbearable, my 83 year old husband got a medical marijuana card from his doctor (though he has yet to use it) and he tried gummies with CBD and small amounts of THC (although he did not care for the effects of the THC). My husband is now taking CBD to great relief of his tinnitus and other ailments.
* The older become, the less tolerant I am of anxiety. And goodness knows merely paying attention to geopolitics these days will markedly increase it. "Ah but fortunateleeee" as John Prine sang, "I have the key, to escape reality." Weed - which I enjoyed A LOT in late high school and college and returned to 40 years later - keeps me anxiety-free, helps me heal more quickly from athletics, allows me to sleep like a baby, and sharpens my focus on work projects. (From Sublime: "But then one day, I met a man, who came to me and said: 'Hard work good, and hard work fine, but first take care of head.'") Three hits of 100 percent indica bud (I prefer smoking), a good dinner, and I'm chilled in the membrane, pain free, and ready for bed in about two hours. Three of 50/50 sativa/indica - once in the a.m. and again around lunchtime - keeps me focused and softens the edges of whatever the day has in store. Your mileage may vary. As the article advises, today's stuff is far stronger than what was available in the 1970s and 80s, so start slow and experiment with different strains/combos/doses to find what works best for you.
* Omg yes! Without cannabis I would have never quit my addiction to painkillers. It’s what gets me up and moving every day. The majority of people in the dispensaries are like me, old and in pain. I just want my insurance company to pay for it like they did my pain medication. I hate healthcare in this country.
* Was just at my doctor in RI, where cannabis is legal. I have horrible insomnia and he has prescribed 15 mg of temazepam for years. My beloved mother just died and my husband is a world-class snorer, so sleep is even harder now. In desperation, I tried gummies with THC and CBN. A quarter to a half gummy puts me right to sleep. My doctor was all for it. Problem solved with no health insurance hassles and “schedule drug” issues.
* I’m a 33y/o stoner who was recently hospitalized for the first time for severe abdominal pain. It was absolutely baffling to be offered either morphine or Tylenol to cope with the pain, where is the middle ground if not marijuana?! I was left sneakily puffing my pen between vital checks and antibiotic infusions.
* The federal restrictions on research have made cannabis harder to trust for millions with ailments that may respond. I was diagnosed in a VA hospital 7 years ago with a serious neurological disease of unclear origin and prognosis. My doctor suggested I visit a chronic pain clinic at the U. of Michigan hospital for guidance, and the specialist there, cautioning that research was thin and doses were of necessity self-determined, said cannabis seemed to offer relief for many, as he had learned anecdotally from patients, without the expense or side-effects of many prescription drugs. For me, it has worked well. I have learned what dosage is best for my condition, it is inexpensive, and it has no discernible side-effects.
* To my mind there's nothing wrong with taking your mind out for a walk on occasion. Over the arc of my 69 years, depending on the decade, I've pretty much tried everything that doesn't involve needles. Haven't you? From the spirits of youth, the alcohols, to a dabbling in psycho-actives to the white powder of the 1980's disco era, to the more recent decades of total abstinence while raising a family I've pretty much run the gamut. Haven't you? If you're around my age then you're a Boomer, so I'd bet on you having been there and done that, too. In any case all of those adventurous periods weren't done with a well-educated and informed set of knowledge specific to the substance at hand. It was more about the availability and whoopie of it. That's what's known as experimentation. But lately I have come back around to the occasional use, maybe once a month, of edibles. And I have done so now better informed. Whoosh. Leaving aside the clear increase in potency I never knew the liver metabolizes THC into a form ~5 times more potent than was originally ingested. It's a slow motion high, one that could turn into a "oh my gawd what did I do" train-wreck for a time if not careful. I found that out from the prone position on my living room floor. Heh! So, take care in the use of the gummies, the tasty chocolates and the like. Go small (dosage) and slow. And enjoy your life, the adventure. Here on the downward side of the arc of life why the heck not? John~
* About the hyperemesis - I've always wondered if when people get that nauseous, they have consumed raw green marijuana. Marijuana needs to be heated or proceed to be active. If consumed unheated, or raw, it will definitely make a person sick and vomiting. It's why you bake it into brownies, not sprinkle on top :-}
* THC does increase heart rate and can affect heart rhythms. That said, many helpful cannibinoids can be isolated that help pain, sleep, and appetite and they can be purified to have zero percent THC and still be helpful. Marijuana needs to have its classification schedule changed so actual peer reviewed double blind studies can be conducted of all these potential treatments. Watch the actual weed using if you have any kind of cardiac problem.
* 2mg gummies and “The West Wing” got us through the last election. I imagine we will resort to similar “medicine” during the next one.
* It is reasonable to be cautious and even skeptical about the increasing hype around cannabis and it’s burgeoning new industry. It is also noteworthy that Ayurvedic medicine, whose roots are in India where cannabis originated, does not generally utilize it as a herbal medicine. But despite this fact, it is clear that cannabis is safer than many pharmaceuticals when one looks at the known adverse effects (euphemistically termed ‘side effects’) of such drugs. Those adverse effects are even more likely to negatively affect older people. As for evidence based medicine, research is an important tool for medicine, but it requires millions of dollars in funding and institutions willing to do studies. In lieu of this, people have used cannabis relatively safely for centuries. As we get past the hype, do more research and consider our healthcare options the cannabis picture will become clearer. For now, it’s a reasonably safe alternative for many common geriatric problems such as listed in this article. Trying cannabis is not like trying “anything” out of desperation. It is a clear medical alternative that older Americans can experiment with judiciously. It noteworthy, though, that even though polling shows that a majority of Americans want to expand Social Security, and support Medicare for All, tuition-free public colleges, a $15 minimum wage, progressive taxation, breaking up the big banks and legalized marijuana, only cannabis legalization is moving forward aggressively.
* I live in Japan, where cannabis is considered as equally reprehensible as heroin or methamphetamine. This is just the type of story that never gets coverage in the Japanese media because of self-censorship. Every time a celebrity here gets arrested for possessing minor amounts of cannabis, there's a hullaballoo in the media, and the inevitable bowing in apology and a promise to never touch the evil weed again. I've thought for years that allowing cannabis consumption in Japan would help chill out the stressed out Japanese workforce; alas, this will never happen.
* As an aging still slightly competitive ice hockey player, I have severe lower back pain after Men’s League games. A 5mg Indica gummy and not only can I sleep through the night, but I awake pain free. Remember: Indica’s relaxing properties give it the nickname Indacouch!
* PLEASE, cannabis smoke, as any smoke, contains a number of unhealthy compounds. Apartments are not sealed in U.S. and even one smoker can disturb the whole floor. It was giving me terrible insomnia. What's next? Are they going to legalize opium smoking again? Buy it in gummies or something if you have to.
* when dad was dying (end stage pancreatic) we attempted to obtain state of connecticut medical marijuana per onc's orders. ironically, dad himself was an md, practiced 40+ in ct. in all my life i have never seen a more needlessly messed up sign-up process. apparently the state legislature made it this way on purpose. so yay for modern retail sale of pot... if it were left to the government we would all be smoking thalidomide.
* "Discuss with your doctor." Right, that's what got us here in the 1st place. A medical industrial complex that sells us pills for things we do not need. Yes, weed is stronger, but a little education is enough for any senior to explore on their own. After taking allll the various prescriptions; do they say, "Discuss why your doctor keeps pushing pills?" Go natural. Go easy. And stop telling me to first consult a pill pusher.
* I have been smoking cannabis since 1962, but never tobacco, now at 79 I've been legally proscribed medicinal cannabis for early detected prostrate cancer. The benefit of not having to take unwanted harmful smoke contents into my lungs and the relief from paranoia of getting busted is huge. I find that I haven't experienced depression from my health condition , my appetite stays and although I have to get up a couple of times a night I fall asleep quickly. One claim that I would dispute is that today's pot is "so much stronger", than what was available years ago. I was smoking 'Panama Red', 'Thai Buddha sticks and Afghani hash in the 60's and 70's since all marijuana was imported into Australia in those days. Even so I find my proscribed dosage of 1m/20mgTHC, 5mg CBD, more than adequate although if I wanted to I could increase my dosage I don't feel any need to. One happy 'pot head', who has worked as a chef since I was15 till 68 paid all the bills and raised a productive non smoking family. Just to show that those that 'fear' the young people of today that partake will drop out of society is up to the individual. Cheers!
* I was prescribed OxyContin, along with 24/7 morphine, to conquer pain from radiation and chemo treatments for neck cancer. This was 2017, so I was already familiar with the addictive properties of OxyContin. Because my radiation treatments were in my neck, it was too painful to swallow when eating or drinking without opioids. Within ten days, I realized that the OxyContin, which worked so well at the beginning and lasted for several hours after each dose, didn’t work so well over time. It was hugely tempting to increase the dosage, but I resisted knowing the drug’s addictive properties. At the time, medical cannabis had been recently approved for use in California. My radiologist recommended a German-made vaporizer (“Volcano”), which was expensive, but smoking cannabis without a vaporizer was not an option. Potent strains of cannabis specifically targeted for pain were my lifeline. Not only did the vaporized cannabis dramatically reduce the pain during recovery, but it also eliminated constipation, a horrendous side effect of opioid use. Soon thereafter, I eliminated the OxyContin altogether. Whenever I read about residents of other states (an ailing veteran friend of mine in South Carolina comes to mind) where cannabis has not yet been legalized, I feel bad that this medication choice is not available and that these individuals must suffer the unnecessary risks of opioid addiction and other grim side effects these drugs produce.
* After a certain age, seniors should minimize smoking weed. It’s a possible cause of emphysema and older lungs probably have a harder time cleaning the residue left from the cannabis. also if you must smoke get a vape pen for herb versus firing up a joint. Gummy’s and tincture’s are better for seniors even though you may have to wait 45 minutes to an hour before you feel the effect
* Note that making marijuana a Schedule 1 narcotic was done partially at the behest of the pharma companies. No surprise, but it's set research back decades.
* Cannabis is a naturally occurring plant product with a multitude of legitimate medical uses. All of our brains contain cannabinoid receptors, indicating that humans have evolved to be able to receive & process cannabinoids as part of the evolutionary process. Hence, it is tragic that the federal government has effectively blocked research into a large range of potential medical uses for cannabis. There is no medical basis for including cannabis in Schedule 1 of controlled substances, a category which is ordinarily reserved for substances which have no accepted medical use & a high potential for misuse, such as heroin or LSD. Society will benefit if we finally encourage this badly needed research. It should not be at all surprising that more & more seniors are turning to cannabis. It is often safer & more effective than prescription pharmaceuticals. It is certainly more effective & safer than is alcohol for someone seeking help for insomnia, pain, or anxiety. Today's seniors include a large cohort who came of age in the 1960's when cannabis use became popular societywide. More than any prior generation, they are less subject to the discredited myths about the dangers of cannabis. I expect that cannabis use among seniors will continue to grow with every passing year.
* I once had a pothead friend tell me that marijuana “makes your eyesight better” and that if I smoked more I wouldn’t need my glasses. I’ve been told it’s “better than anti anxiety medication” by someone who has never tried anti anxiety medication. That it heals carpal tunnel syndrome. Etc. It’s just another substance, not a miracle. It can be beneficial in some ways, but it also has downsides. A lot is unknown. If you think it solves all of your problems, it does. Don’t forget the placebo effect. Some people have marijuana use disorder. Like the ones I mentioned in the first paragraph. I used to love getting stoned for fun when I was younger. My body chemistry changed with autoimmune issues, and now it affects me negatively, so not worth it. Take care out there!
* Weed can help constipation better than any drug. I finally sleep better too. No drugs for me, only healing herbs. Why weed was called a drug I dont know. Its an herb with healing properties.
* I read that the Biden Administration is trying to change that with MDMA by the end of year. Because returning soldiers from Iraq suffering from PTSD are being help by MDMA.
* I use cannabis for sleep. Beware! It's an addiction. But it's MUCH better than no sleep! I feel good every day bc cannabis gave me a good night's sleep.
* My brother age 64 was vaping at night for “relaxation”. He got report from doctor that there was issues with his heart, and he stopped immediately. I think the pot companies love to promote usage as something natural and won’t harm you. User beware. Not enough long term studies here.
* The jury is still out on the health benefits but the second part of your statement is false or will become false soon. The cannabis industry is already a multi-billion dollar juggernaut - $57 billion this year and slated to be $400 billion by 2030. This is not a few people growing pot plants and giving the products away for free/ cheap. And don't worry pharma will cash in on it much as traditional tobacco companies cashed in on vaping (where some people thought they were supporting small/ independent businesses) when cigarette smoking rates declined. (Similarly, the supplement industry is multi-billion. High value industries are not a scourge per se but buyer beware as profit is a motive. Be skeptical about the source of what you're reading/ hearing.)
* I’m 65 and have had back pain since my early 30’s. Instead of Tylenol or ibuprofen which I used for years, I’ve been taking CBD edibles daily which have effectively blocked the pain considerably better than those OTC medications. I’m addition, they help with sleep, anxiety and even my blood pressure. It’s been a godsend!
* Well, I'm 68 and as soon as it became legal in AZ, I decided to buy the "weakest" one the nearby dispensary had. One 10 mg. gummy left me so loopy that it scared me, and left me with a hangover and a headache the next day. It had been decades since I'd smoked it, in the way distant past. The gummies still sit in a drawer in their tin. Maybe I'll try just a tiny little nibble next time. Cuz, with my arthritis, I sure could use somethin' other than acetaminophen. This article at least mentions a little bit of guidance on dosage, and thank you. More dosage info please! BTW, I'm even toying with growing a little, just because I now legally CAN! LOL.
* I am 70 and not a fan of marijuana. Even so, it's obvious that the government ought to get out of the way and let science do proper studies about this, other drugs, and herbal remedies also. MORE. Such political, social, and religious interference affects not just the elderly, but it weakens our democracy and makes us unable as a society to obtain the facts and truth about things that enable responsible adults to deal with a multitude of problems, like human-caused climate change, civil rights, sexism, "ageism" and many others. In fact, the stigmatizing effects of such activities--say states trying to control women's bodies or states restricting scientific research--is so profound that it makes an article like this one very thin in terms of content. You can't know what isn't known.
* The seniors using cannabis are the smart ones. At the end of my mother‘s life, her various doctors had her on over 30 medications. No one doctor had a view of what she was taking. I ran her pills through a drug interaction database and found three potentially lethal drug interactions. I spoke to her gerontologist about this, and was disdainfully informed that one could have a „philosophical discussion about whether the drugs were appropriate or not.“ It became clear that my mother, and undoubtedly many seniors, were being oversold drugs, without much thought of the patients‘ health. At 57, I use medical cannabis for two conditions and no prescription drugs. For those of us who distrust the (profit) motives built into American healthcare, cannabis is a lifeline.
* Edible and smokable cannabis have different effects. They are not interchangeable. The liver actually converts edible cannabis into a different chemical. I (and many others) prefer the effects of smoking/vaping over edibles. Also, smoking has little to no lead-time between ingestion and effect. This is not true for edibles, which often leads newbies to overconsuming, thinking it's not working.
* The advice to discuss with your doctor that you have taken drugs that are illegal at the federal level is dangerous, because what you tell your doctor becomes part if your “permanent (medical) record” and could be used against you in the criminal justice system later on. To protect our citizens we must legalize cannabis at the federal level and fund studies so we understand the potential benefits and risks of using the drug at different points in the life cycle. Then control and legalize other (now illegal) drugs for the same reason. Those who want to use drugs will use them, legal or not, so let’s make them as well-understood and as safe as possible.
* Nothing is completely harmless. Even alcohol, aspirin and allergy inducing foods can be dangerous at times for certain people. In small doses with few side effects, cannabis is great for some people, even if they just imagine that it's working-- isn't that the same thing really? The wild warnings and claims on both sides of the argument don't help. Large doses can cause paranoia and psychosis, but look at how certain anti-depressants have caused suicides and lasting sexual dysfunction. I personally don't enjoy the recreational effects, but a little bit in the evening guarantees a good night sleep. The thought of a group of seniors sitting around getting high and having a few giggles: what's not to like?
* I'm a few weeks shy of 77 and have used cannabis sporadically since my first experience with it as a 23 y.o. medic in Vietnam. Occasionally a daily, heavy user, more often (especially as the years piled up) an episodic smoker often going months, sometimes years between highs, in the past 5 years I have again begun to use it daily. I no longer smoke it but have turned to edibles, making my own THC-infused butter and grinding the buds into a flour consistency to make cookies and brownies. The big difference now, though, is I don't use it primarily for its euphoric effect but for its effect on my bladder. Having had a prostatectomy for benign hyperplasia 20 years ago, I still found myself waking multiple times a night to urinate. I cut my brownies into 1" cubes and, before going to bed, eat 1/2 of that tiny brownie. Now, I typically wake to relieve my bladder no more than once a night, and am no longer surprised if I go all night without waking, even sleeping 9-10 uninterrupted hours on occasion. As for any "high" as a side effect, I rarely experience any at all, having slept through pot's euphoria stage. No, it's not legal in Texas, so I grow my own plants in my attic and process them in my kitchen, sharing only with my oldest, closest, dearest friends (who are, yes, old, and who also grow their own) and have never accepted a penny from anyone in return.
* Sure, and my younger friend who admitted using medical MJ had his insurance cancelled. All the Nope. And Medicare is federal, so equally likely to take a hard line at some point. As a disabled senior, I am not talking to docs about my usage now or ever without serious changes. My experience of medical trauma and gaslighting about living with chronic pain contribute to this stance. In my experience, our medical system is entirely broken.
* As someone in their mid 60s, I've always been someone that woke up early to head to work. Then came retirement where I was excited to sleep until 8 or 9 in the morning. Finally after decades, I could get 8 hours of sleep. Nope, that was going to happen. I could fall asleep as soon as my head hit the pillow but then at some point, bathroom break or not, I would wake up at 2am, 3am or 4am. Then began the spinning of my mind, what I needed to do, where I needed to go, what to fix, who to contact, what appointments and on and on. A friend recommended cannabis. After working in a job for over 30 years that drug tested randomly, I was skeptical. I finally tried it and my life changed forever. I only take 1/2 of a 'gummy' or 5 mg of THC and only when I haven't slept well for 2 or 3 nights in a row. I also take the indica with CBN, a chemical that doesn't help you sleep but DOES help with getting back to sleep when you awake. It stops the brain from engaging in random thoughts that then keep you awake. I don't need the THC but was told that it helps relax you and because I take it right after brushing my teeth and before crawling into bed, I never feel whatever high there is as I'm asleep. Best decision I ever made and it feels SO good to get a good night's sleep, even in retirement. I also keep busy, exercise and watch my diet!
* My friend relied on cannabis during her cancer treatments and initially when the cancer spread to her bones. She said she got more pain relief from the cannabis as opposed to the opiates and wasn't as groggy. Of course as it spread further she did have to rely more on pain meds and I was grateful she had them. My dad and his golfing buddies all have back issues and a few have had surgeries. They rarely take any pain pills and rely on the edibles they get from their state medical marijuana dispensary. My dad was a child of the 60's and was already knowledgeable of cannabis. I do not think he was prepared for the strength of the cannabis we have now but he knows how much is too much and moderates it well. Dr.'s don't want to have that conversation because it's still taboo to them.
* I started using medical cannabis 10 years ago when I was getting little to no results from prescription and OTC medications for arthritis pain, muscle spasms and frequent headaches. It did not take long to notice excellent results. I rarely get headaches or muscle spasms. Cannabis won't cure arthritis but it helps keep me mobile. I use a water soluble CBD solution in my morning coffee and vape cannabis flower most every evening before bed. Cannabis masks pain awareness and it is a mood elevator. I'm thankful every day that I gave The Plant a chance.
* THC is good for old people, using whatever delivery system you prefer. In addition to the many physical benefits, it can assist in mindfulness, meditation, and general spirituality. It's the young people that concern me, sometimes they get a bit paranoid with the stronger strains.
* One thing which the article doesn't say about doctors is that if the MENTION cannabis, then their licenses to prescribe pain meds is at risk of being canceled. It's ridiculous that our government still categorizes cannabis this way: Marijuana is a Schedule I substance under the Controlled Substances Act, meaning that it has a high potential for abuse, no currently accepted medical use in treatment in the United States, and a lack of accepted safety for use under medical supervision.
* I love taking a few hits at the end of the day, but no one here is talking about THC and cardiac related issues. Periodic Arrhythmia started early this year and sure enough: it was w/in 2-12 hours of taking a gummy. I get get away with a couple of hits a few nights/week now. Did find a med journal lit review discussing multiple studies showing: Cannabis use is associated with increased risk of cardiac dysrhythmia. Wish there was more research, but listening to my own body and finding the level that works.
* It takes some experimenting to get the right combination for an ailment. I do know people in their 60s who took too much the first time. This isn’t 1975 folks. For me, the magic is a 5/5 gummy. Half THC and Half Cbd to relax, but this senior likes more when listening to music or when I have back pain. People have different chemistry so there is trial and error.
* Big Pharma is probably chomping at the bit to figure out how to patent some drug made from cannabis and sell it at an exorbitant price.
* The cannabinoids in pot prevent the liver from metabolizing lisinopril (drug to lower blood pressure). The lisinopril builds up in the system and can lead to excessively low blood pressure and volume - especially when alcohol or other causes of dehydration are involved. Personally, I went to the ER three times in an ambulance before this was figured out.
* The power of plants! Medicinal plants had been throughout history revered for their potent healing properties. It’s encouraging to see more people returning to this form of medicine. Recently, we have come to see the serious drawbacks of many synthetic drugs. While there may be a time in place for pharmaceuticals, my first choice would always be plants!
* For me weed is a godsend for pain and anxiety thankfully it's fully legal in Virginia. Even if Youngkin our guv drags his feet on its sale. It's an herb not a drug that is addictive and has too many side effects.
* What nobody explains about aging in America is how patients become cash cows for unnecessary referrals, medications, expensive new diagnostic interventions, and surgical procedures that in some cases result in fatalities. During your younger years going to work, raising your children, you go to your physicals and based on them alter diet and exercise and begin to take regularly a few key medications--especially ones involving cholesterol, blood pressure, thyroid, and psychological health--but your goal isn't to begin seeing specialists at every turn and being examined for new things based on a decimal point in variation of a lab value. But then you're retired and suddenly doctors like your Medicare--not because they can get rich off it as they were with your employer based health insurance and co-pays--but because they can count on it to pay. For men, urologists suddenly are the referral of choice for your primary care physician based on infinitesimal changes in a PSA. Of course, urologists and PCPs profit each other just as all primary and speciality practices do vis a vis referrals. But the urology merry-go-round becomes so blatantly for the purpose of generating income as biopsies are done based on little "evidence based medicine"--and now the whole order of tests one ends with in the net of a urologist is in question as is the PSA. The British urologists who an American urologist disdains, disparages have a very rational and incremental approach to the prostate health.
* Amazing really. When I was in high school in the late 60's in California you could be sent to prison for being caught with a roach of marijuana. I guess now we don't have to be paranoid after toking up. How times have changed. How many of us had our lives ruined because we had used pot. I for one.
* I don't consume marijuana because, right now, I have no interest in it; however, I am GLAD it exists because as I get older, things hurt more and I have read enough "horror stories" about some of today's prescription drugs that I am thankful there is a natural alternative, like marijuana.
* I've been using it for years. If you know what you are using and what its capable of doing for you that is the key. I have experimented with different types and have found that a low dose of edible indica is great for a sound night sleep. Some people may have adverse reactions. You have to know what you can do. Try it and if it doesn't work then don't use it again. Just stick to a low dose of whatever you do. It sure beats any medicine that the doctor can prescribe.
* I despise THC…..it makes my heart race and it makes me paranoid. I read all the comments about how wonderful it is, but definitely not for me. No thank you.
* How is it possible to talk about the “safe” use of cannabis when so much of it is coming from unlicensed and unregulated providers operating out of seedy storefronts all over New York City? What is it going to take to get these hiding-in-plain-sight speakeasies shut down? The state’s plan for legalized distribution of cannabis has been an absolute travesty from day one.
* I'm 65 and just finished my second NYC marathon. I've found THC edibles to be helpful in my longer training runs, 8 miles or more. Having a little reward helps me get out of the chair and out running. And I'm less focused on the difficulty of a long run. Just have to be a little more careful crossing streets! In the Nov. 5 marathon I ate 5 milligram edibles (pretty mild) at miles 0, 3 and 8. I honestly think they helped me get through it.
* When I don't sleep well for a few days in a row, I take a moderate dose of (legal/regulated) Delta-9 THC gummies, and it helps. I have also taken them when I am in a particularly bad (stressed, angry, depressed) mood. It's no cure all, but has helped with that too. I have gotten into the habit of taking them once a week, to "reset" my mood.
* I’ve been using since mid-teen years, aged 59 now. I weigh the same as then, am on no prescriptions and a clean bill of health (so far). I think it’s contributed to staying relatively youthful physically and mentally for me. And what some people have experienced as “paranoia” I’ve perceived as a hyper-awareness that can be strange at first.
* I am not anti-pot at all. However, when my husband was given a number of pot edibles by his adult kids to try while on chemo, I thought we should consult his doctors first. My husband thought I was overreacting, but it turned out I was wise to take a pause. He was advised against taking CBD edibles by his oncologists because they are metabolized in the liver, which is already getting a lot of extra work and stress during chemo. As well, cannabis edibles may also interfere with various receptors. Cannabis inhalation was deemed as a bit better but may increase risk of developing arrhythmia. There is also not a lot known about other possible interactions. So the advice was just to take a pass during cancer treatment. Maybe the advice is different for different cancer treatment situations (my husband had adenocarcinoma of the lung), but it's always good to check it out first.
* I’m 65 and have never smoked or eaten pot. In North Carolina, where Republicans rule with their faux Christianity, medical marijuana is illegal, but smoking and chewing tobacco is just fine. I would love to try medical marijuana for my aging body, but I cannot.
* I'm 76 years old and have been using 5 milligrams of edibles for 10+ years without problems as a sleep aid. I wonder if the doctors patients have had problems with THC due to their preexisting psychiatric problems.
* Most of us over 60 are simply not offered any medical options for pain, insomnia, or anxiety. We aren't seen as having severe enough issues. Of course we look elsewhere for relief, having been dismissed by our doctors. All I got for menopausal insomnia was advice pulled from a newspaper about sleep habits. Which I followed to the letter for years with no result. Now I use a full spectrum CBC/CBN gummy plus low dose timed release melatonin and sleep well. I spent too many years without this help, and it's all over the counter.
* Educate yourself. If your healthcare provider is some kind of puritan, or in the pocket of big Pharma, they may well try to dissuade you. And they are not keen about self help. They would rather you show up for multiple visits, which are billable. I am an APRN with chronic pain, and a cannabis enthusiast. It works.
* I have really insomnia. I’m 65. I use marijuana to sleep.
* A daily low-dose (5 mg) THC edible really helped the hot flashes which tormented me for a few years around menopause.
* I have half a gummy to help me sleep. Very effective but I limit my self to once a week. I don’t want to be dependent on anything. I have tried sleeping pills, they a horrible. Most of time I sleep fine but a little cannabis can help on the occasional bad night. I have never been a recreational user and have no interest in getting high. Yes if you eat too much of anything you will have adverse effects. Let’s all relax. Pun intended.
* The only way this perimenopausal woman can fall asleep is to take a puff, puff or eat a gummy. I prefer to smoke it because I don’t feel the hangover the next morning, but trying to find someplace to smoke outside as the weather gets cold, isn’t worth it. The hangover doesn’t last long, but I definitely can’t take anything too high in THC.
* Yeah, I just take one hit in the evening and it just takes the edge off. I'm relaxed, calm, and feel like I don't have a care in the world. A pre-roll .5 gram lasts me about two weeks.
* Proper medication can provide a clarity that shifts my focus from overthinking the necessary steps to actively engaging in the present, thereby reigniting my pursuit of big dreams and goals.
* Yup, those bedtime gummies really help more than any med. Glad you tried them. Getting good sleep is my idea of heaven.
* Cannabis is a complex plant and reliable information is hard to come by. We lifetime senior users have incorporated it into our lifestyle over decades, but newcomers will have a steeper learning curve than this article suggests. Edibles are popular, but take a while to kick in, will stay with you for quite a while, and can be unpredictable. Inhalation has the quickest impact and a relatively short duration. It’s also the easiest to predict, which makes it a good option. For many people, however, smoking is a non starter for a number of reasons. I concur. Herbal vaporizers which heat the herb only enough to convert the solid cannabinoids into an inhalable gas provide all the benefits of smoking with none of the downsides. And the flavor of the flower can be sublime. For expert veteran advice, visit fuckcombustion,com.
* During the pandemic I started taking it. For three years I took it. Consumed 5 or 10 mg gummies and smoked indica. Recently stopped for a couple months now. Cash doesn’t flow through my wallet so quickly anymore. Also, my dreams are more vivid again. One thing I definitely give a thumbs up for is it removes one’s desire to drink wine and beer. Gummies are much less harmful and I think they could be a regimen to help those that want to cut back alcohol consumption. Look out for the late night munchies adding more weight on. Life without it is a bit more boring but no big deal. I think it’s a lot to do about not so much. People have a tendency to give things five star ratings when they deserve a two or three.
* I think my gummy is starting to kick in. After falling off my bicycle and fracturing some ribs, the pain was causing severe loss of sleep. The urgent care MD treated me like a drug addict when I asked for a scrip for five hydrocodone tabs. I got four. Because of the side effects I only used three. It would have been so much easier to buy a handful of gummies at the neighborhood dispensary.
* Cannabis has been used medicinally for since before Christ, Greek medical texts mention it. Archeology has shown it being used before written history. We cannabinols receptors throughout our bodies. It is one of god’s gifts.
* I buy one oz of pure indica, carboxylate it in the oven, steep it in one pound of butter for 2 hours, and then use 1/4 pound of the butter to make 48 yummy cookies. I eat one cookie at bedtime each night, and have never slept so well in my life. The butter I use is more expensive than the leaves and buds. Of course I tell all my friends. I am a healthy and very happy 81year old who swims laps, bikes regularly, walks daily, and travels all over the place, so I feel no effects from the cookie except that I am well rested (and happy)
* Seeing as we have an endocannabinoid system in our bodies that is the great coordinator of all the systems of the body and that produces the same cannabinoids as the marijuana plant, it would seem that a boost in these cannabinoids would be good for one. This is actually what seniors are finding out, and at the same time not having to deal with the many side effects from pills. I use for PTSD and chronic pain from a 20 year career in the Air Force. No side effects and it is easier to titrate how much one needs when smoking. Once one takes a pill it's off to the races. Another thought. When we made it illegal in 1937, we took it out of the food chain. The cows ate it and the chickens ate the seed. Around twenty years later, 1960 or so, and we are complaining about modern problems like cancer and anxiety and a host of other conditions we are now treating with cannabis! It's a no brainer when one knows the facts. The Government offer the move cannabis the schedule 3 puts it right up there with hydrocodone and oxycodone both medicines designed to replace heroin and morphine supposedly with no addiction properties. We found out that was a lie! Unfortunately for the people who are addicted to cannabis prohibition, the facts show that the best way to handle cannabis is just like we handle alcohol, tobacco and firearms. Hand it over to the Bureau of Alcohol, Tobacco Marijuana and Firearms. The ATMF. LOL
* Another consequence of increasing acceptance of recreational drug usage in the USA is increased traffic accidents due to drug & alcohol use. Here in CA, I smell people smoking pot often on the streets. It is also not uncommon to see people driving cars, such as people in service cars standing outside their cars toking on a stinky joint. If someone picks you up in an Uber/Lyft car and smells like pot, you'd do well to get out and call another car. ------- More than half of people involved in road accidents had drugs or alcohol in their system, study says By Jen Christensen, CNN December 14, 2022 More than 55% of people involved in serious or fatal road accidents tested positive for drugs or alcohol, according to a new study. Impaired driving is one of the leading causes of fatal crashes in the United States. Alcohol and drugs can impair a person’s reaction time, thinking and physical ability to navigate the road. ... <https://www.cnn.com/2022/12/14/health/drug-alcohol-driving/index.html>
* Perhaps you should look into the serious effects that can come from taking 1 or 2 ibuprofen a day. I've been smoking pot for over 50 years, 2 or 3 tokes most days. I prefer that much more than eating it. I've checked my lungs and they're in great shape. And it hasn't affected my successful career and personal life. I've also done of lot of physical therapy that's eliminated my back problems.
* I’m a newbie to cannabis. A few days ago I accidentally consumed two gummies instead of one. I went right to sleep but, upon awakening later that night to use the restroom, I was very dizzy. So much so that I had to hang on to walls and furniture to avoid falling. Love and learn.
* So much free advice being dispensed here, no one really knowing anyone else or their medical conditions. Isn't the the kind of disinformation/misinformation that the NYT & readers are always blaming social for?
* I rediscover music every time i smoke weed. I dance, cook and feel very young. Aghhh… and then i get so incredibly hungry that i cant be stopped. But not for that i would smoke daily. Also, even at the lowest thc doses i can find, two hits makes be insanely high.
* If only I liked it. Tried it in college in the early 80s & it just left me with a huge headache. I tried it again in 2001 & couldn’t form a thought which left me sitting in a stupor not enjoying anything. With all the stress & anxiety I feel on a daily basis with the horrendous state of the world, I wish this was something I could turn to for relief of this exhausting stress.
* Several brands of mints are sold in 2.5 mg dosages, which makes it slightly easier than cutting a gummy into quarters. Generally speaking, edibles are sold in 100 mg packages, so if there are 10 pieces, they are 10 mg each, 20 pieces are 5 mg, etc. It’s worth another try for pain relief and/or better sleep. Oh and get indica for relaxation.
* Oh how I wish it worked for me. Instead, pot makes me very drowsy yet keeps me up, a truly bad combo. Nice for about 20 minutes, kind of unpleasant for about 4 hours.
* "Because cannabis is not federally legal, doctors don’t have enough research to guide them on what conditions it is helpful for, who might be at higher risk for potential harms, how to dose it properly or which strains to recommend, said Dr. Benjamin Han, an addiction medicine specialist at the University of California, San Diego, and one of the few geriatricians in the United States who studies older adults and substance use." This is a primitive stance on the part of the feds.
* "Marijuana’s medicinal properties have not been well studied, particularly among older users, making it difficult for doctors to counsel their patients on the benefits and risks. " So Why would you ask a Physician what the best pot for you is?? Better to ask your local Bud tender what's best for your condition and common sence ,don't mix with psychoactive drugs or excessive alcohol.
* I've been smoking almost all my life (50 of 65 years) and there have been times in my life where I smoked about as much pot as is humanly possible. Now that I have a mortgage and a business, and not wanting to be high every waking minute, I don't consume as much as I used to but I still wholeheartedly enjoy it and fully believe that it's good for my health. Side effects are minimal if any, the worst might be temporary state of anxiety if I consume too much of the wrong strain on the wrong day, but alcohol is WAYYYYY more dangerous. You can exercise, eat healthy, engage in culture and education (I do have a master's) and STILL use cannabis.
* Marijuana has not been well studied in the USA due to Federal prohibitions, but France and Israel have done these controlled studies for decades...other countries are far ahead of the USA in this area. Goggle it. The research has been done.
* 127 different compounds. Genetically engineered to maximize THC content with no data on patient effect. Extensive study on 5 of the 127 compounds. Unregulated dosage and zero quality control. No recall mechanism for contaminated samples. Documented cases of shops recommending for pregnant women and breast feeding women. Candy with zero safe packaging requirements for children. Significant upticks in ER visits. No live test for DUI, or safe amount to drive. Completely uncontrolled online sales. No guarantee of purity. Fake CBD/THC products run rampant. No mechanism to get them off the market. Documented contamination (in Co market) with pesticides, mold, listeria, etc. This is a wild wild west situation driven by greed and profiteering with no concern for patient safety. Governments are complicit as they legalize these compounds with almost no regulatory mechanism at all just to get the tax dollars. Caveat Emptor.
* "All those bottles of pills" are making big bucks for the medical establishment. They won't ever switch to something more "natural" without a fight, at least until we reform the whole U.S. profit-driven medical system. I'm not holding my breath.
* I've been using delta-8 THC instead of the delta-9 varieties. Mental effects are about the same for me, but I only use gummies, and cut one square into four sections. I take it in the morning and have mild sense of euphoria during the day. But it does not last and will take another quarter in the late afternoon. It's important to not take too much because it will make one very dizzy, like spinning around and around till you vomit. Take a dose on an empty stomach with a little food and it ahould kick in around thirty to sixty minutes later. The gummies are not going to have an immediate effect, so you need to be patient and not keep gobbling them. That will be far too much to deal with. It's kind of like with alcohol, use a little and that will be fine. Drink the whole bottle and you are in trouble. Use gummies, take it easy, be patient, and don't overdo it. I am 77 and have been doing this for years and feel fine. Oops, got to go, my morning dose is kicking in and I want to enjoy it. Good luck, and have fun.
* Here in Canada cannabis has been federally legal for a few years now.One of the big obstacles to legalization was just the lack of clinical study you cite in your article.The position was taken politically to legalize so this research could be evaluated and science could provide the answers.Perhaps now is the time to employ your formidable NYT resources and run a story on our findings,one way or another.
* I am 66 and still working every day as a carpenter. In my free time, I like to hike, cycle and surf. Nothing is more important to my daily routine than regular stretching, and nothing makes stretching easier than a hit or two. Without it, it's painful and laborious. With it, it's easier, almost joyful. Without it, I could not have withstood the training necessary to run ultra marathons into my 50s. With it, I plan to keep burning the candle at both ends for as long as I can. It is a godsend.
* More research is needed. I have been smoking a bit nearly every day for 60 years. I can go away and not smoke for 2 weeks without a problem. It is relaxing and makes moving easier and life more enjoyable. I do not use any over the counter anti-inflammatory medications for normal aches and pains because the cannabis works better for me. I prefer smoking it because I know what I'm doing and can regulate the intake better. More research!
* Side effects. "He's giggling and wants some ice cream." Compare that to the side effects of chemically manufactured pills.
* Cannabis is very strong these days. I tried some gummies for a sleep aid and even though I only took a half I endured a night from hell. I could not sleep, my heart was pounding and I thought I was going to die of a heart attack. Nostalgia for the old days when a few puffs of a joint brought on a mild high with lots of giggles is a false flag for the current state of this drug.
* Only drawback??? the munchies!!!
* For years the govt. refused to investigate pot. It’s bad! It’s illegal! What else did you need to know? Since nothing positive or negative was ever established through research we’ve now got kids, who last year were working at Starbucks, “advising” folks on the best therapeutic applications for weed. Sleep? Indica. Anxiety? Sativa. Leg pain? Hybrid. Cue laugh track. As a daily user since 1972 I laugh at this, but that’s not enough. I know a few journalists, for whatever reason pot & journalism don’t mix. Non ppot using Journalists for years all agreed pot is for losers who can’t tie their shoes. Now they’re writing articles about people on death’s door who are now playing tennis after one bong hit! Except for the prior oppression and now hype - pot is not that big a deal.
* Amusing. I have been smoking pot since I was 16 with some breaks for military service or living or traveling overseas. I take on scrip for genetically high cholesterol. Super fit and do martial arts. Never an issue with balance or much else. Everyone is different.
* Pharmaceuticals come with a lot of baggage, you ever listen to some of the side effects, many are worst than the problem. At 69 year old I’m a committed medical cannabis user which helps me sleep, relax, and moderate my moods. My brother (67) suffered from high blood pressure among other things, started using and growing cannabis and got almost miraculous results on his blood pressure and is singing its praises. This stuff works, more seniors should try it.
* Well, we’re birds of a feather. I get annoyed with sweeping generalizations about pot being a benign, “happy” drug. For many, maybe even most, that may be true. If it works as “medicine,“ go for it. But for young smokers, it affects brain development and for some, it is addictive. For some people, it very negatively affects mood. Chronic pot smokers can have difficulty with motivation and drive and it can cause problems in relationship. There is no risk-free substance, even if it’s “natural.”
* Each to his own. Never used pot or any other mood altering drug in my life. I am extremely fortunate in that meditation and exercise does the trick for me. A peaceful mind is the key to most things. Takes a bit of work and effort, but well worth the results.
* The biggest problem with determining whether marijuana has any medicinal value is that there has been so little study of the issue. Hopefully with the Biden administration’s request that it be studied, it will be soon be reclassified as a Schedule 3 drug.
* Prescription drugs can have very different effects on different people, so this claim lacks support on its premise. Many people have predictable repso1nses to certain cannibis products, many of which are much more standardized that they were in the past.
* Cannabis to reduce anxiety? Doesn't sound right. I did cannabis a few times in high school and one of them led to what I would retrospectively call a panic attack. Help you sleep really? Like drinking, smoking, or drinking tea or coffee, it puts your brain to work in all kinds of weird directions.
* Making cannabis products legal nationally will, unfortunately, allow Big Pharma to get involved and eventually gain control. Perhaps it's better to proceed state-by-state until the grass roots have found what works for elders, etc.
* At age 54, half an approved (in Utah) medical gummie ( 5 gm total) puts me right to sleep, drooling on my pillow. More than that and I feel loopy and paranoid. Without it, I'm tired, crabby and jealous of the snoring husband (one illegal puff) happily zonked out. No side effects and I can't believe this stuff is illegal without a "prescription" here.
* One thing that I’ve learned from mental health professionals, professors and spiritual healers is that alcohol is never on a list of helpful medicines. Weed is and has been for quite a while
* I am one f those "older people"-- a child of the 60s (and a VN vet)--and proud to be labeled as such. Peace!
* Not everyone is equal with respect to addictive substances. Alcohol is probably one of the worst substances from that point of view, yet most people drink moderately. I have no problem thinking most people can also smoke pot moderately. Yet it is important to recognize pot (and alcohol, and tobacco etc) has some adverse side effect.
* I have a three year waiting list at my local NHS hospital before I can get a hip replacement, I already paid privately for the other hip but can’t afford a second. Can someone tell me where I can find information about taking these gummies etc to relieve the pain and keep me safe.
* I too have been using cannabis for most of my life, I'm 65 in ridiculously good health, smoked my way through grad school (got my best GPA ever) and none of the dire warnings about the evil weed have manifested in my life. Since Michigan went recreational years ago, having unrestricted access to good cannabis has been a game changer for me. So much better than having to accept whatever random strain was being passed around through the underground network. This is SOOO much better.
* I had the same experience of giving up alcohol when I first tried cannabis -- in 1968! A nice buzz without the hangover. Glad you found your "cure".
* CBN = "Calm by Night. I take a gummie (1 part THC/4 part) CBN every night at bedtime. It works. Each one of my strawberry-melon, flavored "Pearl Drops" contain 2mg of THC and 8 mg CBN. Sweet Dreams!
* Good article with balanced information. I wish there was more information about low thc options (which I think are the best for refreshing sleep). I am 70 years old and have had trouble sleeping most of my life. Sometimes it’s hard to get to sleep and other times I wake up and can’t get back to sleep. I tried ambien for years and had a very hard time getting off of it. Melatonin leaves me foggy. I don’t like to get high from strong thc products. I tried lots of cannabis combinations and found that federally legal CBD with CDN and just a small legal amount of THC works really well. I use a gummy before bed and a tincture in the middle of the night if needed. Adventure.com has 3rd party lab reports and ships everywhere.
* All good ideas, but sometimes honesty is used against us. Before eye surgery, I told the anesthesiologist that I occasionally used cannabis and found myself wide awake during surgery, being told, "Don't move while I'm cutting your eye." He assumed my cannabis use equaled addiction.
* So, nobody’s going to mention the benefits of cannabis for the sex lives of post menopausal women?
* You snarked yourself with that comment. Cannabis relieves symptoms, it doesn't cure anything. And yes, it helps with a panoply of symptoms, much like aspirin does. It's why we use it.
* I'd love to hear from those who may have found a strain (indica? sativa?) and an approximate dosage that relieves osteoarthritis. Thanks, NYT, for this article.
* Why? Uh, because it works? Like any treatment, it's not for everybody, but if it works and makes people's lives better, why not?
* "I've been smoking pot regularly for 55 years. My lungs remain healthy" ----- Uh huh. Every smoker I have ever known claims they have no lung damage but I bet you couldn't keep up with me on a jog. The temperature of smoke inhaled from a joint or cigarette is around 800°F. Do you honestly think that human tissue wouldn't be affected by such high temps? I've got a few article that belie your contention. Here's one of them: Research Shows Emphysema More Common in Marijuana Smokers Than Cigarette Smokers By University of Ottawa | November 15, 2022 Researchers have found marijuana smokers have a higher rate of emphysema and airway diseases compared to cigarette smokers. The findings, from the University of Ottawa and The Ottawa Hospital, will be published today (November 15) in the journal Radiology. ... <https://scitechdaily.com/research-shows-emphysema-more-common-in-marijuana-smokers-than-cigarette-smokers>/
* It does nothing positive for me. Doesn’t help me sleep better and doesn’t eliminate pain or aches. All it does for me is make me feel anxious, makes me feel very hungry and makes me feel spacy and forgetful. I don’t like the effects of it on my brain.
* You pulled these points out of context by omitting the research team’s closing statement in the study, which negates your argument: “…. variable interobserver agreement and concomitant cigarette smoking among the marijuana-smoking cohort limits our ability to draw strong conclusions.”
* I've seen many downsides to medical pot use. From nausea to paranoia to car accidents to really terrible psychosis, it is becoming a public health threat. I'm happy some are having good results, but there needs to be a note of caution thrown in here. The products do not have reliable amounts of THC, absorption and doses are all over the place, and there's a low therapeutic threshold. Buyer beware.
* My long time friend and I, both 68, were talking about pot just yesterday. We were both recreational users back in the day, and both stopped three or more decades ago. Within the last couple of years we both, independently, have tried smoke and edibles. Our mutual conclusion - it just doesn't feel good anymore, and it's because we're old. Our bodies can't take it, even in small doses. And - medicinal uses aside - aren't we old enough to have discovered other, more positive forms of recreation?
* Humm, well, ever notice those that can most benefit from pot are vehemently against it? More traffic accidents? How and who conducted the survey? And compared to what, say, texting?
* Marijuana is the best thing ever for nausea. Much more effective than an anti-nausea prescription drug.
* Gonna be impossible to keep big pharma out of it once they start buying politicians’ votes with oodles of campaign donations
* Doctor here - i will say hydration, nutrition and emotional status play into THC gummy effects. I took a small dose on along flight as my next seat neighbor was obese , kind would but just chatting chatting chatting. The flight was awesome BUT the post flight dehydration , headache was unreal. I did come from brief mountains trek and so my hydration was definitely awful - totally my fault . Just realize that each THC experience is flavored with the other factors. The headache lasted 5 hours and Tylenol helped
* “Growing older doesn’t have to be mundane.” Someone in Bristol Extracts' marketing department needs a good talking to concerning that idiotic and patronizing slice of nonsense. Probably "created" by some twenty-thirty something in the department. I was born in 1952, and I know a large community of elders. No one -- absolutely no one -- I have met or spoken with contends that growing older is mundane. Everyone doesn't hate it, but no one thinks it's mundane.
* While I appreciate the value of THC, I would caution that the perverse incentives within the cannabis industry (both legalized and illegal) make them especially predatory towards people with illnesses. While the pharma industry has more than its share of ethical problems, there is still some oversight about what they sell, the purity of their products, and the validity (and safety) of their products. No such thing exists for cannabis companies who are using the “supplement” industry playbook of making pseudo-medical claims without actually doing even the most basic clinical trials. Sadly, as this article shows, desperate people are a lucrative market.
* When Florida allowed for residents to apply for a medical marijuana card, I went to a doctor who confirmed that I should have access. I was in my 70s and had never tried marijuana, and I was unsure of what to expect. Smoking didn't help with the pain I had in my lower back and through my legs. I finally tried a gummy and found they could provide me with some relief. Understand, I have been using Oxycontin for years and still do. But I still had pain that wasn't getting relief. It was frustration more than curiosity that urged me to try marijuana. Using it does help, but I only use it when my pain is close to unbearable. I suspect because the gummies have a well regulated amount of THC in them is why they are more useful to me.
* My elderly relative, a man with advanced kidney disease and numerous other conditions, reached a stage where he had severe arthritis pain and was permitted no pain medication other than low dose tylenol; OTCs and most NSAIDS were dangerous for his kidneys, while opioids induced delirium. His doctor suggested we talk to a cannabis practitioner. Mildly active THC drops at bedtime have significantly reduced his pain and relieved chronic insomnia. We did have to switch from day to night because daytime use aggravated age-related cognitive issues. But there is definitely a place in medicine for thoughtful use of cannabis.
* l would be happy to discuss this further with you, both how there were/are positive effects for both my late wife and l. My oncology team tells me l am still a topic of discussion, more than 5 years after my expected ''expiration''date.
* Caded stands for Cannabis all day every day, which describes my life for over half a century. My intake would probably be far too heavy for most people, but it has enabled me to even out my psyche by controlling my demons, both genetic and environmental. My beautiful wife of 47+ years does not partake at all. It does not improve her demeanor, it only makes her hungry. The point is everyone is different. Try it, if you like it, do it.
* Having read most comments, it's interesting that many people suggest that Big Pharma has opposed legalization in fear of losing business and control over what people take. Maybe. But the capitalists really threatened by legalization are alcohol companies--beer and whiskey dealers whose products cause so much death and misery. I'd guess their congressional lobbyists are the busiest and most effective at preventing national legalization, or even removal from Schedule I, which would allow research to study benefits and dangers. After a decade of legalization, has anyone connected cannabis use with traffic accidents and deaths? With domestic abuse? With liver damage? Studies comparing cannabis with alcohol could be financially devastating to a major American industry. If booze were my profession, I'd oppose legalization too.
* I’m 62 and began using CBD (not THC) products about five years ago because I felt I was over-using ibuprofen to treat various aches and pains (mostly from working out). I’ve been so happy with the improved sleep I’ve enjoyed and am generally pain free. I found two commercial suppliers for both CBD and Delta-8 (which is much stronger). Yes, go slow and find the dosage that works for you. Also, do a LOT of research on brands. Pharma has had their hooks in us forever “there’s a pill for that.” And, they drive a lot of the “anti CBD/THC” efforts because it impacts their business. I’ll saythis: these products have a much lower price point than pharmaceuticals!
* I guess this is what happens when something goes from the underground to mainstream. I can't wait to see a weed commercial during the next news at 6 broadcast. Side effects include, feelings of euphoria, hunger, sleepiness... Well, none of these have really been studied and so we are going with what we and others experience anecdotally. This could be a placebo effect or it could be real, who knows? I've had a few chronically painful injuries from various mishaps and can attest that smoking weed does not solve the pain issues. However, the older I get, the more anxiety I have and it does help relieve this when it's time for bed. My suspicion is that it can solve other mental issues as well.
* Marijuana is not a homogeneous plant that provides the same dosage and effects like prescription medicine. Any side effects, long or short term, depends on how and what you’re consuming. Different tokes for different folks. Find out the truth for yourself. Everyone’s different.
* Stats say that the use of opioids goes down in those states where pot is legalized. It’s a fact that thousands (maybe millions worldwide) of people do not take opioids if they have access to cannabis. Also, the worst part of pain is not being able to sleep and cannabis definitely will knock you out and without any assistance from Big Pharma.
* People taking metformin for Type 2 diabetes, should not use cannabis in any form. The drug will interact negatively with metformin and reduce it's effectiveness.
* This is biased in favor of using untested psychoactive products. You use expressions like "how it might be helpful", instead of "how it might be helpful or harmful". There is zero science in this article. I wish our country wasn't falling into this trap. I spent my best years fighting the tobacco industry; took forever even though the evidence was night and day. Will take even longer for pot, since it has the protective coloration of being 100 different 'herbal' compounds in 100! possible combos (did I remember my stats?) and a zillion possible preparations (zillion is hyperbole; but point is that the industry has found a way to hide from cause and effect demonstrations for eva. And eva. Hallelujah - for them. Perhaps my son's life's work to hold this extractive industry to account. Industry will fight and suppress good data and good study designs tooth and nail.
* Cannabis is part of my treatment for focal onset impaired awareness seizures. If my wife notices my precursor activities and she provides me with my vaporizer loaded with cannabis,the seizures are immediately interrupted, and with a few puffs disappear. My doctor prescribes the pharmaceutical CBD, Epidiolex. My cannabis use is to engage the entourage effect of THC and CBD. My neurologist is very supportive, and they have shared that I am not their only patient using both. We have only scratched the surface regarding the medicinal properties of the plant. Progress can't come soon enough.
* Having been prescribed opioids for over a decade due to chronic wrist pain, I became so tolerant to the medication that the dosages were approaching those being prescribed for terminally ill cancer patients, and even at that high dosage, my pain persisted. I went through a gradual medically supervised detoxification from the physical addiction to opioids over a period of about 6 months and was enrolled in the Medical Marijuana Program our state offers. Now, I am relatively pain free and not addicted. I take CBD during the days and use THC concentrates at night before going to sleep. Life changing is the only way to describe my experience, and I have also been amazed, as someone who grew up in the 50's and 60's, that I would actually, in my lifetime, legally purchase cannabis.
* My primary care doctor barely acknowledged cannabis as a solution to joint pain and as a sleep aid. The health system where he works does not permit doctors to discuss cannabis treatment because they accept Medicare. I have since changed doctors.
* Medication in our culture underwent a profound change starting in the early 1990s as SSRIs took over the nation. The problem with this was and is the way psychiatrists cynically exploited it in a way that directly leads to the basis of this article where people are self-medicating with pot. Seeds of a way of looking at health problems were planted by pharmaceutical companies and psychiatrists who have ever since used this approach to people's problems as the cash cow that never stops giving. A psychiatrist gets reimbursed $400 for 10 to 15 minutes of discussing medications with a patient. That's the "visit": 10 to 15 minutes only talking about drugs. However, for 60 minutes of the psychiatrist actually talking to the patient like a human being instead of a medicine chest earning pharmaceutical companies billions, the psychiatrist earns $400. So the pharmaceutical companies and psychiatrists scratch each others backs. Now there is the means in 10 minutes and a prescription to "adjust" the patient emotionally and earn as much as in an hour. Never has a profession that owes its existence to some of the most compassionate and brilliant of minds disgraced itself so badly by how it devolved. There is no specialty in medicine that became so indolent and rapacious in exploiting chemicals as a way to do nothing and earn massively. There is no founder of psychiatry who doesn't turn over in his/her grave with disgust as every psychiatrist walks into her/his office each day in America.
* I am 68 and smoked from college times until a couple of years ago when the smoke caused me to cough a lot due to my chronic post nasal drip. That’s when I started using gummies. I have tried many different brands and found that even though they all had 5 mg of THC, they didn’t affect me the same. I found a brand whose high I like the most (Freshly Baked) and have stuck with it. My mom is 94 and in 2020 she was in a lot of pain. Her doctor tried Fentanyl patches and they did nothing for the pain. She had heard about elders in her building who found gummies helped, so I got her some. Within days her pain was gone! She started with 1/2 gummy twice a day but last year had to move up to a full one twice a day. They are still helping with the pain. So odd that she doesn’t get high! Also CBD did nothing for either of us for sleep
* I would trade the side effects listed in the article any day a thousand times over what I felt during chemo. All they could come up with was a $250 pill for the nausea which sort of worked. Nobody but we members of the elite chemo club can really tell you what it feels like. We would “give our kingdom for some weed” if I knew at the time how it could help. Nobody also talks about the other benefits to AARP weed smokers. What about just putting on some fancy noise reduction headphones and crank up Dark Side of the Moon or some Alman Brothers or even Beethoven’s unfinished. Now you’re talking’. I am in the midst of researching what strains and dosage would help my severe Cisplatin induced peripheral neuropathy. Any ideas out there? The gold standard for neuropathy is NEURONTIN (for epilepsy!!!??) and does not really work. And LYRICA which has had limited success as well. I’m all ears. Happy Thanksgiving.
* Personally, I am going to increasingly rely more and more on recreational marijuana (or otherwise if that's not legally available) because, once again, in trying to fix a problem (thank you Sacklers) the Drug Enforcement Administration has done a reactionary maneuver intimidating the stuffing (good metaphor for Thanksgiving) out of Primary Care Practitioners (aka General Practitioners, aka Family Doctors) from prescribing anything that pertains to emotional health. So here's how it works: The Joint Commission on Accreditation of Healthcare Organizations that has the ability to discipline and shut down hospitals one day decides that our vital signs are not only Pulse, Respirations, Blood Pressure and Temperature, but now we have "The Fifth Vital Sign" (drumroll) Pain. So the Sacklers and others who never should have even been trusted to manufacturer shoelaces, flood America with opioids which family doctors are "incentivized" to prescribe. Now we have a problem, but the DEA is incapable of discerning straw from gold and decides to just do a blanket shutdown of family doctors prescribing anything related to our emotional health. So a prescription of a non-addictive, non-narcotic, safe and effective psychoactive drug your PCP had been prescribing for 30 years is now being monitored by the DEA. Result: PCP wants to send you to a psychiatrist who is the only one considered legitimate by the DEA to prescribe psychoactive drugs. There are almost no psychiatrists available. Thus pot.
* I have been using cannabis for years to help me sleep. it is a scandal that it is still Schedule 1 so we cannot do research on it without lots of paperwork and DEA interference. Also increases libido. Life is good.
* Simple math it is cheaper with limited side effects. Pot has been around for centuries as a medical cure as chewing poppy does. Let’s for once be honest medical science has a long way to go to even truly solve medical issues. If your suffering in pain use cannabis there is a Limited amount of relief American capitalism developed all these pills to rob citizens blind. Have to feed big Pharma with citizens paying overpriced medical pills knowing the came pill in Canada is cheaper. Money is the driver of our for profit health care system not quality health care for all.
* A fascinating aspect of the aging population. Seniors are boomers and boomers lived in a world where using grass was a norm. Boomers also lived in a world where breaking with convention and the power establishment was a norm. From my own experience, using alternatives to Rx meds that do have negative side effects is necessary. But why smoke grass? Smoking anything is unhealthy. A lozenge or gummy with a metered dose is more effective…
* I'm surprised the dissociative effect of pot is not mentioned in the article or in the comments. There is research that corroborates the effect, and that it may affect 8-12 percent of cannabis users, and that it increases over time and repeated use, in part: "It has been estimated that 8–12% of repeat cannabis users develop moderate to severe cannabis use disorder (CUD) during their lifetime (Moss et al., 2012, Perkonigg et al., 2008)." Now that it's legal in my state, I was looking forward to cannabis in retirement. But my experience is that I'd rather be anything but high on cannabis, even at low doses.
* Yay cannabis! Most effective analgesic I know.
* I'm 73 and although I no longer smoke weed I now chew a sativa gummy two or three times a week for fun, mostly 5mg and more rarely 10mg. But I also notice that when I use cannabis it lowers my blood pressure so that I take less medication for that. It also helps reduce feelings of anxiety. And the indica gummies definately relax me so I sleep better. So a drug that I use regularly for recreation turns out to help with some of my psychological and medical needs, with no prescription needed. I also drink alcohol less frequently when I use cannabis, so that's certainly a plus. It would be great if medical praticioners had the data they need to fully understand the benefits and risks of cannabis, but unfortunately the regressive federal drug laws that are still in force make their research in this area virtually impossible.
* I know several people who bought the government’s racist lies about cannabis and are afraid to try it. Meanwhile, they are suffering terribly from the side effects of opiates that they don’t always need. Some people still believe that if a doctor prescribes it, it must be better than something a hippie would use. It is really too bad that they have taken on this prejudice and are not availing themselves of a remedy that has helped so many people.
* CBN has really helped me sleep. I also take melatonin gummies along with the CBN to boost its effectiveness. I've also discovered CBV which curbs your appetite. I've only tried it once but it carried me for 4 hours without cravings. And I was nice and relaxed at the same time.
* My HMO doc knew immediately what I was experiencing when I mentioned using cannabis drops- possible gut interactions. Another doc asked gently for my own experience and explained that her mother was suffering with severe arthritis pain......
* My 70 year old husband has been using edible marijuana daily for 10 years. He's a smart guy, but his memory is shot. He doesn't read because he can't retain plot details. We don't watch dramas for the same reason, comedies are okay because they usually have short scenes. He has introduced himself to the same neighbor 3 times. In his working career, he was a manager and remembered everyone's face....even 20 years after he met them. I have to do a lot of projects that he used to do, like installing door fixtures and replacing the toilet tank fill valve because he can't follow the enclosed directions. On the flip side, he sleeps well and seems to be pretty happy. A psychiatrist said he would have to stop taking drugs in order to test for dementia and he said, "that's not going to happen." I'm glad marijuana works for other people, but there can be drawbacks too. Oregon legalized weed in 2016 and dispensaries came to town shortly after. We might be seeing more seniors who can't find their way out of their pajama pants.
* Cannabis is one of the most effective rescue drugs for migraines or other headaches. I am particularly sensitive to THC and unlike my adolescence in the sixties I now loathe being stoned, but I discovered through trial and error that CBD alone doesn't cut it for pain relief -- you need at least a small amount of THC. I found mixing a very high CBD and a 1:1 or 2:1 tincture gives me the right ratio to treat most headaches.
* Help. I take medical marijuana gummies (20:1 THC:CBD Indica) for sleep. Once I'm asleep, which takes less time than before using, the next think I know, the alarm is ringing--yay! Now I need something for my very significant low-back pain (arthritis, slippage in vertebrae, disk compression), for which I've tried everything. I'm 80 but still working part time, so I need to be fully alert. I don't know where to begin. Can anyone give me specifics on what to get at the dispensary? I would be most grateful.
* Bonni Goldstein, MD, has written an excellent book: "Cannabis is Medicine: How Medical Cannabis and CBD are Healing Everything from Anxiety to Chronic Pain." I highly recommend reading it before looking for CBD products.
* I had a medical marijuana card and worked hard to find the right product. I wanted it to work. It simply did not help with pain, actually might have exacerbated pain, and I did not want to spend my days in a fog. I just wasn’t a candidate for a number of reasons. Trust me, I tried. It is NOT a cure-all. At the dispensary, I saw people with brain cancer, anxiety disorders - all kinds of issues. Apparently, marijuana was helping them in some way. It just isn’t an answer for every malady and often that’s the way it’s advertised.
* For a disease that ain't gonna help with any drub, or chemo and one sure know when time is up, senior wanna duke it out on pot, just don't go driiving. I'll be 90 next April and am in fortunate good shape. Still writing, still dancing, still cus'n, run a writers group, and dating. What really helped is that I'd given up drinking, no pot, period. But my days are limited, an give thanks to the one I will see some day.
* At 60, I proudly declare that hemp-derived CBD and THC products are my only meds (besides the annual flu and COVID shots). I will NEVER become a Medical Commodity.
* I've used cannabis for medical issues for decades. Right now, I use it for my chronic migraines. Personally, I take 25-50 mg CBD and 2.5 mg Indica in a gummy. It works better than any other pharmaceutical, including those that cost my insurance over $1000 per month. Of course, I'm stuck in the house because I can't drive on this combo. Lately I've been experimenting with Cbg and Cbn and find them very useful. It stinks that I have to pay for this myself because it's Federally illegal and I spent a lot of money over the years to find the right combinations. But I live in a legal state, my doctors know, and my neurologist always asks me what I'm taking so she can recommend MMJ to her other patients.
* It can be debated endlessly as to the medicinal and psychological benefits or consequences of cannabis use. But as a 55-year recreational user I think by a certain age ( definitely by 70, if not earlier) there is little harm if used prudently. If it helps with aches and pain, discomfort, anxiety, worry, insomnia, etc. go for it. I believe Big Pharm and Big Med oppose it because it cuts into their domain of pushing pills, tests, therapy regimens, more pills, etc. So, light up and be mellow.
* The reported value of cannabis as a sleep-inducing drug may be more important than this report suggests. Marijuana has been classified as a "psychoactive" drug that leads to psychosis without distinguishing any "psychedelic" nature in its uses. At the same time, the difference between cannabis and indica strains distinguishes THC as the intoxicating agent in cannabis, but the medical value of Indica strains is mired in confusion about the number and nature of "cannabinoids" which are said to occupy its nature in the vegetable kingdom. I was diagnosed with paranoid schizophrenia (and psychosexual confusion) after the police arrested me in 1968 and committed me to a mental ward for a week with several violations of my civil rights. I saw many psychiatrists for the next 8 years or so as heavy doses of Thorazine led to regular doses of Mellaril during the evolution of (chloraprazine?) drugs that had emptied the mental wards of schizophrenics with sedative effects. I relied on Mellaril to regulate my sleeping in terms of day and night, but I had to become a client of California's CMH agency in order to see a psychiatrist who would provide the prescription. Another pathologist-father of a friend advised that I might try using antihistamines, which would have the same effect of dilating capillaries that the Taber catalog of pharmaceutical drugs described for Thorazine and Mellaril. It worked.
* It's definitely a journey, if not a maze. I seem to find benefit from accupuncture and Alpha Lipoic Acid for Trigeminal Neuralgia and chlorella for neuropathic pain. Drastic changes in diet have been required for digestive issues. I only share this because the use of American Medicine is bereft of safe and efficacious remedies for many. Women have been sidelined for years. And older adults are seen as a way to bilk Medicare &/or insurance. The 'community' in 'Comments' here can benefit many. And, when Listening and Observation become the primary modalities for 'gathering evidence', we will have made a giant leap forward.