**C3RN News Summary – April 8th, 2019**

Research

1. Researchers performing a longitudinal study on the associations between cannabis use and cardiometabolic risk factors found evidence that “suggested that cannabis users' relatively lower BMI might explain their lower levels of risk on other cardiometabolic risk factors.” [Apr 1] [(University of Pittsburgh, PA)]

[More...](https://www.ncbi.nlm.nih.gov/pubmed/30589665)

2. An analysis of a survey done examining the relationship between cannabis use and psychological distress found that “daily cannabis use is significantly more common among persons with serious psychological distress and is increasing in this group, as well as among those without.” [Apr 1] [(Yeshiva University, NY) (Duke University Medical Center, NC) (Roswell Park Cancer Institute, NY)

[More...](https://www.ncbi.nlm.nih.gov/pubmed/30825793)

3. A literature review of publications on cannabinoids, cannabinoid medications, and cannabis use in surgical patients found “effects on prolonging intestinal motility, decreasing inflammation, increasing hunger, mitigating pain, and reducing nausea and vomiting” and the researchers noted that “perioperative use of medicinal or recreational marijuana will become increasingly prevalent, and the surgeon should be aware of the positive and negative effects of these cannabinoids.” [Apr 1] [(North Shore University Hospital, NY) (Penn State Health ST. Joseph’s Medical Center, PA)]

[More...](https://www.ncbi.nlm.nih.gov/pubmed/30471810)

4. Researchers who performed an analysis of self-reported data on cannabis use and mental and physical health outcomes noted the discovery of “the importance of method of administration in understanding the link between potency and health” and concluded that “researchers should examine potency separately across routes of administration.” [Apr 1] [(Colorado State University, CO)]

[More...](https://www.ncbi.nlm.nih.gov/pubmed/30497655)

5. An analysis of data collected from the National Survey on Drug Use and Health found that “cigarette smoking quit ratios remain dramatically lower among people who use cannabis and have CUDs (Cannabis Use Disorders) and quit ratios did not change significantly from 2002 to 2016 among those with CUDs.” [Apr 5] [(Yeshiva University, NY) (Albert Einstein College of Medicine, NY) (Duke university Medical Center, NC)]

[More...](https://www.ncbi.nlm.nih.gov/pubmed/30952691)