

The page is framed by a decorative border of green cannabis leaves. At the top center, the words "CANNABIS HEALTH NEWS" are written in a green, sans-serif font. The word "CANNABIS" is on the top line, "HEALTH" is on the second line, and "NEWS" is on the third line. Two large, stylized green cannabis leaves are positioned on either side of the text.

# CANNABIS HEALTH NEWS

## **Cannabinoids and endocannabinoids as therapeutics for nervous system disorders: preclinical models and clinical studies.**

**Summary:** Study about how cannabinoids and endocannabinoids work with our bodies and nervous system disorders including inflammation/infection (MS, ALS, HIV), traumatic injuries, toxicity (stroke, seizure), oxidative stress, hypoxia, and Alzheimer's.

Reference: Duncan, R. Scott<sup>1</sup>; Riordan, Sean M.<sup>1</sup>; Gernon, Matthew C.<sup>1</sup>; Koulen, Peter<sup>1,2,\*</sup>. Cannabinoids and endocannabinoids as therapeutics for nervous system disorders: preclinical models and clinical studies. *Neural Regeneration Research* 19(4):p 788-799, April 2024. | DOI: 10.4103/1673-5374.382220

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## **A cross-sectional survey of the prevalence and patterns of using cannabis as a sleep aid in Canadian cancer survivors.**

**Summary:** Study of individuals with a previous cancer history (12.5 years ago) often experience poor sleep habits and other symptoms. Individuals in this study used cannabis for pain, anxiety, and as a sleep aid.

Reference: Lee, R.M., Donnan, J., Harris, N. et al. A cross-sectional survey of the prevalence and patterns of using cannabis as a sleep aid in Canadian cancer survivors. *J Cancer Surviv* (2023).

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## **2023 Annual Cannabis Report. Illinois.**

**Summary:** This report outlines Illinois experienced a decrease in youth use, increased among those between 18 years of age and up who prefer to smoke, use edibles, vape oils, or liquids. The most common diagnosis include: back, neck, joint, musculoskeletal pain, headaches/migrane, sleep disturbance, and lack of appetite.

Reference: Cannabis Regulation and Tax Act Evaluation, 2023. 2023 Annual Cannabis Report. P. 2-6.

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## **Can Cannabis-based meds help people manage oral cancer pain?**

**Summary:** Dr. Spigelman (Biosystems chair, UCLA) received a \$5 million dollar grant from the National Institute of Neurological Disorders and Stroke for research in developing a non-addictive cannabis-based pain medication for oral cancer patients.

Reference: Alkaly, B. (2023). Can Cannabis-based meds help people manage oral cancer pain?

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## **Researchers identify 'undiscovered cannabis compounds' that give marijuana strains their unique aroma.**

**Summary:** A new study by the American Chemical Society identify undiscovered cannabis compounds and the relationship between terpenes, flavorants and aroma that will help categorize cannabis varieties in the future.

Reference: Adlin, B. (2023). Researchers identify 'undiscovered cannabis compounds' that give marijuana strains their unique aroma. *Marijuana Moments*

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