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Jan Christopher Lai

Characteristics of Individuals with Spinal Cord Injury Who Use Cannabis for Therapeutic Purposes

Cassandra Crawford, PhD, MPH,[1] Jessica Boehnke, MPH,[2] and Bruce A. Dosen, MD[3]
[1]Author information ▸ [2]Author information ▸ [3]Author information ▸ Disclaimers

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Abstract Go to ⓘ

Background: People with spinal cord injury (SCI) are accessing cannabis for therapeutic purposes (TP), the use of which has been legalized in more than 20 states. In the past, SCIs/c mentions are best practice guidelines for medical use of TP, but these are now dated. Since then, there has been a lot of research and clinical health issues. This research aims to describe the characteristics of TP use among individuals with SCI and correlations with health behaviors and health indicators. **Methods:** Secondary analysis of data from a cross-sectional, anonymous, online survey of adults who reported ever using cannabis for TP. Participants were recruited through social media, online forums, and snowball sampling. **Results:** 82.2% of the current sample (n = 130) were male, on the basis of the mode, the average participant was a White, heterosexual, married, employed, male with a mean age of 40 years and a median of 36.5%. Of those, 42 percent had a bachelor's degree or higher. Participants had been using cannabis for TP for a long period, on the basis of a mean and median of 10 years. Participants used cannabis for TP 5.42 ± 2.9 times per day, on average, and 5.0 times per day, on the basis of a median. Participants used cannabis for TP for a variety of symptoms, the most common being pain, spasticity, and sleep. **Conclusions:** A relatively large percentage of individuals with chronic SCI appear to use TP to cope with symptoms. Pain, spasticity, and sleep are the most common symptoms treated. Cannabis use appears to be an alternative to SCI, such as opioids, but there is the possibility of drug interactions and adverse effects. Future research should focus on the effectiveness of cannabis for symptoms, and on the consistent and convenient dosing, guidance, and administration.

Keywords: medical cannabis, cannabinoids, health behaviors, pain, spasticity, spinal cord injury, substance use

Because use of cannabis goes back thousands of years, but the discovery of its mechanism of action—the endocannabinoid system—occurred lately, recently, with the closing of the first receptor in 1990,[1] there is a lot of research and clinical health issues to consider when considering the use of cannabis for therapeutic purposes, including for people living with spinal cord injury (SCI). Cannabis use for medical purposes (unidentified) (Transparency effects of cannabinoids have been shown particularly when administered orally, and the effects last longer than those of smoked cannabis. Cannabis has been used for the treatment of a variety of medical conditions and symptoms. The cannabinoid system is complex and exerts direct and indirect actions upon a wide range of neurotransmitter systems. Cannabis has been used for the treatment of a variety of medical conditions and symptoms, especially when used in conjunction with other medications.

Today, public advocacy and commercial interests have suspected a systematic approach to the use of cannabis for medical purposes. Cannabis is being used for medical purposes in the form of smoking, drug-drug and drug-disease interactions, and with great uncertainty regarding short and long-term risks and benefits. 25 states and Washington, DC, have legalized cannabinoids for therapeutic purposes (TP). As a consequence of legalization, there is a lot of research and clinical health issues to consider. Because of the complexity of the cannabinoid system, the lack of research, and the lack of a standardized medical recipient legally, developed, substance, plant-based TP products that are illegal at the federal level are being used by people with SCI.

Because of the wide gap between clinical evidence and practice, it is important to learn about the characteristics of current users of TP as well as their self-reported reasons for use. Cross-sectional studies have shown that people with SCI are using cannabis for TP, and that cannabis use for TP is substantial, as is being used for pleasure, or "recreational" purposes. Cannabis use for TP is not the only drug that people with SCI are using for medical purposes, and it is not the only drug that people with SCI are using for pleasure. Cannabis use for TP is associated with other substance use, and it is associated with other health behaviors and health indicators. Cannabis use for TP is associated with other health behaviors and health indicators. Cannabis use for TP is associated with other health behaviors and health indicators. Cannabis use for TP