



NEW MEXICO
CANNABIS CHAMBER OF COMMERCE

For Immediate Release
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New Mexico Cannabis Chamber of Commerce Advocates for Cannabis in Elder Care

Albuquerque, NM— Cannabis has been used as medical treatment for thousands of years. There are many illnesses the plant helps make more bearable for people, including cancer, chronic pain diseases, Alzheimer's, mental health disorders, and more. Many treatment avenues can be too rigorous for older patients; cannabis is a gentle alternative for this demographic.

The presence of opioid-use disorders is becoming more prevalent among the elderly. Many risks and side-effects come with the use of opiates, such as nausea, diminished bone density, and cognitive impairment, which are just a few of the numerous harmful effects. Although pain management can be subjective and fraught with potential adversity, the goal for all healthcare providers is to control patients' pain while limiting side effects. Cannabis could be a solution and a way to minimize unwanted bodily responses in seniors.

The side-effects of cannabis are practically inconsequential in comparison to effects caused by opioid use. Seniors who use prescription pills are more likely to experience dizziness, constipation, upset stomach, sleep changes, diarrhea, incontinence, blurred vision, mood changes, and rashes than younger demographics. Cannabis is a safer option with strain side effects such as under/overactive eating (which can be counteracted with specific strains) and dry mouth.

There are many different options when it comes to cannabis consumption. Many elderly cannot handle the harshness that accompanies smoking, so alternative methods are available. Patches are a great way to get THC and CBD into the bloodstream, because they can be applied to many areas of the body and work to target specific and general pain. Edibles and tinctures are another method of consumption that appeal to an older demographic, because they cost less than patches and the dosage can be more controlled. Salves and lotions are an excellent way to target specific problem areas without the high, which works well for people who are looking for pain relief but don't desire psychoactive effects.

For seniors suffering from chronic disease or uncomfortable effects of medical treatment, cannabis can offer a hope for long-term symptom relief. A conversation with a healthcare practitioner can help determine whether medical marijuana may be a good option.

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