



Presents:

# SENIORS AND CANNABIS

WEIGHING THE RISKS & BENEFITS



Increases fall risk.

Routes of administration & product choice can be confusing.

Paraphernalia can be difficult to operate with arthritis.

Can interact with some medications.



Decreases anxiety, stress, & agitation.

Improves sleep, appetite, & sense of wellbeing.

Both short-term & long-lasting pain relief can occur.

May reduce the need for other medications.

## The Bottom Line

Cannabis can be safe and effective for seniors - with the right guidance.

For a CannyNurse™ to guide you or your loved one to wellness & vitality,  
visit [CannyNurse.com](https://cannynurse.com)

Reference:

Abuhasira, R., Schleider, L. B., Mechoulam, R., & Novack, V. (2018). Epidemiological characteristics, safety and efficacy of medical cannabis in the elderly. European journal of internal medicine, 49, 44-50. <https://doi.org/10.1016/j.ejim.2018.01.019>