LEGAL RECREATIONAL CANNABIS: BIG NEWS OR BLOWING SMOKE?

Building Research Connections: Thinking Outside the Box
September 21, 2019

Cynthia Bojkovsky PhD Candidate; MSc. O.T.; BSc. O.T.
Johnson Shoyama Graduate School of Public Policy
University of Regina
The Cannabis Act

• Bill C-45 approved on April 13, 2017
• Recreational cannabis use legalized on October 17, 2018
• Canada becomes the 2\textsuperscript{nd} country in the world to legalize recreational cannabis
• Edibles to be legal in Canada mid-December 2019
• Explicit Federal Government Goals:
  • Dismantle the illicit market
  • Restrict youth access
  • Minimize harm
• Implicit Federal Government Goals:
How much is 30 grams?

Any adult can purchase this amount from a retailer:
Human Physiology and Cannabis

THE ENDOCANNABINOID SYSTEM

The human endocannabinoid system (ECS) is a network of receptors spread throughout our entire body that control some of our most vital life functions, including our immune system, memory, appetite, sleep pattern, mood, and pain sensation.

Disorders CBD Assists with:
- CTE
- Alzheimer's
- Glial Aplasia
- Parkinson’s
- Amyotrophic Lateral Sclerosis (ALS)
- PTSD
- Asthma
- Hypertension
- Crohn’s Disease
- Irritable Bowel Syndrome
- Testicular Cancer
- Prostate Cancer
- Osteoporosis

Endocannabinoid System Controls:
- Hypothalamus
- Pituitary gland
- Pineal gland
- Parathyroid glands
- Thyroid gland
- Thymus
- Pancreas
- Adrenal glands
- Kidneys
- Ovaries

Concentrations of CB1 receptors

www.schoolofpublicpolicy.sk.ca
Why all the concern about youth?

• Critical period of brain development
• Canadian youth prevalence of use is amongst highest in the world
• Modern potency, delivery methods and quality
• Public misperception about the risks of cannabis
Implications for Rehab Sciences

- Health Canada *Information for Health Care Professionals*
- Clinical Populations
- Emerging Research
- Overlap between medical and non medical use
Research

- The research cycle is a slow moving train
- Value laden constraints on research and policy
- Fear in the academic community
- Cultural shift towards normalization without information
References


