

# 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<sup>nd</sup> 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:



## THE ENDOCANNABINOID SYSTEM

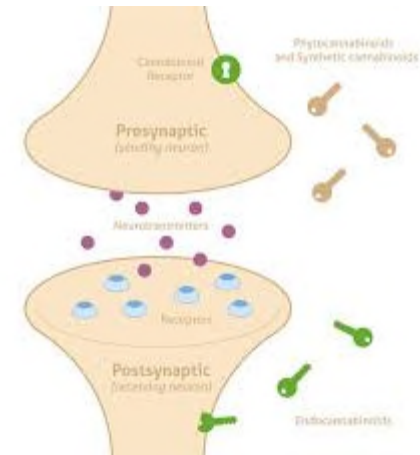
The human endocannabinoid system (ECS) is a network of receptors spread throughout our entire body that control some of our most vital life functions, including our immune system, memory, appetite, sleep pattern, mood, and pain sensation.

### Disorders CBD Assists with:

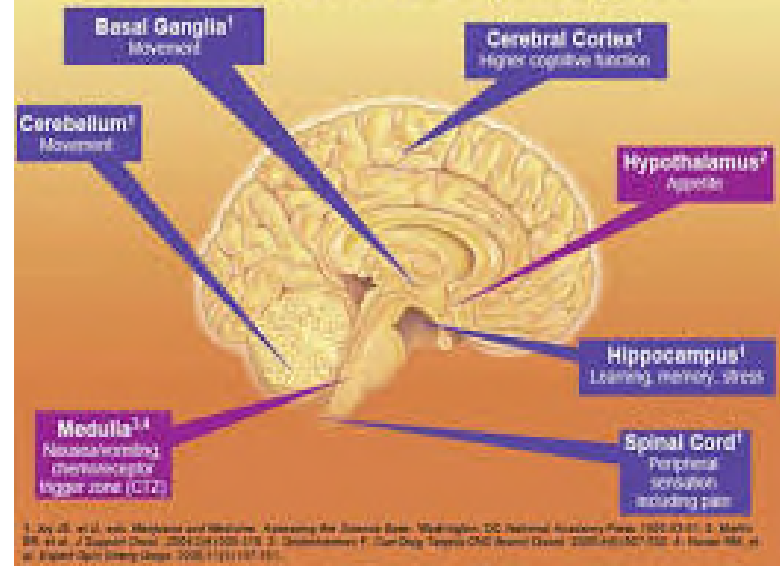
- CTE
- Alzheimer's
- Glioblastoma
- Parkinson's
- Amyotrophic Lateral Sclerosis (ALS)
- PTSD
- Asthma
- Hypertension
- Crohn's Disease
- Irritable Bowel Syndrome
- Testicular Cancer
- Prostate Cancer
- Osteoporosis
- Migraines
- Multiple Sclerosis
- Fibromyalgia
- Depression
- Epilepsy
- Breast Cancer
- Diabetes
- Menstrual Cramps
- Rheumatoid Arthritis

### Endocannabinoid System Controls:

- Hypothalamus
- Pituitary gland
- Pineal gland
- Parathyroid glands
- Thyroid gland
- Thymus
- Pancreas
- Adrenal glands
- Kidneys
- Ovaries



## Concentrations of CB<sub>1</sub> receptors



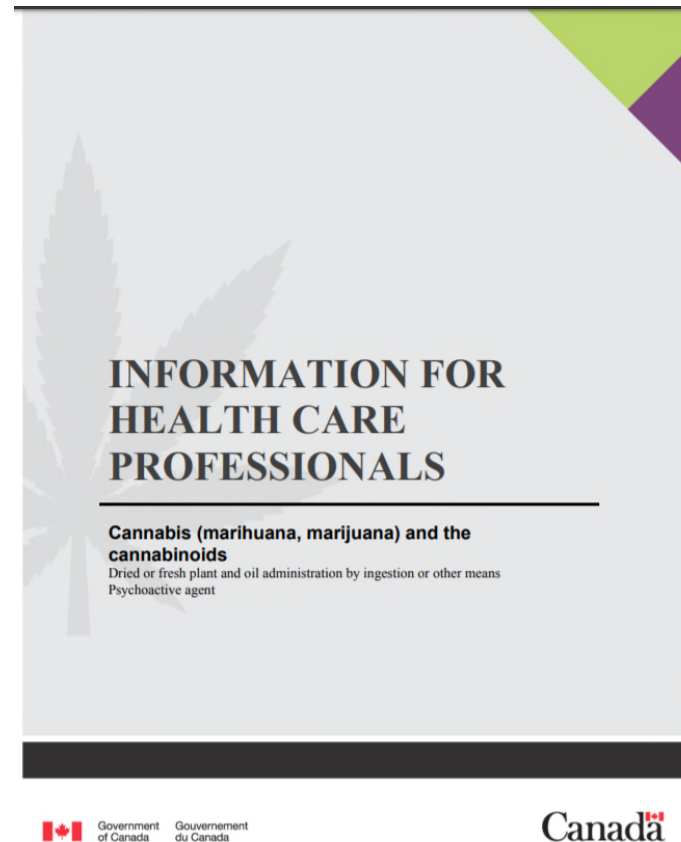
# *Why all the concern about youth?*

- 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



- 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

- Bojkovsky, C., Callan, D., Childs, J., Hartner, G., Konecsni, J., McNutt, K. (2017). Legalizing and Regulating Cannabis in Saskatchewan. Available at: [https://www.schoolofpublicpolicy.sk.ca/documents/research/reports/2017.11\\_JSGS\\_Cannabis%20Report\\_FINAL.pdf](https://www.schoolofpublicpolicy.sk.ca/documents/research/reports/2017.11_JSGS_Cannabis%20Report_FINAL.pdf).
- Government of Canada. (2019). *Cannabis in Canada*. Available at: <https://www.canada.ca/en/services/health/campaigns/cannabis.html>
- Government of Saskatchewan. N.D. *Saskatchewan's Cannabis Framework*. Available at: <https://www.saskatchewan.ca/government/cannabis-in-saskatchewan/cannabis-use-in-saskatchewan>
- Health Canada. (2016). *A framework for the legalization and regulation of cannabis in Canada*. Government of Canada. Available at: <https://www.canada.ca/content/dam/hc-sc/healthy-canadians/migration/task-force-marijuana-groupe-etude/framework-cadre/alt/framework-cadre-eng.pdf>
- Health Canada. (2018). Information for healthcare professionals. Government of Canada. Available at: <https://www.canada.ca/content/dam/hc-sc/documents/services/drugs-medication/cannabis/information-medical-practitioners/information-health-care-professionals-cannabis-cannabinoids-eng.pdf>