

CANNABIS Info Sheet

WHAT IS CANNABIS?

Cannabis sativa is a plant, sometimes referred to as weed, pot or marijuana. Cannabis contains chemical compounds called cannabinoids and terpenes.

WHAT IS MARIJUANA?

Marijuana, or adult use cannabis, is a type of cannabis that includes varieties that contain more than 0.3% of the cannabinoid called THC.

WHAT IS HEMP?

Hemp is a type of cannabis plant that contains less than 0.3% THC. Hemp is usually dominant in other cannabinoids such as CBD (cannabidiol), CBN (cannabinol), and CBG (cannabigerol).

WHAT YOU NEED TO KNOW ABOUT CANNABIS

Humans have been using cannabis for recreational and medicinal purposes dating back to 2800 BC. Cannabis products can differ in their levels of THC and CBD, depending on their intended use.

MEDICAL

VS

ADULT USE

Medical cannabis is used to alleviate symptoms of or to treat an illness. Patients are certified by a practitioner and purchase their products at a medical dispensary.

If you are using medical cannabis, discuss with your dispensary pharmacist to determine which method is best for you, how much you should consume, and how often.



Adult use or "recreational" cannabis is non-medical cannabis that is legal in some states, such as New York, for adults age 21 and older.

We recommend practicing responsible use, which includes:

- Avoid consuming cannabis every day
- Avoid smoking cannabis to protect your lungs
- Avoid products with very high levels of THC
- Avoid synthetic products containing Delta-8, Delta-10, THC-O
- Avoid consuming early in life (teenage years)
- Avoid consuming while pregnant, or if you have cardiovascular or respiratory illnesses, or a personal/family history of serious mental illness (e.g., bipolar disorder, schizophrenia)
- Avoid using alcohol or tobacco when you are consuming cannabis

CONSUMPTION AND USE

People consume or use cannabis in various ways:

SMOKING



(joints, blunts, bongs, bowls)

VAPORIZING



(cannabis e-liquids, volcano)

INGESTING



(edibles, beverages, oils)

TOPICAL USE



(cremes, salves)





IS CANNABIS LEGAL?

Cannabis is federally *illegal*, although some states (such as New York) have voted to legalize cannabis for medical and adult use.



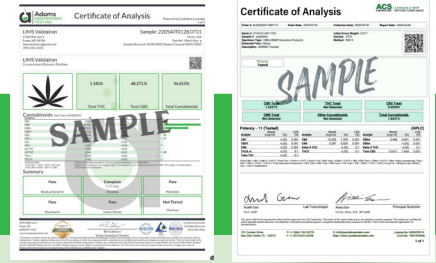
Black market cannabis is grown, produced, and sold without a license and may contain dangerous contaminants.



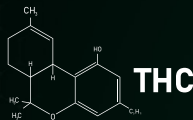
ARE CANNABIS PRODUCTS SAFE TO USE?

You can ensure the safety of your cannabis products by purchasing from a NYS licensed medical or adult use cannabis dispensary. These dispensaries are required to have their products tested for contaminants, such as pesticides, molds, heavy metals, and E.coli. These contaminants are especially dangerous to people with cancer and autoimmune conditions.

CERTIFICATES OF ANALYSIS (COA)

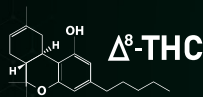


Licensed products are required to have a Certificate of Analysis (COA) documenting that the cannabis products contain no contaminants. Ensuring that the products you purchase come with a COA is a great way to practice responsible consumption.



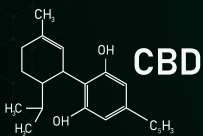
WHAT IS THC?

THC or Delta-9-Tetrahydrocannabinol is one of the many cannabinoids found in the cannabis plant. Other cannabinoids include CBD, CBG, and CBN. Some people report that THC enhances their mood, creativity and other senses. On the other hand, some say it makes them feel anxious or hungover and causes dry mouth and red, itchy eyes.



WHAT ABOUT DELTA-8, DELTA-10, AND THC-O PRODUCTS?

Synthetic cannabinoids are created in a lab by using methods to extract cannabinoids such as Delta-8, Delta-10, and THC-O from hemp. It is unknown how these synthetic cannabinoids products impact humans; we recommend avoiding these products.



WHAT IS CBD?

CBD or cannabidiol is the dominant cannabinoid found in hemp, and is used in edibles, oils, topicals, and other products. CBD does not produce intoxicating effects or a "high" feeling. You do not need a medical certification to purchase CBD or be a certain age. Most CBD products and their uses, however, are not approved by the FDA.



TOBACCO

VS

CANNABIS



Tobacco and cannabis are two separate plants. Tobacco contains nicotine, while cannabis contains cannabinoids. When consumed heavily, smoking cannabis can lead to similar negative respiratory effects that are produced by smoking tobacco. However, more research is needed to understand if smoking cannabis causes similar health problems that are caused by tobacco use, like lung cancer. Secondhand smoke from marijuana contains similar toxins and cancer causing chemicals to secondhand smoke from tobacco.



ROSWELL PARK IS A LEADER IN CANNABIS RESEARCH

The Center for Translational Research on Cannabis and Cancer (CTRCC) was created in 2021 at Roswell Park in an effort to research and improve understanding of adult use and medical cannabis.

Scan the QR code or visit RoswellPark.org/CTRCC to learn more about the CTRCC and our work.

