



Did You Know?

April 2019

CBD Oil: Everywhere you look, from your local video store to the super market, today's consumers are bombarded with CBD advertisements. This new "cure all" drug's popularity seems to have skyrocketed over the past few months. Is this "new miracle" drug just a fad? Even more importantly, is it safe?

What You Should Know:

- CBD is shorthand for cannabidiol. Cannabidiol is one of the largest non-psychoactive chemicals derived from the cannabis plant. This means that there is no "high" attributed to the use of cannabidiol or CBD.
- Epidiolex – medication used to aid treatment for rare childhood seizure syndromes- is the first cannabis-derived medication approved by the Food and Drug Administration (FDA). It contains purified CBD and is currently in its early stages of research. All other CBD products are not regulated by the FDA, meaning consumers can't be certain of exactly what they are purchasing. Many products are mislabeled, and in some cases have been found to contain little to no actual CBD.
- There is a common misperception that illnesses can be cured with CBD. Although there is some research that shows CBD and THC (Tetrahydrocannabinol- the psychoactive chemical found in cannabis that creates a "high") may help aid in the quality of life of people suffering with certain diseases, neither chemical has been proven to be a cure. There is also concern regarding many unanswered questions surrounding the side effects from long-term use of both chemicals.
- Although CBD is not regulated by the FDA, it is still legal as long as it is derived from the hemp plant and contains less than .3% THC. CBD's legality coupled with its recent popularity has created a huge consumer market. CBD is currently offered in various forms such as creams, capsules, ointments, oral drops, lozenges, edibles, lotions, and in e-cigarette liquids.

What You Can Do:

- **Be A Smart Shopper:** Keep up-to-date on credible research as it is released. When determining if a website is a credible source, try and stick to domains that end in .edu or .gov. The domain .gov is reserved for the use of official government-related webpages, while .edu shows connection to collegiate studies. Also be wary of who is administering or funding the information. Many times biases can sway the direction of research to conform to an organization's agenda.
- **Play It Smart:** Due to the lack of research and regulations, the safest option is to steer clear of CBD. As stated above, there is no way to truly know the contents of CBD products a consumer is purchasing. This type of uncertainty is especially frightening when paired with CBD's current accessibility.
- **Don't Get Caught Up In The Craze:** Remember to be mindful of a potential placebo effect. Realize that many companies are trying to cash in on this newest health fad. CBD's wide net of health promises seem to correlate less as a medical miracle, and more as a potential cash grab.
- **Be An Advocate:** Now more than ever, it is important to raise awareness surrounding any misinformation shared about cannabis. Take time to educate yourself and others on CBD myths and potential use risks.

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Information obtained from: www.drugabuse.gov; www.fda.gov

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