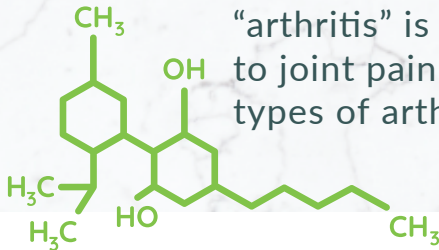
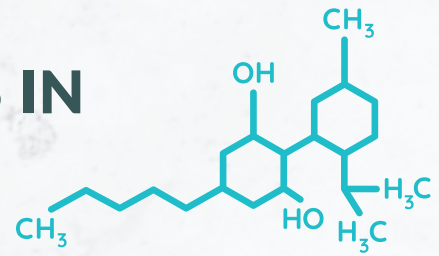


# THE ROLE OF CANNABIS IN TREATING ARTHRITIS



Arthritis is very common but not well understood. Actually, “arthritis” is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 different types of arthritis and related conditions!<sup>1</sup>

**The most common types of arthritis are Osteoarthritis and Rheumatoid arthritis.**



## Osteoarthritis

Osteoarthritis occurs when the cartilage in between joints starts to break down due to wear and tear. Injury and infection may increase the onset and effect of osteoarthritis.<sup>2</sup>



## Rheumatoid arthritis

Rheumatoid arthritis is a disease in which the immune system attacks the lining of the joints resulting in inflammation of lining which can cause damage to the cartilage and bone over time.<sup>2</sup>

The main symptoms of arthritis are joint pain and stiffness which tend to get worse with age.<sup>2</sup> While cannabis can't cure arthritis or slow disease progression, some people report that it helps to alleviate their symptoms.<sup>3</sup>

## Arthritis has variety of Symptoms<sup>4</sup>



Pain with Activity



Limited range of motion



Joint Stiffness



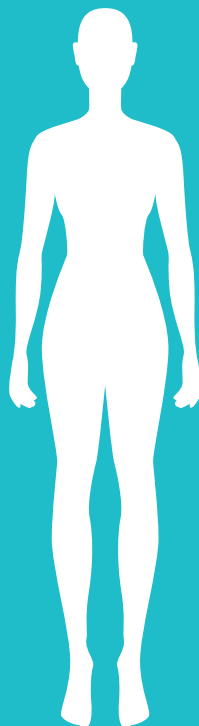
Joint Swelling



Knee Tenderness



Feeling the knee may “give out”



## Top 10 Medical Conditions Treated with Medical Cannabis at Harvest<sup>5</sup>

- 1 Anxiety
- 2 Insomnia
- 3 Arthritis
- 4 Back pain
- 5 Depression
- 6 PTSD
- 7 Fibromyalgia
- 8 Migraines/Headaches
- 9 Multiple Sclerosis
- 10 Inflammatory Bowel Disease

# The Entourage Effect and Latest Thinking on Treating Arthritis with Medical Cannabis

The Entourage Effect, first posited in 1988 by Mechoulam and Ben-Shabat, describes the synergistic nature of the many pharmacologically active compounds in cannabis, including cannabinoids and terpenes<sup>6</sup>

## The Roles of Cannabinoids and Terpenes in treating Arthritis

### CBD

CBD, or cannabidiol, is a non-euphoric chemical, which means it will not make you feel “high” and can even help counteract some of the negative effects of THC when they are used together. CBD has been used to treat inflammation and chronic pain.<sup>3</sup>

### THC

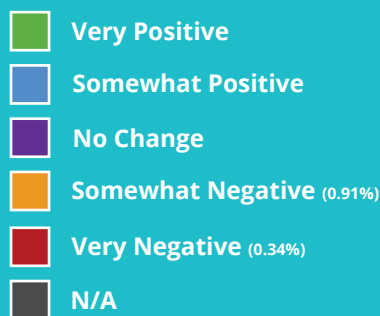
THC, or tetrahydrocannabinol, is the chemical that can cause a “high” or intoxicated feeling when taken in sufficient doses, but in small doses it can be helpful for some symptoms. THC can help decrease pain, anxiety, tension and nausea. When taken in higher doses, it can heighten sensory perceptions, alter sense of time, and impact motor control. High doses of THC may also bring feelings of anxiety and paranoia for some people.<sup>3</sup>

### Terpenes

Caryophyllene, Myrcene, Pinene & Humulene demonstrate anti-inflammatory properties, while Linalool & Myrcene may be helpful for pain.<sup>7</sup>

**87.4% of Harvest Medicine patients suffering from arthritis self-report that medical cannabis has somewhat or very positively affected their quality of life.<sup>5</sup>**

Total Sample Size 16,890 | Feb 2017- Q1 2021



## Additional Resources

### Arthritis Society

For further information visit  
[www.arthritis.ca](http://www.arthritis.ca)

Speak with your healthcare practitioner about possible interactions with your current medications.

Patients can track results and progress using the Strainprint App.

**strainprint.ca**

Enter Harvest Medicine's unique activation code upon sign up: **HMED**

Call or visit us online to learn more

**1-844-488-4633 | [hmed.ca](http://hmed.ca)**

### References

- 1) Arthritis By The Numbers. (2019). Retrieved from <https://www.arthritis.org/getmedia/e1256607-fa87-4593-aa8a-8db4f291072a/2019-abtn-final-march-2019.pdf> 2) What is Arthritis. (2020). Retrieved from <https://arthritis.ca/about-arthritis/what-is-arthritis> 3) Medical Cannabis | Arthritis Society. (2020). Retrieved from <https://arthritis.ca/treatment/medication/medical-cannabis> 4) Arthritis - Symptoms and causes. (2019, July 19). Retrieved from <https://www.mayoclinic.org/diseases-conditions/arthritis/symptoms-causes/syc-20350772> 5) Harvest Medicine anxiety patient self-reported outcomes. Retrieved May 2021 from <https://hmed.ca/patient-outcomes/> 6) Dr. Raphael Mechoulam and his revolutionary cannabis research. Medical Cannabis Network, Aug 27, 2019. Halim, S. (2019, August 27). Dr Raphael Mechoulam and his revolutionary cannabis research. Retrieved from <https://www.health.europa.eu/dr-raphael-mechoulam-revolutionary-cannabis-research/93049/> 7) Bailey, R. (Oct 2014). Understanding Cannabis Testing: A Guide to Cannabinoids and Terpenes. Retrieved from <https://www.leafly.ca/news/cannabis-101/understanding-cannabis-testing>



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