



Understanding CANNABIS

If you feel confused about the terms cannabis, THC, marijuana, CBD, and their effects, you are not alone.

Are marijuana and cannabis the same thing? Can cannabis treat/cause health conditions? Are they safe?

Find out more...

Get To Know The Basics

Cannabis, sometimes referred to as marijuana, is a plant with more than 100 chemical compounds called cannabinoids, of which THC and CBD are the most common.

THC (tetrahydrocannabinol) is the psychoactive compound that produces the "high" that many people associate with cannabis. There are three FDA-approved synthetic cannabis-related drug products. Cesamet™ can be used to treat nausea and vomiting caused by cancer and chemotherapy, as can Marinol® and Syndros®, which can also treat loss of appetite and weight loss in people who have HIV/AIDS.

CBD (cannabidiol) is another compound found in cannabis and does not produce a "high". There has been much interest in CBD in recent years regarding potential health benefits. So far only one cannabis-derived product has been granted FDA approval, Epidiolex®, which is used to treat seizures in individuals with Lennox-Gastaut syndrome, Dravet syndrome, and tuberous sclerosis complex.



ARE CANNABIS PRODUCTS REGULATED?

UNFORTUNATELY, NO, NOT REALLY.

Cannabis-derived and cannabis-related products have been approved for a small number of medical uses. **Although products in states that have legalized medical and/or recreational cannabis often list a variety of medicinal or therapeutic uses, they have not been approved by the FDA.** It's important for consumers to realize that the FDA has **not** required testing of "medicinal cannabis" products for their safety or therapeutic value.

The FDA is particularly concerned that consumers might use CBD products in place of approved treatments for medical conditions. Even delaying approved treatment through the use of these products can have dangerous consequences.

Another concern is that some cannabis-derived products list inaccurate amounts of cannabinoids contained within them. A 2017 analysis of products containing CBD that were being sold online found that 26% contained significantly less CBD than was stated, with 43% containing more.



HAVE QUESTIONS?

FIRST, YOU NEED TO KNOW WHERE TO LOOK.

Cannabis information evolves rapidly, so it's best to bookmark some trusted resources that are objective and evidence based. Remember not everything you hear or read online is true.

CONTACT THE SAFE OFFICE

The Office of Well-Being and Prevention (SAFE) provides programs and services to help students, staff, faculty and community members practice healthy choices! Our marijuana programs engage students in open dialogues regarding Maryland Laws, university policy, addiction and relevant effects like "Amotivational Syndrome".

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