

Research Shows Cannabis Use May Lower Prostate Cancer Rates

Cannabis Each Day Keeps Prostate Cancer Away

Prostate cancer (PC) prevalence was found to be lower in both current and former cannabis users compared to non-users in a recent study. This finding is significant as in the United States, one in eight men will be diagnosed with prostate cancer in his lifetime—the most common non-skin cancer form. For this reason, men are encouraged to get screened for PC before it's too late.

Study Findings on Cannabis and Prostate Cancer

The study, “Marijuana Use May Be Associated with Reduced Prevalence of Prostate Cancer: A National Survey on Drug Use and Health Study from United States of America,” was published in the May 2024 issue of *Biomedicines*. Researchers affiliated with the University of Connecticut School of Medicine and the H. Lee Moffitt Cancer Center and Research Institute in Tampa, Florida assessed the relationship between cannabis consumption and PC. The study involved 2,503 participants and found that those between the ages of 50 and 64 who identified as either current or former cannabis consumers had a significantly lower risk of prostate cancer diagnoses.

Cannabis's Anticancer Effects

The study conducted a cross-sectional analysis using National Survey on Drug Use and Health data from 2002 to 2020. Researchers noted that PC prevalence was significantly lower among current and former cannabis users compared to non-users. The report stated, “PC prevalence was lower among current marijuana users (31.7%) and former users (31.6%) compared to non-users (39.9%, $p < 0.001$).” These findings support the potential biological anticancer effects of cannabis, as numerous preclinical trials have documented the ability of cannabinoids to inhibit cancer cell growth.

Cannabis's Potential in Cancer Treatment

The National Institutes of Health (NIH) announced grant funds in 2022 to researchers studying cannabis treatment for cancer. The NIH's National Cancer Institute posted a “Notice of Special Interest” (NOSI) to promote research on the mechanisms by which cannabis and cannabinoids affect cancer biology, treatment, and symptom management. The NOSI highlights the growing use of cannabis among cancer patients for symptom relief but acknowledges the need for more studies to verify its effectiveness. This new report sheds light on specific cancer types that cannabis could play a role in, namely prostate cancer.