

Medical Cannabis Yields Benefits for Older Adults

Medical Cannabis Use Rises Among Seniors, Offering Notable Health Benefits

Medical cannabis use is on the rise among adults aged 65 and over, with a recent study highlighting the significant health benefits reported by this demographic. The increasing adoption of cannabis for medical purposes among seniors reflects a broader trend, as more individuals turn to cannabis-based medicinal products for relief from various ailments.

Increasing Use of Medical Cannabis Among Older Adults

While the use of medical cannabis is growing across all age groups, the fastest increase is observed among [adults](#) aged 65 and over. This trend prompted researchers to investigate the effectiveness of medical cannabis specifically for older adults, aiming to determine the health benefits and improvements in well-being for this age group.

Observational Study on Medical Cannabis Use

Researchers conducted an observational study, published in **Drugs & Aging**, analyzing data from 198 patients aged 65 and older who sought treatment with medicinal cannabinoids. These patients used either flower or oil extracts. The study involved self-reported ratings of quality of life, general health, mood, and sleep, collected at the start of the observational period and again three months later.

Significant Health Improvements Reported

The findings revealed that older patients experienced considerable improvements in health and well-being after using medical cannabis products. Notably, there was a significant reduction in pain severity, which is often a primary concern for seniors. The study underscores the potential of cannabis-based medicinal products to enhance the quality of life for older adults.

Comparative Analysis with Younger Patients

The researchers also compared the characteristics of younger medical cannabis users with those of the older participants. They found that patients aged over 64 were more likely to be female, report pain as their primary condition, and less likely to use cannabis daily. Additionally, older patients tended to receive fewer cannabis-based medicinal products and were more likely to be prescribed CBD dominant oils rather than THC dominant flower.

Variations in Well-Being Improvements

While significant improvements in general health and well-being were noted across all age groups, the extent of sleep improvements was more pronounced among younger individuals. This highlights the need for

tailored approaches in prescribing medical cannabis to different age demographics.

Call for Further Research

The study's authors emphasize the necessity for more research to better understand the use and effectiveness of medical cannabis among older adults. Historically, this population has been underrepresented in cannabis research. There is a growing need for real-world evidence to assess the safety and efficacy of these treatments for seniors.

The study concluded with consistent findings of improved general health and well-being after three months of medical cannabis treatment. These results align with other observational and real-world evidence from regions where medicinal cannabis is legalized, indicating that cannabis can effectively improve sleep, mood, and overall quality of health across various primary conditions.

Final Thoughts

As medical cannabis use continues to rise among seniors, this study provides valuable insights into its potential benefits. The significant health improvements reported by older adults underscore the importance of considering cannabis-based medicinal products as viable treatment options for this age group. Continued research will be crucial in optimizing the use of medical cannabis to ensure safety and efficacy for older patients.

Email: info@cannabisriskmanager.com | Phone: +415-226-4060

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