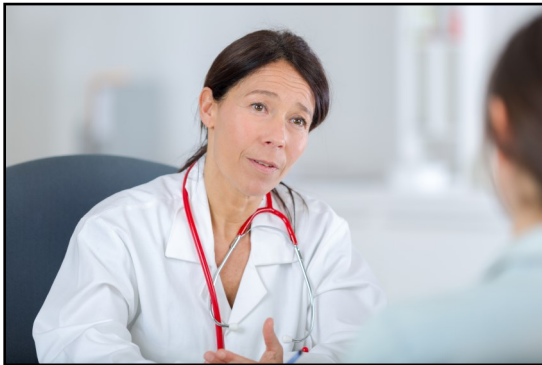


Talk to your doctor

- Cannabis is a drug and can have side effects, or make a prescribed drug not work as expected. It can make some health problems worse. Talk to your doctor about the potential risks of using cannabis.¹
- There are currently more than 2,000 different strains and varieties of cannabis. Their effects on the mind and body may vary greatly from person to person.
- Cannabis can be ingested by smoking and vaporizing, or by edible products. How it affects a person depends on the method of ingestion and potency.



To learn more about Humboldt Allies for Substance Abuse Prevention visit humboldtasap.wordpress.com



REV 8/3/2017

Cannabis, Alcohol & Other Drug Programs in Humboldt County humboldt.gov/AODServices

- **Department of Health & Human Services Alcohol & Other Drug Treatment Programs**
720 Wood St., Eureka, CA 95501
707-476-4054
- **Department of Health & Human Services Healthy Moms Program** (assessment and referrals only)
2910 H St., Eureka, CA 95501
707-441-5220
- **Adolescent Treatment Program**
1711 Third St., Eureka, CA 95501
707-268-3370
- **Alcohol & Drug Care Services, Inc.**
1335 C St., Eureka, CA 95501
707-445-DTOX, 707-445-3869
- **Marijuana Anonymous Humboldt County**
Church of the Joyful Healer, Room 5
1944 Central Ave., McKinleyville, CA 95519
707-834-3211
- **United Indian Health Services**
1600 Weott Way, Arcata, CA 95521
707-825-5060
- **Department of Health & Human Services Alcohol & Other Drug Prevention Program**
908 Seventh St., Eureka, CA 95501
707-268-2132

Southern Humboldt

- **Redwoods Rural Health Center**
101 West Coast Road, Redway, CA 95560
707-923-2783

Eastern Humboldt

- **K'ima:w Medical Center**
535 Airport Road, Hoopa, CA 95546
530-625-4261 ext. 450

What you need to know about **MEDICAL CANNABIS** **SIDE EFFECTS** and **INTERACTIONS** with other **MEDICATIONS**



KNOW THE FACTS

Our bodies all respond differently to medications and combinations of medications.

Talk to your healthcare provider openly about your medical history, medications you are taking and your lifestyle.

Side effects & warnings

Side effects of cannabis may include:

- Dizziness
- Sleepiness/drowsiness
- Impaired motor skills, depth perception and judgment
- Slower reactions
- Change in blood sugar levels, heart rate and blood pressure
- Cannabis affects almost every organ in the body, including heart, lungs, central nervous system, endocrine and immune systems.



Interaction with medications

The following drugs and medications are not recommended with cannabis for these reasons:

Increased risk of bleeding

- NSAIDs: ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn)
- Blood thinners: aspirin (Excedrin, Bufferin), warfarin (Coumadin).

Increased risk of drowsiness

- Barbituates (phenobarbital, narcotics, codeine, antidepressants)
- Alprazolam (Xanax)
- Zolpidem (Ambien)
- Alcohol
- Lorazepam (Ativan)
- Diazepam (Valium)

Others (see Mayo Clinic link for more)

- Asthma medication: (theophylline Respbid Theo 24)
- Low blood pressure medications
- Various herbs and supplements.

Do not use cannabis if you:

Are pregnant, breastfeeding or trying to get pregnant, or have to drive a vehicle or operate heavy machinery.

Caution is advised

Use cannabis with caution if you:

- Are at risk for heart disease
- Have a history of drug abuse or addiction
- Have or are at risk of eye problems. Cannabis may cause eye problems and dry eyes. It may increase eye pressure
- Have diabetes or problems with blood sugar
- Are at risk of seizure or are using anti-seizure drugs
- Are living with mental health challenges
- Are on estrogen therapy
- Have immune disorders or are taking medicine that may affect the immune system.

For more information

For more information about how cannabis may affect your health, visit the Mayo Clinic website:

[mayoclinic.org/drugs-supplements/marijuana/safety/hrb-20059701](https://www.mayoclinic.org/drugs-supplements/marijuana/safety/hrb-20059701).

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