

What you need to know:

# Your health and cannabis



## What is cannabis?

Cannabis can be:

- Smoked
- Inhaled (vaped)
- Ingested (edibles)
- Applied as a cream



23% of women and girls reported using cannabis in the past year (2020)

23%

The most recognized cannabis compounds are:

- Tetrahydrocannabinol (THC)
- Cannabidiol (CBD)



THC levels in cannabis have increased from 3.2% in 1983 to 13%–23% in 2016

## Mental health

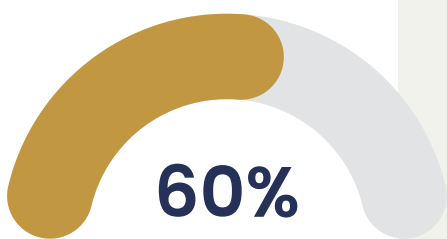
Many women use cannabis to help with anxiety or depression, as well as to relieve stress and improve sleep

Using cannabis may worsen mental health. It can lead to psychosis, depression, and suicidal feelings. It is important to speak with a health care provider about alternative ways to manage your mental health

## Chronic pelvic pain

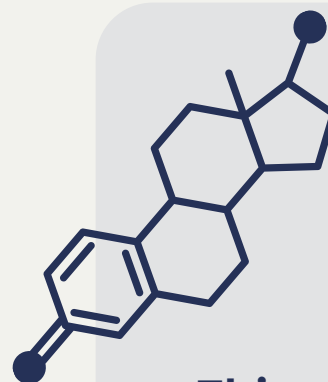
One of the most common uses for cannabis is to relieve chronic pelvic pain (such as that caused by endometriosis)

There is currently no evidence that cannabis improves chronic pelvic pain. Speak to a health care provider to learn about alternatives to manage pelvic pain.



60% of women with endometriosis have significant chronic pain

## Fertility



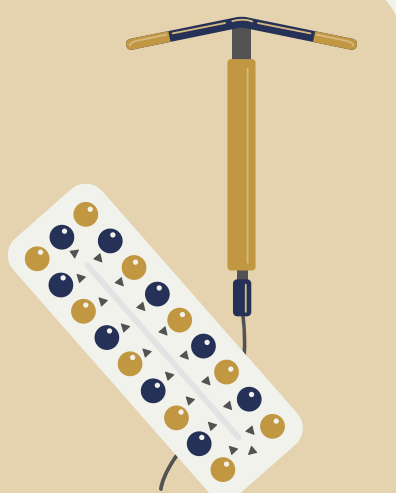
Cannabis use can affect the production of hormones involved in reproduction

This may lead to irregular or missed periods and reduce your chances of getting pregnant



## Contraception

Cannabis use does not affect the effectiveness of contraception and should not influence your choice of contraceptive



## Pregnancy

Cannabis is the most commonly used recreational drug during pregnancy

The only safe amount of cannabis to use while pregnant is zero

There is no evidence to support the use of cannabis for treatment of nausea and vomiting in pregnancy



4.5% of Canadian women say they've used cannabis during pregnancy

4.5%

## Birth outcomes

Using cannabis during pregnancy increases the risk of low birth weight, preterm labour and stillbirth



THC travels across the placenta to your baby, which can affect the baby's brain development



## Breastfeeding

THC may be passed to your baby through breast milk

The safest option is to not use cannabis while breastfeeding

## After your baby is born

Smoking cannabis products exposes your baby to second-hand smoke that can be dangerous to their health

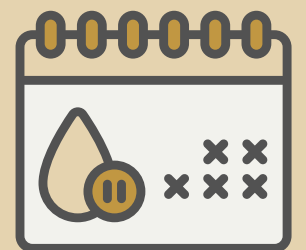
It is safest not to smoke (either tobacco or cannabis) in a home with a new baby



## Menopause

Many women use cannabis to help manage common symptoms of menopause, including sleep problems, hot flashes, and muscle and joint pain

There is limited evidence that cannabis will help with menopausal symptoms



To learn more about how cannabis can affect your health visit the SOGC at:



[pregnancyinfo.ca](http://pregnancyinfo.ca)



[sexandu.ca](http://sexandu.ca)



[yourperiod.ca](http://yourperiod.ca)



[menopauseandu.ca](http://menopauseandu.ca)