

# CBD & CANCER



## CBD for Cancer Prevention

Some people wonder about using cannabis or CBD to prevent cancer. The National Cancer Institute (NCI) reviewed numerous studies regarding the link between cannabis and cancer and found that the research has mixed results.

An older study of 64,855 men from the United States found that cannabis use did not increase the risk of tobacco-related cancers. However, this same study also found that male cannabis users who never smoked tobacco had an increased risk of prostate cancer.

The authors of a 2015 study found a promising relationship between cannabis and bladder cancer. After adjusting for several factors, they found that that cannabis users had a 45-percent lower risk of developing bladder cancer.

While research has shown that cannabis smoke still produces carcinogens, the link between inhaled marijuana and cancer remains inconclusive.

Ingesting CBD extract does not expose the body to the same carcinogens as smoking marijuana. More long-term studies in humans are necessary to determine what role, if any, CBD has to play in the prevention of cancer.

Some studies have investigated the role of CBD in preventing cancer cell growth, but research is still in its early stages. The National Cancer Institute says that CBD may help alleviate cancer symptoms and cancer treatment side effects. However, the NCI doesn't fully endorse any form of cannabis as a cancer treatment. The action of CBD that's promising for cancer treatment is its ability to moderate inflammation and change how cell reproduce. CBD has the effect of reducing the ability of some types of tumor cells to reproduce.

Many people who are going through cancer treatment experience nausea and loss of appetite. These symptoms can make it difficult for them to maintain a healthy weight. Ingested cannabis that delivers THC and other cannabinoids to the bloodstream may help stimulate the appetite, but there is no evidence that CBD alone can have this effect.

Cancer often causes pain due to inflammation, pressure on internal organs, or nerve injury. When the pain is severe, it can even become resistant to opioids, which are powerful pain relievers.

CBD indirectly acts on the CB<sub>2</sub> receptors, which may help with widespread pain relief by reducing inflammation. THC acts on the CB<sub>1</sub> receptors, which may be helpful for pain resulting from nerve damage.

Cannabis and cannabinoids such as CBD may also be helpful for people with cancer who experience regular nausea and vomiting, especially when this is due to chemotherapy.



# CBD & DEMENTIA

## Alzheimer's Disease

The topic of CBD health benefits continues to grow with new CBD and Alzheimer's research. In recent studies, CBD has been shown to reduce or remove the impact of inflammation, oxygen buildup and brain cell decline.

Inflammation has been shown to increase the negative impact of Alzheimer's disease. The inflammatory response happens when the brain's immune cells fail to clear disorienting blockages. The inflammation that is a core cause of Alzheimer's symptoms can often be reduced by using CBD oil.

Oxygen is released as a reactive, stress-induced component of Alzheimer's disease. When inflammation happens in the brain, oxygen is released as a result. The greater the inflammation, the greater the negative impact. Important brain functions such as memory are decreased as more oxygen is released in the brain's cells. Memory loss and other brain deterioration indirectly leads to increased oxygen in the brain. CBD is an antioxidant, which helps reduce the problems associated with oxygen stress. Brain functions negatively impacted by oxygen stress can be improved by using CBD.

Alzheimer's patients' brain cells often show a path of rapid decline and destruction. The potential of stimulating brain tissue was recently discovered as a potential benefit of CBD. In clinical trials, CBD has shown the ability to reverse and even prevent the development of Alzheimer's negative impact. A 2011 study by Australian researchers Tim Karl and Carl Group found that CBD promotes the growth and development of brain cells, which were shown to reduce the decline of memory and other brain functions.



## CBD Health Benefits for Dementia

The dementia-related conditions that can be helped by CBD include Alzheimer's disease, Vascular Dementia, Dementia with Lewy bodies (DLB), Parkinson's disease, Frontotemporal dementia and Huntington's disease.

According to researchers at California's Salk Institute, their 2017 study has found evidence that cannabinoids such as CBD could help remove dementia from brain cells. While the US Food and Drug Administration has yet to approve a CBD drug for the purposes of treating dementia, it has approved a CBD-based drug for treating epilepsy.

There are three ways CBD can work to improve health outcomes for persons with dementia: by reducing inflammation, by reducing oxygen buildup, and by working as a brain stimulant and neuroprotectant. From a user's perspective, CBD may reduce stress and anxiety in the individual with dementia as well as reduce the decline of memory and other brain functions.

