

Cannabis Benefits for Cancer Patients

Medical cannabis is gaining recognition as a supportive tool for those undergoing cancer treatment. Whether managing symptoms or improving quality of life, cannabis may provide natural support on the road to recovery. Here's a list of potential benefits cannabis may offer, along with the recommended methods of consumption for each.



- **Appetite Stimulation:** The THC in cannabis can help stimulate appetite, combating weight loss and malnutrition. **Route of consumption: Inhalation or edibles**
- **Mood and Anxiety Management:** Cannabis may help reduce stress and anxiety, fostering emotional well-being. **Route of consumption: Microdosing tinctures**
- **Nausea:** Compounds in cannabis are known to reduce nausea and vomiting from chemotherapy. **Route of consumption: Inhalation or tinctures**
- **Pain Relief:** Cannabis may help alleviate severe pain associated with cancer and its treatments. **Route of consumption: Tinctures, inhalation (acute pain), or edibles (chronic pain)**
- **Improved Sleep:** Many patients find that cannabis promotes better sleep quality. **Route of consumption: Tinctures or edibles**

Things to Consider

- Speak to your healthcare professional before consuming cannabis as it may interact with other medications and/or reduce the effectiveness.
- Cannabis can be consumed in various forms, offering alternatives to smoking such as edibles, tinctures, and vaporized products.
- Start with low doses and gradually increase as needed.
- Be mindful of the common side effects of cannabis, which may include dizziness, fatigue, dry mouth, and mood changes.



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