

ACC Rockies 2020

Presentation:

Keep off the Grass: Cannabis and Cardiovascular disease

Speaker:

Dr. Sheri Koshman

Abstract:

With legalization of cannabis for both medicinal and recreational purposes, healthcare providers need to be aware and familiar with its use when caring for patients. Rates of use are increasing, with a notable growth in the male 45-65 year old demographic and in those with underlying cardiovascular disease.

There is little information about the safety of cannabis in cardiovascular disease. The endocannabinoid system is complex and has pro-atherogenic and anti-atherogenic effects. Existing clinical literature is limited. Methodological issues, including a lack of prospective data and variability in cannabis products ingested, limit clear conclusion on safety. Regardless, adverse cardiovascular outcomes have been reported across the spectrum of disease including myocardial infarction, ischemic stroke, cardiomyopathy, arrhythmias and vasculotoxic effects.

Presentation objectives:

1. To provide the audience with brief overview of cannabis, including terminology, pharmacokinetics and administration
2. To briefly discuss the endocannabinoid system and its effects on the cardiovascular system
3. To review the literature addressing the cardiovascular safety of cannabis use.