

**NAMI Member Notes & Key Takeaways from
29-August-2017 special SLT city council meeting
Topic: Recreational Cannabis**

Meeting was video-recorded available for replay:

http://slt.granicus.com/MediaPlayer.php?view_id=6&clip_id=861&meta_id=84906

1:16:05 - Dr. Lance Orr, Barton Health Emergency Services Director

He started with a question: If we're going to allow retail sales of recreational marijuana, is this not somehow counter to the community's encouragement of a healthy active life style among its residents? And also, the branding of our community to guest's tourists of that same type lifestyle?

Speaking from the Medical system we certainly deal with some of the negative side effects of recreational use of tobacco and alcohol more so than marijuana but if we're putting more marijuana into the community that impact is likely to go up

ER room has personally seen an increase of young adults with an increase of anxiety directly related to the use of THC especially with the higher concentrations

Sometimes even psychoses, in people with a genetic predisposition to developing schizophrenia. This can be a trigger for the full-blown illness when exposed to THC.

Cannabinoid Hyperemia's Syndrome causes repeated bouts of abdominal pain, nausea and vomiting. This requires many evaluations within the medical system to exclude other causes of the illness

Also, respiratory symptoms, it's pretty clear if you're putting something into your lungs you are likely to negatively impact your respiratory system

We need to consider these facts if we're trying to be a healthier community.

1:18.47 end of presentation

1:19:21 - Dr. Rhonda Sneeringer, Barton Health Chief Medical Officer

With the increasing use of recreational marijuana, we are normalizing cannabis which it is normal for some people but it should not be normal for our children.

For pregnant women who smoke regularly, 50% will continue doing so during pregnancy. We know this damages children's brains

Toddler ingestions are up because of the concentration of THC that is available. We see more hospitalizations, serious side effects like comas from the accidental ingestion in our toddler population. This is happening in our country and other countries as well.

Research is not available about breast-feeding and marijuana use and it will take at least a year to gather evidence.

Please help us who work on the front lines. Either ban marijuana completely or make a real financial commitment to help us educate our patients, to help us in our schools and help us protect our youth.

1:21:04 end of presentation

1:21:18 - Dr. Tracy Protell, Child and Adolescent Psychiatrist: Board Certifications: American Board of Pediatrics, American Board of Psychiatry and Neurology, Child and Adolescent, and American Board of Psychiatry and Neurology, Adult

Impact of marijuana and cannabis use on adolescent and young individuals, sometimes unfortunately we have kids using marijuana as well.

There are great studies available on the negative impacts of marijuana use on youths. We are still looking for positive studies, they may be out there but they are not here yet.

Heavy marijuana use in adolescents can cause

Negative impacts on memory consolidation meaning lower IQ's

Trouble encoding short term memories into long term memories.

Problems with lower educational attainment

Problems with emotional quotient, meaning how do you relate to other people. That come with learning and storing short term memories into long term memories in terms of your social interactions.

Brain structure changes, abnormally shaped Hippocampus, Amygdala, Nucleus accumbens, very important structures, all of which involve the emotional processes.

We see decreases in the Myelin axon sheath cover, leading to attentional problems.

Inadequate synaptic pruning, meaning that happens in adolescence to really mature the brain into a healthier better functioning, quicker brain. Especially in the pre-frontal cortex, which is the part that is planning and attention. There is inadequate synaptic pruning there leading to problems with impulsivity and inhibition.

Studies show 50% of teens who use marijuana on a daily basis will become addicted

Increase usage of marijuana is directly related to an increase in psychotic and anxiety disorders and cannabis induced psychosis.

If an individual is predisposed to schizophrenia and they smoke a lot at a young age, they are much more likely to develop psychotic disorders.

People do not see what a problem it is. They will cut down for a while or stop and feel so much better and they have no insight and they go right back to using and things are falling apart again. And you can see the impact on the youth.

1:24:22 end of presentation

1:36:19 - Dr. Nancy Williams EDC Public Health Officer (read by Hector Reyes – supervising health education coordinator for EDC.

We have a huge marijuana experiment taking place 3 states to the east of us. Fortunately, researchers at CO public health department are closely monitoring it and sharing their findings. CO formed a retail marijuana public health advisory committee which monitors and reports on the emerging science along with the health and medical information pertaining to marijuana use. The committee's January 2017 report included the following health related information.

Many children in CO are at risk to accidentally eating marijuana products or being exposed to 2nd hand marijuana smoke.

Marijuana related calls to the Rocky Mountain Poison & Drug Center concerning marijuana have risen significantly

More than 5% of Colorado high school students report using marijuana daily or near daily basis. That's 1 out of 20 students.

About 6% of pregnant Colorado women report marijuana use while pregnant. But is marijuana actually harmful to pregnant women, children or adolescents? Yes, using marijuana during pregnancy is associated with negative effect on exposed children.

The effects on the exposed children, of using marijuana while pregnant include decreased cognitive function and the ability to maintain and hold attention to task. These effects may not appear till adolescence.

Accidental exposure can lead to significant clinical effects that in some cases require hospitalization.

The committee also found:

The strongest findings related to reduced cognitive abilities and academic achievement of high school students.

With early use of marijuana there is a problem with continued use and or addiction to marijuana or other substances after adolescence.

There is an increase in Psychotic symptoms and diagnoses.

Weekly marijuana use by adolescents is associated with impaired learning, memory, math, reading and is associated with a failure to graduate from high school.

Marijuana use among adolescents and young adults is associated with future tobacco and illicit drug use. And high risk of use of alcohol.

Users of can develop an addiction to marijuana.

It will be many years before sufficient evidence to tell whether or not legalization of marijuana is harmful to the health of our kids. What we do know is that marijuana use in many places is harmful to health especially in pregnant women, children, adolescents, young adults and can have lasting effects.

1:39:50 end of presentation

Visit SmartColorado.org to learn some of the lessons learned from Colorado.