

## **Warbixin iyo Digniinno Muhiim ah oo Ku Saabsan Isticmaalka Xashiishadda Caafimaadka**

Dukumeentigan waxaa loogu talagalay bukaanada iyo daryeelayaasha qaba su'aalo ku saabsan isticmaalka xashiishadda caafimaadka. Waxay ka kooban tahay dulmar guud oo ku saabsan welwelka la xiriira xashiishadda ee dhalinyarada, haweenka uurka leh ama naaska nuujinaya, dadka halista ugu jira ku-tiirsanaanta ama qabatinka, dadka qaba xaaladaha caafimaadka dhimirka, iyo kuwa qaba cudurada wadnaha ama beerka.

### **Waxa ay tahay in la ogaado kahor inta aan la bilaabin daawada xashiishadda caafimaadka**

Maamulka Cuntada iyo Dawooyinka ee Mareykanka ayaa ansixiyay hal daawo oo xashiishada laga sameeyey: Epidiolex (cannabidiol), iyo saddex dawooyinka xashiishadda macmalka ah (synthetic) ee la xiriira: Marinol (dronabinol), Syndros (dronabinol), iyo Cesamet (nabilone). Dhammaan noocyada kale ee xashiishadda caafimaadka ma ogolaanin FDA.<sup>1</sup> Si loo helo xaaladaha caafimaad intooda badan, daraasado badan oo xashiishadda caafimaad ku saabsan ayaa loo baahan yahay si loo fahmo doorkeeda ku habboon daryeelka caafimaad oo dhammaystiran.

Isticmaalka xashiishadda caafimaadka ayaa laga yaabaa inay kaa yareeyaan calaamadahaaga cudurka ama in ayna kaa yaraynin. Daraasadaha jira ee xashiishadda caafimaadka ayaa waxay soo jeedinayaan in ka yaraynta calaamadaha xanuunku ay u kala duwanaan karaan bukaanka qofba qofka kale.

In la isku arko cilladaha daawadu waa wax caadi ah. Qaar ka mid ah cilladaha daawada ee ugu caansan waa dawakhaad, daal, af qalalan, madax-wareer, hurdaysnaan, iyo lallabbo.

Cilladaha daawadu caadi ahaan waa kuwo fudud ama dhexdhexaad ah oo badanaa si dhakhso ah u joogsada, laakiin mararka qaarkood waxyeellooyin daran ayaa laga yaabaa in ay dhacaan. Kala hadal farmashiistaha rugta xashiishada caafimaadka haddii aad isku aragto cilladaha daawada.

### **Kala hadal dhakhtarkaaga caafimaadka waxa ku saabsan xashiishadda caafimaadka**

Sida la mid ah daawo kasta, xashiishadda caafimaadku waxay faragelin kartaa daawooyinka kale ee aad qaadato. Heerarka daawooyinka kale ee dhiigga ku jira ayaa laga yaabaa inay u baahdaan in la hubiyo, oo qiyaasaha daawooyinka ayaa laga yaabaa inay u baahdaan in la hagaajiyo si looga fogaado cilladaha daawada ee xun.

Xashiishadda caafimaadku waxay sidoo kale u saameyn kartaa jirkaaga siyaabo kale. Tusaale ahaan, xashiishadda caafimaadka ee la hawo ahaan loo nuugo (geedka oo dhamaystiran ama

alaabada uumiga ah) waxay sababi kartaa af qallayl, taas oo kordhin karta halista bololka/suuska ama xaaladaha kale ee ilkaha.<sup>2</sup>

## **in hoose ku bilow, tartiib u soco, tartiib u wad**

Si aad isaga ilaaliso in aad yeelato cilladaha daawada oo aan fiicnayn, waxa fiican in aad ku bilowdo qiyaas yar kadibna si tartiib ah u kordhiso qiyaasta wakhti kadib ilaa calaamadaha cudurka aad ka nafisto, ama ay soo baxaan cilladaha daawadu. Kala hadal farmashiistaha rugtaada xashiishada caafimaadka si aad u raacdo habkan.

Daraasaduhu waxay muujinayaan in caadi ahaan ay jirto xad dhanka sarreeya oo saamaynta xashiishadda caafimaadka ah. Wixii ka badan 20-40 mg/maalintii oo ah THC iyo 50-100 mg/maalintii oo ah CBD, bukaanada intooda badani ma heli doonaan wax faa'iido dheeraad ah oo ka timaada qiyaasta intaas ka sarraysa.<sup>3,4,5</sup>

Kala hadal farmashiistaha Xarunta Xashiishadda Caafimaadka haddii ay tahay in aad kordhiso iyo sida loo kordhiyo qiyaasta inta aad ka qaadanayso daawada, iyo waxa ay tahay in aad samayso haddii ay soo baxaan cilladaha daawadu.

Talo loogu talagalay bukaannada cusub: Waxaa laga yaabaa inaad rabto inaad iibsato wax ka yar 30 maalmood oo saadka xashiishadda ah inta lagu jiro booqashooyinkaaga ugu horreeya ee rugta xashiishadda caafimaadka ilaa aad ka ogaato sida aad uga jawaab celiso badeecadaha cayiman ee xashiishad caafimaad ah.

## **Dadka qaarkii waxay halis dheeraad ah ugu jiraan waxyeelo ay u keeno isticmaalka xashiishadda**

Dadka ku jira kooxaha ku taxan qaybtani waa in ayna guud ahaan isticmaalin xashiishadda caafimaadka maadaama oo waxyeelada khatartu badantahay awgeed. Kala hadal dhakhtarkaaga caafimaadka haddii aad qabtid walaac ama su'aalo.

Dib u eegista cilmibaarista sayniska ee ka hadlaysa khataraha, ka eeg [Brief Review of Human Studies Regarding Increased Risk of Harm with Cannabis Use \(PDF\)](http://www.health.state.mn.us/people/cannabis/docs/practitioners/humanstudies.pdf) ([www.health.state.mn.us/people/cannabis/docs/practitioners/humanstudies.pdf](http://www.health.state.mn.us/people/cannabis/docs/practitioners/humanstudies.pdf)).

## **Carruurta, dhalinyarada, iyo qaangaadhka da'yarta ah**

Isticmaalka xashiishadda caafimaadka ee carruurta, dhalinyarada, iyo qaangaadhka da'yarta ah waa in si taxadar leh loo wajaho. Maadaama maskaxda bini'aadamku ay si firfircoon u korayso oo ay sii wado in ay korto ilaa qiyaastii 25 sano jir, isticmaalka xashiishadda inta lagu jiro dhallinyaranimada ayaa waxay saamayn kartaa maskaxda soo koraysa waxayna sababi kartaa dhibaatooyinka dareenka fiiro lahaanshaha, dhiirigelinta, iyo xusuusta.<sup>6,7</sup> Intaa waxaa dheer, waxaa jira khataro la xiriira soo gaarista qiiqa xashiishadda ee gacan labaad ah/lagu agcabo maadaama oo ay ku jiraan kiimikooyin la mid ah sunta ah oo keena kansarka ee laga helo qiiqa tubaakada.<sup>8</sup>

Caddaymaha ayaa muujinaya xiriirka ka dhexeeya isticmaalka madadaalada ee xashiishada marawaaada ee carruurta, dhalinyarada, iyo qaangaadhka da'yarta ah iyo: <sup>6,7</sup>

- dib u dhac ama hoos u dhaca ku yimaada siyaabaha maskaxdu u socodsiiso macluumaadka
- khatarta mustaqbalka ee ku tiirsanaanta xashiishadda
- bilaabashada cudurrada dhimirka sida schizophrenia

Wax badan ayaa weli aan la garanayn cidda khatarta ku jirta natiijooyinkan, iyo in khatartan isticmaalka xashiishadda marawaaada madadaaladu ay khusayso isticmaalka xashiishadda caafimaadka ee carruurta, dhalinyarada, iyo qaangaadhka da'yarta ah. Dadka qaarkood ee qaba cudurrada halista ah ee leh calaamadaha daciifinaya ee aan lagu xakameynin daawaynta caafimaadka ee caadiga ah, faa'iidooyinka suurtagalka ah ee daaweynta xashiishadda caafimaadka ayaa laga yaabaa inay ka miisaan badnaato khatarta ka iman karta, gaar ahaan alaabta xashiishadda caafimaad ee ay ku jiraan kaliya waxyaabaha laga soo saaray CBD. Wixii macluumaad dheeraad ah soo booqo [Dosing and Chemical Compositions Report](#). Daraasado dheeraad ah ayaa loo baahan yahay si looga jawaabo su'aalahan.

## Haweenka uurka leh ama naaska nuujinaya

Iska ilaali xashiishadda caafimaadka haddii aad uur leedahay, aad qorshaynayso inaad uur yeelato, ama aad naas nuujinayso.

Waxaa jira cadaymo muujinaya in isticmaalka xashiishadda marka aad uur leedahay ay la xiriirto miisaan dhalashada yar oo yar ah ama dhalitaanka xilli hore. Si kastaba ha ahaatee, way adag tahay in la kala saaro waxyeelada ay keento isticmaalka xashiishadu iyo waxyeelada ay keento isticmaalka tubaakadu daraasadaha intooda badan.<sup>9</sup>

Isticmaalka xashiishadda marka aad uurka leedahay waxaa laga yaabaa inay xiriir la leedahay isbeddello ku yimaada maskaxda marka ilmuhu korayo, taasoo u horseedayna dhibaatooyinka xusuusta, dareenka, iyo dabeecadda sida gardarada iyo isxakamayn la'aanta dareenka ilmaha inta lagu jiro sannadaha hore iyo xilliga dhallinyaranimada. Carruurta waalidkood isticmaaleen xashiishadda xilligii uurka waxay halis dheeraad ah ugu jiraan in ay wajahaan xanuunshada dhimirka ah inta lagu jiro dhallinyaranimada.<sup>10,11</sup>

## Dadka khatarta ugu jira ku tiirsanaanta iyo qabatinka

Isticmaalka xashiishadda caafimaadku waxay horseedi kartaa ku tiirsanaanta xashiishadda iyo qabatin. Khatarta laqabsiga ayaa ku badan dadka leh balwadaha kale, ama dadka isticmaala xaddi badan oo badeecooyin leh heerarka sarreeya oo THC ah.<sup>12</sup>

Sababahan dartood:

- Ha isticmaalin xashiishadda caafimaadka, ama u isticmaali si taxadar leh, haddii aad qabto cilladaha qabatinka shay kale, oo ay ku jiraan tubaakada/nikotiinka.
- Haddii aad tahay qof si joogto ah, aad ah u isticmaala xashiishadda caafimaadka, si lama filaan ah u joojinta ayaa waxay kuu horseedi kartaa raaxo darro iyo isku aragto calaamado

ka bixitaanka oo halis ah oo socon kara dhowr maalmood. Calaamadaha ka bixitaanka ayaa waxay u badan tahay inay la socdaan marka la qaato xaddiga qiyaas badan oo badeecooyinka THC ay ku jiraan.

## Dadka qaba xaaladaha caafimaadka dhimirka

Isticmaalka madadaalada ee xashiishada marawaaada ayaa waxaa la ogyahay in ay mararka qaarkood keento xanuunada dhimirka (psychotic episodes).<sup>13</sup> Kuwani waxay noqon karaan kuwo aan fiicnayn oo laga yaabo in ay halis noqdaan Kuwa soo socdaa ayaa waxay kordhin karaan halista xaaladaha dhimirka (psychotic episodes):

- Isticmaalka alaabada ka samaysan xashiishadda caafimaad ee leh heerarka sarreeya ee THC, ama saamiga sare ee THC iyo CBD.
- Taariikhda lahaanshaha qoyska ee schizophrenia ama xanuun kale oo dhimirka ah. Sababtaas awgeed, xashiishadda caafimaadka waa in aan la isticmaalin ama waa in si taxadar leh loogu isticmaalo bukaanada leh taariikhda qoyska ee xanuunka dhimirka, sida schizophrenia.

Qofka qaba xanuunka dhimirka sida schizophrenia ama leh taariikh qoys oo schizophrenia ama xanuun kale oo dhimirka ah waa inuusan isticmaalin xashiishadda caafimaadka. Gaar ahaan, alaabada xashiishadda caafimaadka ee leh heerarka sare ee THC waa in aan la isticmaalin. Marka dadka qaba schizophrenia ama xanuunka dhimirka ay joojiyaan isticmaalka xashiishadda, calaamadahooda xanuunka dhimirka caadi ahaan way soo fiicnaadaan.<sup>13,14</sup>

## Dadka qaba cudurrada wadnaha ama beerka ee halista ah

Qofka qaba xanuunada wadnaha ama beerka ee halista ah waa inuusan isticmaalin daawada xashiishadda caafimaadka ama u isticmaalo si taxadar badan leh.

Waxaa jira cadaymo muujinaya in isticmaalka xashiishadda caafimaadku ay keeni karto wadne istaag bukaannada la ogyahay inay qabaan cudurrada wadnaha ee halista ah.<sup>15,16</sup>

Cudurka beerka ee halista ah wuxuu sababi karaa dhibaatooyin la xiriira sida jidhku u dheefshiido xashiishadda.

## Digniino

### Cilladaha ka yimaada isticamaalka xashiishada (Cannabinoid hyperemesis syndrome)

Dadka uu ku dhaca hyperemesis syndrome (cilladaha ka yimaada isticamaalka xashiishada) ayaa waxay yeeshaan lallabbo, matag daran, iyo calool xanuun maalmo soo noqnoqda toddobaad kasta ama dhowrkii toddobaadba mar. Dhawr bukaan oo iska diiwaan galiyay Barnaamijka Xashiishada Caafimaadka ayaa isbitaal loo dhigay cannabinoid hyperemesis syndrome (cilladaha ka yimaada isticamaalka xashiishada). Kala hadal dhakhtarkaaga caafimaadka ama farmashiistaha haddii aad isku aragto astaamaha ama calaamadaha xanuunkan ah.

### Ha wadin gaari, ha ku shaqayn mishiin, hana qaban shaqo dadka wax yeeli karta marka aad isticmaalayso xashiishadda caafimaadka

Isticmaalka xashiishadda caafimaadku waxay hoos u dhigi kartaa falcelinta iyo wakhtiga falcelinta, waxay adkayn kartaa in qofku fiiro yeesho ama go'aamo gaaro, waxayna beddeshaa habka ay dadku u arkaan waxyaalaha ku xeeran.<sup>17</sup> Tani waxay adkayn kartaa in qofku baabuur wato, in uu ku shaqeeyo mashiinada, ama in in uu sameeyo howlo laga yaabo in ay khatar ku yihiin dadka kale ama in ay sababaan khalad xirfadeed. Inta ay le'egyihiin isbeddelladani waxay ku xiran yihiin qofka, nooca daawada xashiishadda caafimaadka ee la isticmaalay, qiyaasta inta la qaatay ee alaabta, iyo qodobo kale. Ugu yaraan, isbeddeladu waxay socon karaan dhowr saacadood.

Saamaynta qaadashada xashiishadda caafimaadku way ka sii weyn tahay marka dadku:

- Isticmaalaan badeecooyin leh heerar sarreeya oo THC ah.
- Marka ay cabbaan khamro iyaga oo isticmaalaya xashiishada caafimaadka.

### Ku ilaali dawooyinka meel ammaan ah oo ha ku jiraan weelkooda asalka ah

Marka daawadu aanay ku jirin weelkeedii asalka ahaa, way fududahay in la isku khaldo aqoonsiga daawada. Calaamadda ku taalla weelka asalka ah ayaa tilmaamaysa milkiilaha sharciga ah ee alaabta. Sida la mid ah dawo kasta, xashiishadda caafimaadka waa in lagu hayaa meel ammaan ah oo dadka kale sida carruurta aysan heli karin.

### Ha ku isticmaalin xashiishadda caafimaadka meel ay sharci darro tahay

Marka loo eego sharciga Minnesota, waa sharci-darro in bukaanka ku jira Barnaamijka Xashiishada Caafimaadka uu ku haysto ama ku isticmaalo xashiishadda caafimaadka:

- Baska ama van-ka iskuulka
- Deegaanka preschool-ka kasta ama dugsi hoose, ama dugsi sare

- Meelaha xarumaha asluubta.
- Deegaanka xarun kasta oo daryeelka caruurta ama guriga daryeelka caruurta ah.
- Deegaannada goobaha federaalka (sida maxkamadaha, xafiisyada boostada, garoomada diyaaradaha, iyo jardiinooyinka qaranka)

Uumi ka dhigista xashiishadda caafimaadku waa sharci darro:

- Nooc kasta oo gaadiidka dadweynaha ah.
- Meel kasta oo uumiga uu ku neefsado ilmo aan qaangaadh ahayn oo aan bukaanka ahayn.
- Meel kasta oo goobo dadweyne ah, oo ay ku jiraan gudaha ama bannaanka meelaha ay isticmaalaan ama u furan dadweynaha guud ama goobta shaqada.

## Ha siin cid ama ha iibin xashiishada caafimaadka ee aad iibsatay

La wadaagista xashiishadda caafimaadka dadka kale waa dambi waxayna keeni kartaa in bukaanku uu wajaho dacwad dambi ah lagana saaro Barnaamijka Xashiishada Caafimaadka ee Minnesota.

## Tixraacyada

1. FDA and Cannabis: Research and Drug Approval Process. U.S. Food and Drug Administration, <https://www.fda.gov/news-events/public-health-focus/fda-and-cannabis-research-and-drug-approval-process>, Publication date not available. Updated Oct. 1, 2020. Accessed Oct. 24, 2022.
2. Bellocchio, L., Inchingolo, A. D., Inchingolo, A. M., Lorusso, F., Malcangi, G., Santacroce, L., Scarano, A., Bordea, I. R., Hazballa, D., D'Oria, M. T., Isacco, C. G., Nucci, L., Serpico, R., Tartaglia, G. M., Giovanniello, D., Contaldo, M., Farronato, M., Dipalma, G., & Inchingolo, F. (2021). Cannabinoids Drugs and Oral Health-From Recreational Side-Effects to Medicinal Purposes: A Systematic Review. *International journal of molecular sciences*, 22(15), 8329. <https://doi.org/10.3390/ijms22158329>.
3. MacCallum CA, Russo EB. Practical considerations in medical cannabis administration and dosing. *Eur J Intern Med*. 2018; 49:12-19. doi: 10.1016/j.ejim.2018.01.004
4. Inglet S, Winter B, Yost SE, et al. Clinical Data for the Use of Cannabis-Based Treatments: A Comprehensive Review of the Literature. *Ann Pharmacother*. 2020;54(11):1109-1143. doi:10.1177/1060028020930189.
5. Uliel-Sibony S, Hausman-Kedem M, Fattal-Valevski A, Kramer U. Cannabidiol-enriched oil in children and adults with treatment-resistant epilepsy-does tolerance exist? *Brain Dev*. 2021;43(1):89-96. doi: 10.1016/j.braindev.2020.06.018.
6. National Academies of Sciences, Engineering, and Medicine; Health and Medicine Division; Board on Population Health and Public Health Practice; Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda. *The Health Effects of Cannabis and*

*Cannabinoids: The Current State of Evidence and Recommendations for Research.*

Washington (DC): National Academies Press (US); January 12, 2017.

7. Batalla A, Bhattacharyya S, Yücel M, et al. Structural and functional imaging studies in chronic cannabis users: a systematic review of adolescent and adult findings. *PLoS One*. 2013;8(2):e55821. doi: 10.1371/journal.pone.0055821
8. Moir D, Rickert WS, Levasseur G, et al. A comparison of mainstream and sidestream marijuana and tobacco cigarette smoke produced under two machine smoking conditions. *Chem Res Toxicol*. 2008;21(2):494-502. doi:10.1021/tx700275p
9. National Academies of Sciences, Engineering, and Medicine; Health and Medicine Division; Board on Population Health and Public Health Practice; Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda. *The Health Effects of Cannabis and Cannabinoids: The Current State of Evidence and Recommendations for Research*. Washington (DC): National Academies Press (US); Jan. 12, 2017.
10. Fine JD, Moreau AL, Karcher NR, et al. Association of Prenatal Cannabis Exposure With Psychosis Proneness Among Children in the Adolescent Brain Cognitive Development (ABCD) Study. *JAMA Psychiatry*. 2019;76(7):762-764. doi:10.1001/jamapsychiatry.2019.0076
11. Shapiro GK, Buckley-Hunter L. What every adolescent needs to know: cannabis can cause psychosis. *J Psychosom Res*. 2010;69(6):533-539. doi: 10.1016/j.jpsychores.2010.04.002
12. Lopez-Quintero C, Pérez de los Cobos J, Hasin DS, et al. Probability and predictors of transition from first use to dependence on nicotine, alcohol, cannabis, and cocaine: results of the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC). *Drug Alcohol Depend*. 2011;115(1-2):120-130. doi: 10.1016/j.drugalcdep.2010.11.004
13. Volkow ND, Swanson JM, Evins AE, et al. Effects of Cannabis Use on Human Behavior, Including Cognition, Motivation, and Psychosis: A Review. *JAMA Psychiatry*. 2016;73(3):292-297. doi:10.1001/jamapsychiatry.2015.3278
14. Hill KP, Gold MS, Nemeroff CB, et al. Risks and Benefits of Cannabis and Cannabinoids in Psychiatry. *Am J Psychiatry*. 2022;179(2):98-109. doi: 10.1176/appi.ajp.2021.21030320
15. Abouk R, Adams S. Examining the relationship between medical cannabis laws and cardiovascular deaths in the US. *Int J Drug Policy*. 2018; 53:1-7. doi: 10.1016/j.drugpo.2017.11.022
16. Dabiri AE, Kassab GS. Effects of Cannabis on Cardiovascular System: The Good, the Bad, and the Many Unknowns. *Med Cannabis Cannabinoids*. 2021;4(2):75-85. Published 2021 Nov 12. doi:10.1159/000519775
17. Compton, Richard P. Marijuana-impaired driving-a report to congress. Maya. DOT HS 812 440. United States. National Highway Traffic Safety Administration, 2017.

Minnesota Department of Health (Waaxda Caafimaadka ee Minnesota)  
Office of Medical Cannabis (Xafiiska Xashiishada Caafimaadka)  
PO Box 64882

IMPORTANT INFORMATION AND WARNINGS ABOUT USING MEDICAL CANNABIS

St. Paul, MN 55164-0882

651-201-5598

[health.cannabis@state.mn.us](mailto:health.cannabis@state.mn.us)

[www.health.state.mn.us](http://www.health.state.mn.us)

1/23/2023

*Si aad u hesho macluumaadkan oo qaab kale ah, wac: 651-201-5598.*