

Why it's important to discuss cannabis with your healthcare providers

Cannabis and Older Adults Toolkit



Cannabis* use is increasing faster in older adults...



... than in any other age group in Canada.

Cannabis can interact with prescribed and over the counter medications and substances¹ that you might be taking.

Speak with your healthcare provider or pharmacist about any potential interactions.

Commonly used substances and prescription medications that may interact with cannabis include:

- Sleeping pills and other sedatives
- Antidepressants
- Pain killers
- Alcohol



Older adults using cannabis may have a higher risk of:²

(particularly with increasing dose and higher THC levels)



Decreased short-term memory.



Increased risk of complications for older adults with heart conditions.



Increased risk of falls.



When cannabis is inhaled, it may make breathing and existing lung issues worse.



Talk with your healthcare providers if you are taking or thinking about taking cannabis.³ Being aware of your medical history, including cannabis use, will help healthcare providers work with you to optimize your well-being.

*The term cannabis refers to all modes of cannabis including prescription cannabinoids.