

Cannabis and the Elderly

STUDY SHOWS MORE ARE INVESTIGATING ITS MEDICINAL BENEFITS

Medicinal cannabis use among seniors is steadily climbing, according to a Colorado study published last March in *Drugs and Aging Magazine*. The study also concluded that seniors want more information about cannabis, but are hesitant to ask their regular doctor. Where can they go for dependable help?

Dave Marquis is a retired KXTV reporter who spent 20 years doing live remote broadcasts for the 11 p.m. news. Often returning home after midnight, he tried a well-known prescription sleeping pill for his insomnia, but stopped after unintentionally changing his passwords while asleep. “I thought [the insomnia] would get better in retirement,” Marquis said, “but many nights it’s still difficult to drift off.”

He wanted to try cannabis for sleep, but his throat was damaged from inhaling poison oak particulates during wildfire coverage. “The exposure burned, making it difficult to breathe,” Marquis said. “Five years later, I still have to be careful with smoke exposure.”

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**DANNY KRESS,
MANAGER, A THERAPEUTIC ALTERNATIVE**

When he brought up cannabis with his regular doctor, Marquis got no help. “He said he couldn’t really talk about it, so I blew past him and got a recommendation,” Marquis said.

Legally, physicians cannot prescribe cannabis, but only “recommend” it, and most practicing doctors see that alone as a risk not worth taking.

Enter Danny Kress, manager at A Therapeutic Alternative dispensary. Kress showed Marquis several non-inhalable products, including CBDs, that might help Marquis sleep better.

“The safety profile of cannabis enables it to where I am very confident in doing what I do without worrying about someone getting hurt,” Kress said. “We want to educate you to your options, and then just be your partner in health.”

Kress recommended 18:1 CBD drops and low-dose THC edibles for help with sleep “without sacrificing clarity of thought.”

Marilyn Latham, 76, has been using CBD and THC for a year to fight pain from gout



DANNY KRESS, AT A THERAPEUTIC ALTERNATIVE, HELPS FIRST-TIME CUSTOMER DAVE MARQUIS.

and fibromyalgia. “I was from that era where you did what you were told,” said the 76-year old Roseville resident. “So I was stuck in the stigma.” But after observing friends and family function well on cannabis, Latham’s opinion evolved.

Did she ask her regular doctor about it? “I didn’t need to,” Latham said. “She already knows I favor more holistic solutions.”

Cannabis has allowed Latham to cancel two prescription painkillers, including codeine. She also uses a little THC “for fun,” she said, “but it’s important to know your limit at my age.”



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