

January 2021 Speaker Recap

Teresa Turner
“Cannabis for Seniors”

(Please Note: This talk was intended for informational purposes only. UWCNY is not advocating the use of cannabis. Please follow your doctor’s advice.)

Cannabis has existed as long as humankind but its use for medicinal purposes is fairly recent, and Uruguay (2013) and Canada (2018) are the only countries that have legalized it.

Because the many aspects of the subject were not well known by most of us and because medical cannabis can be of help to seniors when used prudently, UWCNY invited Teresa Turner to present an overview. Teresa has worked for two licensed cannabis producers and a chain of dispensaries, set up clinics and gives educational talks.

Our bodies produce cannabis-like substances called “endocannabinoids” (“endo” comes from endogenous,” “internally produced”). “They allow us to forget the unpleasant and also to deal with anxiety,” she explained.

The second cannabis source is external, “cannabinoids” (CBDs), chemical compounds obtained from cannabis plants. Cannabinoids interact with receptors in our endocannabinoid system.

Teresa guided us through the complexities, starting with how to obtain CBD.

- through your family doctor
- some people are opting to produce their own but there are drawbacks — converting the plants into oil: It takes a long time and requires getting requisite medical documents.

She gave a long list of ailments that CBD has been found to relieve; she cautioned that there are risks. “Seniors should make sure CBD doesn’t conflict with other medications they take. Huge doses can cause glaucoma, liver and kidney problems.”

Susan Goldenberg