#### Cannabis on Twitter: Tweets about the ongoing studies of Cannabis

As research and studies into the cannabis plant increases, so does its coverage on social media platforms. Twitter is the new journalism, and if you're looking for regular updates on developments and progress in the cannabis world, twitter is the best social media platform to follow. As well as cannabis-specific groups and publications, organizations in the broader health regulatory scene are taking it upon themselves to feature cannabis-related topics in their twitter feeds.

Tweets incorporating the #cannabis hashtag on twitter focus mainly on news and updates about medical marijuana, responsible use of cannabis, regulation and legalization, and the dangers of overuse and dependence. Although the U.S. Food and Drug Administration (FDA) has not declared marijuana safe or effective for treating health problems, people have been <u>using it as a symptom reliever for a variety of conditions over the past 3,000 years</u> and it has since been legalized in many states. While many studies do warn against the <u>risks of consuming and abusing the THC strain</u> of the cannabis plant, many users advocate for the alternative, therapeutic resources the plant has to offer, especially in the form of CBD products such as CBD oil.

This has led to an increase in interest and research surrounding the plant, often funded by the Federal Government, and steps are being taken to redefine regulatory barriers and legislation. We've put together a series of tweets covering the most recent updates, news and conversations in the cannabis world, all of which are engaging audiences while spreading valuable information about the plant and its health status.

1. <u>@theNASEM</u> (The National Academies of Sciences, Engineering, and Medicine)

At the end of 2017, NASEM published a report on the health effects of marijuana and cannabis products, summarizing evidence on both its therapeutic and harmful effects. The study also examines cannabis use patterns and the political landscape within which our current views of cannabis exist. The report concludes that further research needs to be done for a more comprehensive understanding of the cannabis plants, and encourages further funding towards discovering its potential health benefits.

Other contributors to the study included the <u>Health and Medicine Division</u>, the <u>Board on Population Health and Public Health Practice</u>, and the <u>Committee on the Health Effects of Marijuana</u>.



<u>The study revealed</u> that adults with chronic pain experience significant reduction in symptoms when treated with cannabinoids, as well as those suffering with chemotherapy-induced nausea and vomiting. Evidence also suggests that smoking

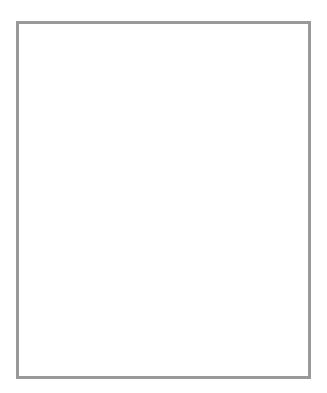
cannabis does not increase the risk for certain cancers, and minimal evidence associates parental cannabis use with cancer risk in the offspring.

However, health side effects of smoking marijuana include chronic cough, phlegm production, and reduced cognitive performance, while academic achievement is seen to have suffered among adolescent cannabis users. The report also examines the risks behind cannabis-use dependency.

#### 2. @shecanncannabis

She Cann Cannabis pride themselves on "Empowering Canadian Women, one medical Cannabis Patient at a time." Based in Winnipeg, Manitoba, they host panels, discussions, and speakers, all of which are announced on their twitter feed. They also often post about the latest updates, articles, and research surrounding cannabis, especially from a political and legislative vantage. Their tweets bring attention to how voting can influence laws and taxation around cannabis, how it is portrayed in the media, and how people can be educated about it.

Recent tweets and retweets have engaged in the debate around <u>taxes and medical</u> <u>cannabis</u>, in Canada in particular, and how the community can work towards achieving more affordable products.





## 3. @HIGH\_TIMES\_Mag

High Times Magazine is a popular resource for all cannabis users. Covering legislative changes and quirky updates, their tweets are both politically engaged and accessible. Some of the topics which they have tweeted about recently include <u>cannabis smoking in parks</u>, the <u>California Cannabis Equity Act</u>, <u>Medical Marijuana in schools in Florida</u>, and <u>how CBD oil could benefit your pets</u>.



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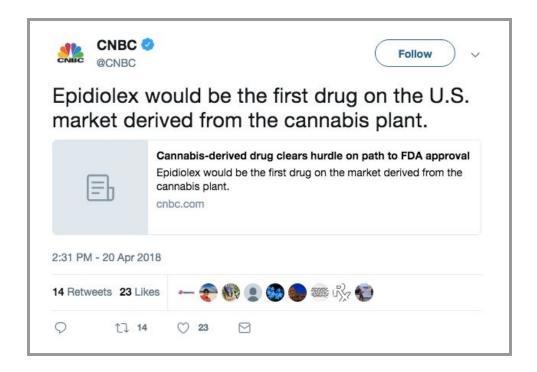
https://hightimes.com/sponsored/how-cbd-oil-for-dogs-can-benefit-your-furry-friend/



https://t.co/5P110CJjjN

## 4. @CNBC

Recently, a major development in the cannabis world was the rescheduling by the FDA of CBD products from schedule 1 to schedule 5, therefore allowing GW Pharmaceuticals to distribute the Epidiolex epilepsy drug the the US market. This rescheduling is also relevant to every company in the CBD oil industry. The news was covered by CNBC both on their twitter feed and on their website.



# 5. @US\_FDA

The FDA also covered the approval of Epidiolex in the treatment of seizures in epilepsy, both on their twitter feed and on their website.



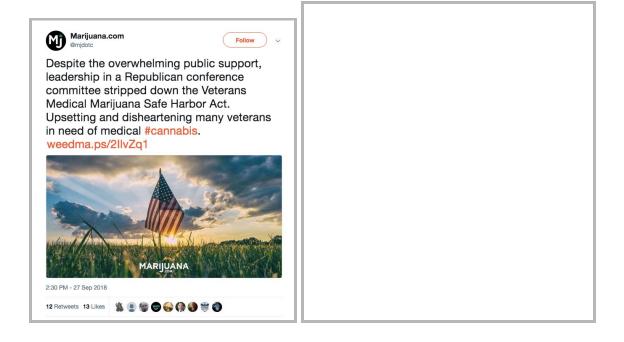
## 6. @KirkTousaw

Kirk Tousaw is a barrister and advocate for cannabis policy reform, and tweets about access to medicinal cannabis. He argues for reasonable and accessible cannabis regulations, and recently covered <u>Justin Trudeau's decision to sign on to the US drug war continuation plan</u>, and how this effects medical cannabis policy and legislation.



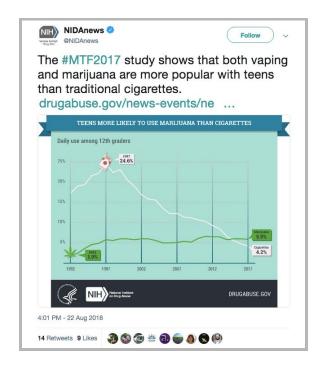
## 7. @mjdotc

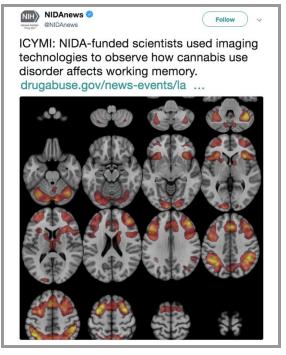
Marijuana.com is similar to High Times magazine, in that it covers all areas of the cannabis world from political to conversational. Recent tweets covered the disappointment behind stripping veterans of the <a href="Medical Marijuana Safe Harbor Act">Medical Marijuana Safe Harbor Act</a>, and how this may affect veteran health and medical needs. They also interview prominent speakers in the cannabis community, and recently tweeted about Mel Frank's "When We Were Criminals" exhibition, discussing the <a href="Status of Marijuana">Status of Marijuana</a> in New York.



## 8. @NIDAnews

The National Institute on Drug Abuse actively tweets about cannabis use and research in the media and healthy industries. They provide full coverage of cannabis use risks and dangers on their website, while posting topical studies on their twitter feed, such as a recent report which shows that vaping and marijuana are now in fact more popular with teens than smoking traditional cigarettes. They also often carry out studies and research themselves, and NIDA-funded scientists are now using imaging technologies to examine the effect of cannabis on the brain.





# 9. <u>@NORML</u>

ne content posted on their twitter feed and website reflects this, such as highligh	hting
ow <u>decriminalizing marijuana use leads to decreased drug-related arrests,</u> and d	loes
ot in fact increase use of cannabis among young people.	

NORML positions itself as "Providing A Voice for Responsible Marijuana Consumers."

## 10. @ProjectCBD

Project CBD is a nonprofit which promotes and publicizes research and studies surrounding the medical use of cannabis, particularly the CBD component of the plant. They tweet about <u>regulation in the marijuana markets</u>, and publish guides on how cannabis legalization is <u>implicated in elections and voting</u>.



