



cb2insights

CB2 HEALTH PULSE SPECIAL EDITION

CB2 Health Pulse is a monthly publication that highlights data and interesting findings from a real-world data registry of over 100,000 patients in an integrative care setting focused on improving future health outcomes for patients.



IN THIS EDITION

We dive into our real-world data to investigate patients using medical cannabis to treat arthritis

INTRODUCTION TO CB2 INSIGHTS

CB2 Insights owns and operates clinics in the United States that put the patient at the center of their health and wellness journey in an integrative care setting. We are proud to provide care to more than 100,000 patients on an annual basis.

CB2 Insights maintains a real-world data registry of patient health outcomes with the goal of improving patient care, providing individualized feedback, and generating insights for the medical and academic communities.

The objective of the CB2 Insights Health Pulse is to highlight data and interesting findings from the real-world data registry with a focus on improving future health outcomes for patients.

A CALL FOR EVIDENCE

A recent article on the Healio news website discussed the lack of “real data” with respect to the role of cannabis in rheumatology (<https://www.healio.com/news/rheumatology/20200817/cannabis-still-lacks-real-data-to-clarify-role-in-rheumatology>). Throughout the article a number of concerns surrounding the use of cannabis in rheumatology were raised, mainly with respect to the lack of concrete evidence for its effectiveness. This prompted CB2 Insights to investigate our database and examine what real world data we have on patients with arthritis.

THE PREVALENCE AND CHARACTERISTICS OF ARTHRITIS PATIENTS

CB2 Insights owns and operates over 30 medical cannabis evaluation clinics in the US and has a real-world data registry of over 100,000 patients. Among our patients, 17% report having arthritis as a primary or secondary medical condition for which they are using medical cannabis – which is close to 1 in 5 patients. The average age of these patients is 55 years

old, with an even split between males and females. These patients often report chronic pain (65%), back and neck problems (51%), and anxiety (47%) in addition to arthritis. On average, these patients report 4.6 other conditions they are treating with medical cannabis in addition to arthritis, which is more than the general average for our patients (2.7).

CANNABIS USE

Among those who have reported their cannabis use patterns, 48% use THC-dominant products, 41% use hybrid products and 11% use CBD-dominant products. Most patients (80%) report using it daily. Patients with arthritis reported using cannabis an average of twice a day; 64% use it in the evening, 59% at night, 50% in the morning and 41% in the afternoon.

Almost half of patients report using more than one method of administration, with smoking being the most common (50%), followed by edibles (36%), vaporization (27%), oils (17%), inhalation (17%), oromucosal (16%) and topicals (15%). It is interesting to see that topicals are the least common among this group, when using them for swollen or painful joints may seem logical, but Dr. Fitzcharles mentions in the article that topicals cannot penetrate deeply enough to provide benefit, which could be why it is not commonly used.

Among the common positive effects reported were pain reduction (85%), improved sleep (63%), relaxed effects (62%), improved mood (56%), reduced anxiety (56%), reduced stress (56%) and increase in mobility (34%). Side effects were reported less commonly than positive effects, but among them were dry mouth, drowsiness, increased appetite and red eyes.

THREE MONTH OUTCOMES

At three months, 93% of patients reported that their symptoms are at least partially managed by medical cannabis. Among those who reported otherwise, common complaints were difficulty finding the right dose and route that worked for them, not enough relief of symptoms and the high cost.

We also investigated changes from baseline to the three-month follow-up patient-reported outcomes for the following areas:

- Percentage relief from medications in the last 24 hours
- Interference of pain on general activity
- Interference of pain on walking ability

- Interference of pain on normal work, both inside and outside the home

These data were available for 170 patients.

- 74% reported greater relief from medications (including cannabis) at 3 months compared to baseline
- 63% reported a decrease in pain interference on general activity at 3 months compared to baseline
- 57% reported a decrease in pain interference on walking ability at 3 months compared to baseline
- 63% reported a decrease in pain interference on normal work at 3 months compared to baseline

CONCLUSIONS

Patient-reported outcomes and results can be incredibly helpful when it comes to determining the potential effectiveness of a treatment, and our data indicate that most patients do report some level of adequate symptom management with the use of cannabis. However, one trend is clear: this is no consistent method or type of cannabis that patients are using to treat their symptoms. We can easily reach the same conclusion as Dr. Fitzcharles - more research is warranted to provide patients with adequate guidance for treating symptoms of their arthritis.

CB2 HEALTH PULSE

We will be releasing additional data and insights on a monthly basis.

QUESTIONS?

Want to see something featured? Let us know!
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