

4-1-2023

Debunking Medical Myths: Will Cbd Make Me High?

Juwan Taylor

Wayne State University School of Medicine, eu2758@wayne.edu

Salvatore Serra

Wayne State University School of Medicine, fp0189@wayne.edu

Alexa Kalaj

Wayne State University School of Medicine, hk4757@wayne.edu

Hannah Lee

Wayne State University School of Medicine, hk8509@wayne.edu

Saleh Al-Juburi

Wayne State University School of Medicine, hn0418@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj



Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

Recommended Citation

Taylor, Juwan; Serra, Salvatore; Kalaj, Alexa; Lee, Hannah; Al-Juburi, Saleh; and Kotlure, Amrutha, "Debunking Medical Myths: Will Cbd Make Me High?" (2023). *Patient Education Projects*. 613. https://digitalcommons.wayne.edu/pat_edu_proj/613

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

Authors

Juwan Taylor, Salvatore Serra, Alexa Kalaj, Hannah Lee, Saleh Al-Juburi, and Amrutha Kotlure

Will CBD make me high?

Myth

RED 40: Kalaj A., Kotlure A., Lee H. Serra S., Taylor J., Al-Juburi S.

What is CBD oil?

Cannabidiol (CBD) oil is made from hemp plants which have high levels of CBD but low levels of Tetrahydrocannabinol (THC)

Will CBD make me high?



No! Although CBD is of the same Cannabis plant as marijuana, it contains no THC, which is the psycho-active component¹

Benefits of CBD oil

May improve symptoms associated with depression and anxiety²

May have therapeutic effects for the treatment of various sleep disorders, including excessive daytime sleepiness and REM sleep behavior disorder³



May be beneficial in easing chronic pain and inflammation for patients with moderate to severe symptoms²

Likely to have beneficial effects in patients with schizophrenia, specifically in the treatment of psychotic symptoms and cognitive impairments⁴

Citations

1. Franco, V., Perucca, E. Pharmacological and Therapeutic Properties of Cannabidiol for Epilepsy. *Drugs* 79, 1435–1454 (2019). <https://doi-org.proxy.lib.wayne.edu/10.1007/s40265-019-01171-4>
2. Rapin L, Gamaoun R, El Hage C, Arboleda MF, Prosk E. Cannabidiol use and effectiveness: real-world evidence from a Canadian medical cannabis clinic. *J Cannabis Res.* 2021 Jun 23;3(1):19. doi: 10.1186/s42238-021-00078-w. PMID: 34162446; PMCID: PMC8223341.
3. Babson KA, Sottile J, Morabito D. Cannabis, Cannabinoids, and Sleep: a Review of the Literature. *Curr Psychiatry Rep.* 2017 Apr;19(4):23. doi: 10.1007/s11920-017-0775-9. PMID: 28349316.
4. Garrison J B Dyck, Zaid H Maayah, Dean T Eurich, Jason R B Dyck, Understanding the Potential Benefits of Cannabidiol for Patients With Schizophrenia: A Narrative Review, *Schizophrenia Bulletin Open*, Volume 3, Issue 1, January 2022, sgab053, <https://doi.org/10.1093/schizbullopen/sgab053>