



Can CBD work for Chronic Pain?

STUDIES SHOW HOW AND
WHY CBD MAY HELP WITH
CHRONIC PAIN

Effects

- ▶ CBD is one of more than 120 compounds called cannabinoids.
- ▶ Many plants contain cannabinoids, but people most commonly link them to cannabis.
- ▶ Unlike other cannabinoids — such as tetrahydrocannabinol (THC) — CBD does not produce a euphoric "high" or psychoactive effect. This is because CBD does not affect the same receptors as THC.
- ▶ The human body has an endocannabinoid system (ECS) that receives and translates signals from cannabinoids. It produces some cannabinoids of its own, which are called endocannabinoids. The ECS helps to regulate functions such as sleep, immune-system responses, and pain.

Benefits

- ▶ Humans have traditionally used CBD in the form of cannabis for thousands of years to treat various types of pain, but the medical community have only recently begun to study it again.
- ▶ Next are some of the possible benefits of CBD:

Arthritis pain

- ▶ A study in the *European Journal of Pain* used an animal model to see if CBD could help people with arthritis manage their pain. Researchers applied a topical gel containing CBD to rats with arthritis for 4 days.
- ▶ Their researchers note a significant drop in inflammation and signs of pain, without additional side effects.
- ▶ People using CBD oil for arthritis may find relief from their pain, but more human studies need to be done to confirm these findings.

Multiple Sclerosis

- ▶ Multiple Sclerosis (MS) is an autoimmune disease that affects the entire body through the nerves and brain.
- ▶ Muscle spasms are one of the most common symptoms of MS. These spasms can be so great they cause constant pain in some people.
- ▶ One report found that short-term use of CBD oil could reduce the levels of spasticity a person feels. The results are modest, but many people reported a reduction in symptoms. More studies on humans are needed to verify these results.

Chronic pain

- ▶ The same report studied CBD use for general chronic pain. Researchers compiled the results of multiple systematic reviews covering dozens of trials and studies. Their research concluded that there is substantial evidence that CBD is an effective treatment for chronic pain in adults.
- ▶ A separate study in the *Journal of Experimental Medicine* supports these results. This research suggests that using CBD can reduce pain and inflammation.
- ▶ The researchers also found that subjects were not likely to build up a tolerance to the effects of CBD, so they would not need to increase their dose continually. They noted that CBD could offer helpful new treatments.
- ▶ *Source: Medical News Today.* Last updated Fri 16 March 2018 Reviewed by Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT