

The Complexities of Cannabis Use Disorder: From Health Effects to Healing

Danielle Dawson*

Department of Medicine, University of Washington, Washington, USA

Corresponding author: Danielle Dawson, Department of Medicine, University of Washington, Washington, USA, E-mail: dawson_d@u.washington.edu

Received date: June 11, 2024, Manuscript No. IPMCRS-24-19525; **Editor assigned date:** June 14, 2024, PreQC No. IPMCRS-24-19525 (PQ); **Reviewed date:** June 28, 2024, QC No. IPMCRS-24-19525; **Revised date:** July 05, 2024, Manuscript No. IPMCRS-24-19525 (R); **Published date:** July 12, 2024, DOI: 10.36648/2471-8041.10.04.386

Citation: Dawson D (2024) The Complexities of Cannabis Use Disorder: From Health Effects to Healing. Med Case Rep Vol.10 No.04: 386.

Description

Cannabis Use Disorder (CUD) is characterized by the problematic use of cannabis that leads to significant impairment or distress. As cannabis legalization and use become more widespread, understanding the outcomes associated with CUD is increasingly important. The various outcomes of cannabis use disorder, including its impact on physical and mental health, social functioning and treatment options.

Health outcomes

Cannabis use has both short-term and long-term physical health implications. Acute effects of cannabis include increased heart rate and dry mouth, while chronic use can lead to respiratory with bronchitis, chronic cough and increased mucus production. Although cannabis smoke contains many of the same toxins and carcinogens as tobacco smoke, the link between cannabis use and lung cancer remains less clear, with some studies suggesting no increased risk. Cannabis use can also affect the cardiovascular system. Chronic use has been linked to increased risk of heart problems, including hypertension and heart attack. Additionally, cannabis increased appetite.

Cannabis use disorder has significant implications for mental health. Long-term or heavy use is associated with an increased anxiety, depression and psychosis. The relationship between cannabis use and these disorders is complex, with evidence suggesting that cannabis can both contribute to and exacerbate pre-existing mental health conditions. One of the most concerning outcomes is the association between cannabis use and psychosis. Regular use, especially of high-potency strains, is linked to an increased risk of developing psychotic disorders, including schizophrenia. The risk appears to be higher in individuals with a genetic predisposition or a history of psychotic symptoms.

Cannabis use disorder can negatively impact cognitive functioning. Chronic use is associated with impairments in attention, memory and executive function. These cognitive deficits can affect academic performance and daily functioning. Studies show that adolescents who use cannabis regularly may experience more pronounced cognitive impairments, which can

lead to poorer academic outcomes and reduced educational attainment. Cannabis use disorder can strain personal and social relationships. Individuals with CUD may experience conflicts with family and friends due to their behavior and priorities centered around cannabis use. Social withdrawal and decreased participation in activities that were previously enjoyable are common, contributing to isolation and reduced quality of life.

The disorder can also impact family dynamics, as individuals with CUD may struggle with responsibilities, leading to conflicts and stress within the household. The financial burden of maintaining a cannabis habit can exacerbate these issues, creating further strain on relationships. In the workplace, cannabis use disorder can result in absenteeism, decreased productivity and impaired job performance. Individuals may experience difficulties with concentration, memory and decision-making, which can negatively affect their professional responsibilities. CUD can also lead to increased workplace accidents due to impaired coordination and judgment.

Long-term cannabis use may limit career advancement opportunities, as individuals may prioritize their drug use over related to their cannabis use. Additionally, the stigma associated with for future employment. Effective treatment for cannabis use disorder often involves a combination of behavioral therapies, counseling and support groups. Cognitive-Behavioral Therapy (CBT) has been shown to be particularly effective in helping individuals understand and change their patterns of cannabis use. Motivational Enhancement Therapy (MET) and Contingency Management (CM) are also commonly used to support individuals in reducing or quitting cannabis use.

Pharmacological treatments for CUD are less well-established, although some medications, such as cysteine and certain antidepressants, are being for their potential benefits. The effectiveness of these treatments varies and ongoing research is needed to identify optimal pharmacological interventions. The outcomes of treatment for cannabis use disorder can vary. Many individuals experience improvements in physical and mental health, enhanced cognitive function and better social and occupational functioning following treatment. However, relapse

is common and long-term recovery often requires ongoing support and strategies to manage cravings and triggers.

Successful recovery from CUD typically involves addressing co-occurring mental health disorders, improving coping skills, and building a supportive social network. The prognosis for recovery can be favorable with comprehensive treatment and a commitment to change. Cannabis use disorder presents a range

of challenges and outcomes affecting physical health, mental health, social relationships and occupational functioning. While the increasing availability and acceptance of cannabis may complicate the landscape, understanding the diverse impacts of CUD is vital for effective intervention and support. With appropriate treatment and support, individuals with cannabis use disorder can achieve significant improvements in their overall well-being and quality of life.