

WHAT YOU SHOULD KNOW ABOUT CBD OIL



Special Points of interest:

“Quitting smoking and drug withdrawals; a recent study found that smokers who used inhalers containing CBD smoked fewer cigarettes than usual and had no further cravings for nicotine.”

Cannabidiol (CBD) is a naturally occurring cannabinoid constituent of cannabis. It was discovered in 1940 and originally not thought to be pharmaceutically active. It accounts for 40% of the extract from the hemp plant. CBD oil may have some health benefits but also poses some potential risks. Products containing the compound are now legal in many U.S. states where marijuana is not. The concentrations and the uses of CBD oils vary. In June 2018 the FDA approved the prescription use of Epidiolex, a purified form of CBD oil for treating two types of epilepsy.

Until recently the best know compound in cannabis was THC (delta-9 tetrahydrocannabinol) which is the most active ingredient in marijuana. The buds, leaves, and resin of the cannabis plant are a high source of THC. THC creates a mind-altering “high” which it is broken down by heat and introduced into the body by smoking or cooking marijuana. Hemp is the rest of the plant. It contains less than 3% of THC but does contain a substance called cannabidiol (CBD). Unlike THC, CBD is not psychoactive and does not change the state of mind of the person who uses it. However, CBD does produce significant changes in the body that research has shown to have medical benefits.

The human body produces certain cannabinoids on its own. It also has two receptors for cannabinoids, called the CB1 and CB2 receptors. CB1 receptors are located throughout the body, but many are in the brain. The CB1 receptors in the brain deal with coordination and movement, pain, emotions, and mood, thinking, appetite, and memories, among other factors. THC attaches to these receptors.

CB2 receptors are more common in the immune system. They affect inflammation and pain. Researchers once believed that CBD attached to these CB2 receptors, but now it appears that CBD does not attach directly to either receptor. Instead, CBD seems to direct the body to use more of its own natural cannabinoids.

CBD can be taken into the body in multiple different ways, including by inhalation of cannabis smoke or vapor, as an aerosol spray into the cheek, and by mouth. It may be supplied as oil containing only CBD as the active ingredient, a full plant CBD dominant hemp oil extract, capsules, dried cannabis or as prescription liquid solution.

Inside this issue:

<i>CBD OIL</i>	1-4
<i>Brain Food to Stay Focused</i>	3
<i>Emergency Rooms in the US</i>	3
<i>Basic Venipuncture, 3rd Edition Released</i>	4

MEDICAL BENEFITS OF CBD OIL

- Natural pain relief and anti-inflammatory properties instead of using prescription or over-the-counter drugs to relieve stiffness and pain. Some people believe that CBD oil is a more natural alternative for chronic pain. CBD oil helps soothe symptoms associated with joint pain, foot and leg discomfort, soreness, achiness and muscle discomfort.
- Quitting smoking and drug withdrawals; A recent study found that smokers who used inhalers containing CBD smoked fewer cigarettes than usual and had no further cravings for nicotine. CBD may also be a promising treatment for people with opioid addiction disorders. CBD also reduced some symptoms associated with substance use disorders, such as: anxiety, mood-related symptoms, pain and insomnia.
- Treatment for epilepsy; The FDA approved the use of Epidiolex (CBD) as therapy for two rare conditions that are associated with epileptic seizures. One is Lennox-Gastaut syndrome (LGS), a condition that appears between the ages of 3 and 5 years old and involves different kinds of seizures.

CBD OIL — con't

“Fighting Cancer? Some researchers have found that CBD significantly helped to prevent the spread of cancer.”

The other is Dravet syndrome (DS), a rare genetic condition that appears in the first year of life and involves frequent, fever-related seizures. The types of seizures associated with LGS or DS are difficult to control with other types of medications. Epidiolex is not recommended for children under 2 years of age. The correct dosage will be based on body weight.

- CBD may be used to treat other neuropsychiatric disorders because of its anti-seizure properties and low risk of side effects. CBD may treat many of the complications linked to epilepsy such as neurodegeneration, neuronal injury, and psychiatric diseases. It may also be an effective treatment for people with schizophrenia.
- Fighting Cancer? Some researchers have found that CBD significantly helped to prevent the spread of cancer. The compounds tend to suppress the growth of cancer cells and promote their destruction. Because of its low levels of toxicity, it has potential to be an accompaniment to standard cancer treatments.
- Anxiety Disorders; previously doctors have advised people with chronic anxiety to avoid cannabis since THC can trigger feelings of anxiousness. CBD may reduce anxiety related behaviors in people with conditions such as: post-traumatic stress disorder, general anxiety, panic disorder, social anxiety disorder and obsessive compulsive disorder. No evidence links CBD oil to adverse effects whereas current treatments have adverse effects which can cause some people to stop taking them.
- Type 1 Diabetes which results from inflammation that occurs when the immune system attacks cells in the pancreas. Studies have shown that CBD may reduce inflammation and protect or delay the development of type 1 diabetes.
- Acne treatment is another use for CBD. Inflamed sebaceous glands cause an overproduction of sebum that leads to acne. CBD has an anti-inflammatory effect on the body.
- Alzheimer's disease; Research found that CBD was able to prevent the development of social recognition deficit in participants. This means that CBD could help people in the early stages of Alzheimer's to keep the ability to recognize the faces of people that they know. CBD may be used to slow the progression of Alzheimer's disease.

Cannabis is legal for either medicinal or recreational use in some US states. Other states have approved the use of CBD oil as a hemp product but not the general use of medical marijuana. Other states require different levels of prescription to possess and use CBD oil. Anyone considering using CBD oil should speak with their healthcare provider who will also know about the laws in your area.

SIDE EFFECTS

Adults tend to tolerate a wide range of doses with no significant side effects on the central nervous system, the vital signs, or mood. The most common side effect was tiredness with a few reports of diarrhea and changes in appetite or weight. No studies have been performed using children.

BENEFITS OF CBD OIL FOR PETS

CBD oil has opened up a new world for pet care for those who want natural remedies.

- High levels of CBD have been used to manage seizures and treat epilepsy. Over time CBD has been known to reduce the frequency of seizures and in some cases get rid of them altogether.
-

BRAIN FOOD TO STAY FOCUSED

Boost your mental power and clear away brain fog by including foods in your diet that affect cognition in a positive way.

- Apples: repetitive chewing can increase alertness and memory by raising heart rate and activating parts of the brain involved in cognitive tasks. For even longer lasting focus, pair an apple with a nut butter. Try This: Dunk unpeeled apple slices into crunchy almond butter mixed with 1 tsp. of honey.
- Beets: they are rich in nitrates, which play a role in helping blood vessels relax and expand, allowing more oxygen rich blood to reach the brain. Increased blood flow may improve brain functions like concentration. Try This: Spread ¼ cup of cottage cheese on 1 slice of whole wheat toast; top with arugula, a sliced roasted beet, a drizzle of olive oil and a dash of lemon juice.
- Walnuts: ¼ cup of walnuts delivers more than 2x the amount of ALA (plant based omega 3). Omega 3s help reduce inflammation and may improve brain function. Adults with high ALA levels have been shown to perform better on cognitive tests. Omega 3s are healthy fats that help alleviate hunger feelings. Try This: Cook 1 cup millet and mix in 1/3 cup chopped toasted walnuts, chopped cilantro to taste, salt and black pepper.
- Wild Blueberries: these provide antioxidants that help with brain function and increase blood flow. Most antioxidants are found in the skins. They also help regulate blood sugar levels and prevent an energy crash. Try This: Blend 1 cup frozen wild blueberries, 1 cup low fat milk, 1 chopped frozen banana, 1 TBSP cocoa powder, and 1 tsp honey.

“141.4 million is the number of annual emergency room visits”

THE EMERGENCY ROOMS IN THE UNITED STATES

Interesting numbers released by Centers for Disease Control and Prevention.

- ⇒ 141.4 million is the number of annual Emergency Room visits.
 - ⇒ 40 million is the number of injury related visits.
 - ⇒ 45.1 million is the number of visits per 100 persons.
 - ⇒ 11.2 million is the number of visits that result in hospital admissions.
 - ⇒ 1.8 million is the number of ER visits that result in admission to a critical care unit.
 - ⇒ 32.2 % is the proportion of patients seen in less than 15 minutes.
 - ⇒ 7.9 % is the proportion of visits resulting in hospital admission.
 - ⇒ 1.9 % is the proportion of visits resulting in transfer to a different (psychiatric or other) hospital.
-

CBD OIL —con't from page 2

- CBD relieves chronic pain and arthritis resulting from the inflammation of joints. CBD targets the aching joints and gives your dog relief. It soothes the chronic inflammation that prevents your pet from healing properly.
- CBD can serve as an appetite booster for your dog. It is hard to know why a dog does not want to eat. Most of the time it is due to nausea. CBD will alleviate the digestive issue and give your dog pain relief so he will feel like eating.
- Many dogs suffer from anxiety and have been known to get depressed when their owner leaves or when there are thunderstorms. This anxiety can cause destructive behavior such as chewing objects, urinating indoors, pacing, etc. CBD helps because it is a relaxing stimulant that calms your pets.

Other diseases where CBD has been shown to relax your dog and help alleviate pain include: inflammatory Bowel Disease, Autoimmune Disease, Neurodegenerative Disease and Cardiovascular Disease.

BASIC VENIPUNCTURE, 3RD EDITION RELEASED

The Center for Phlebotomy Education has completed a revision of its venipuncture video based on the newly revised CLSI venipuncture standard that was released in April 2017. The new video is 12 minutes longer than the 2nd edition and also has closed captioning. Currently the video is available only as a streaming video on the Center's **Phlebotomy Channel**. The 3rd edition will not be released on DVD till later this fall.

If you do not have a copy of the new document, *Collection of Diagnostic Venous Blood Specimens (GP41-A7)*, you should get one and begin implementing all the new provisions immediately. All facilities will be held to this standard if a patient is injured during the venipuncture or suffers the consequences of an improperly performed venipuncture.

The standard can be obtained from www.CLSI.org or the **Center for Phlebotomy Education**.

ACA EXPIRED CERTIFICATION NOTICE!!

If your certification expired on June 30, 2018 and it is after August 31, 2018, the only way for you to recertify is to retake the exam.