

Karina Fatakhova MD ¹, Royce Perera ², Sapphire Perera ³, Benjamin Glazebnik ⁴, Pratik Patel MD ¹, Emily Glazer MD ¹, Greg Haggerty PHD ¹, Ramona Rajapakse MD, FRCP, FACG ¹

1. Mather Hospital, 2. Cornell University, 3. New York University, 4. Vassar College

INTRODUCTION

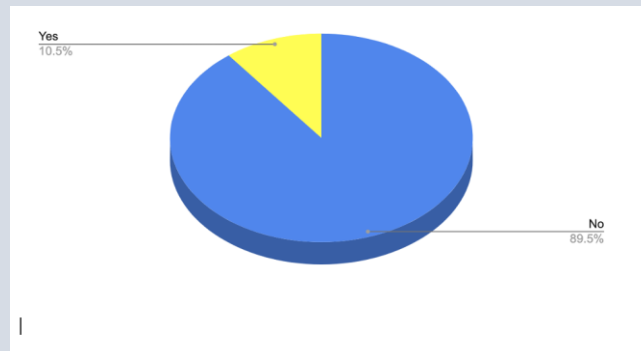
Cannabidiol (CBD) is a cannabinoid compound found in cannabis that has been gaining attention over the past few years in the medical community. CBD is used for pain, anxiety, depression and insomnia. While marijuana use has been widely studied in patients with Inflammatory Bowel Disease (IBD), there are few studies on the use and effects of CBD in this population. The purpose of this survey based study is to determine the number of IBD patients using CBD products, why they use them and if they perceive any benefits.

METHODS

229 patients over the age of 18 with a diagnosis of IBD, from two gastroenterology outpatient clinics in Suffolk county, NY were invited to participate in an anonymous survey from June 1st to June 16th, 2022. The survey consisted of 13 questions pertaining to demographics, IBD related history, cancer history and CBD use.

RESULTS

- Out of the 229 patients, 10.5% used CBD products.
- More than half (66.7%) were female.
- 14 had Crohn's Disease while the rest had Ulcerative Colitis.
- 37.5% were on biologic therapy
- 37.5% had an IBD related surgery.
- The most commonly reported reasons for use of CBD were anxiety (62.5%), insomnia (54.2%) and pain (41.7%) .
- Increase in appetite (25%) and nausea and vomiting (20.8%) were also reasons for use but were not reported as frequently.
- The majority of patients (87.5 %) felt that CBD helped their symptoms.



DISCUSSION

IBD patients frequently suffer from pain, anxiety, insomnia and depression. There has been a rise in the use of CBD products in patients with various medical conditions. In our small study, we found that only 10.5% of IBD patients use CBD products, mainly for anxiety, insomnia and pain, compared with arthritis where reported use is 50% or more. Patients with IBD who have a complicated disease process often seek alternative therapies and are therefore at risk for substance use. Until there are large clinical trials to assess the role and safety profile of CBD in IBD patients, clinicians should be aware of its use in this population.

REFERENCES

- Hoffenberg, et al. Cannabis Oil Use by Adolescents and Young Adults With Inflammatory Bowel Disease. *Journal of Pediatric Gastroenterology and Nutrition*: March 2019 - Volume 68 - Issue 3 - p 348-352
- Carvalho ACA et al. Cannabis and Canabidinoids on the Inflammatory Bowel Diseases: Going Beyond Misuse. *Int J Mol Sci*. 2020 Apr 22.
- Esposito, G., et al., Cannabidiol in Inflammatory Bowel Diseases: A Brief Overview. *Phytother. Res.*, 27: 633-636. 2013