

Survey on Medical Marijuana Use in IBD Patients in Oklahoma Before and After Legalization

Mahum Nadeem MD¹, Andrea Tresa Fernandez MD¹, Evgeny Idrisov MD², Ijlal Ali MD², Mohammad Madhoun MD², Hussein Bitar MD²

¹Department of Internal Medicine

²Department of Medicine, Section of Digestive Diseases and Nutrition, University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma

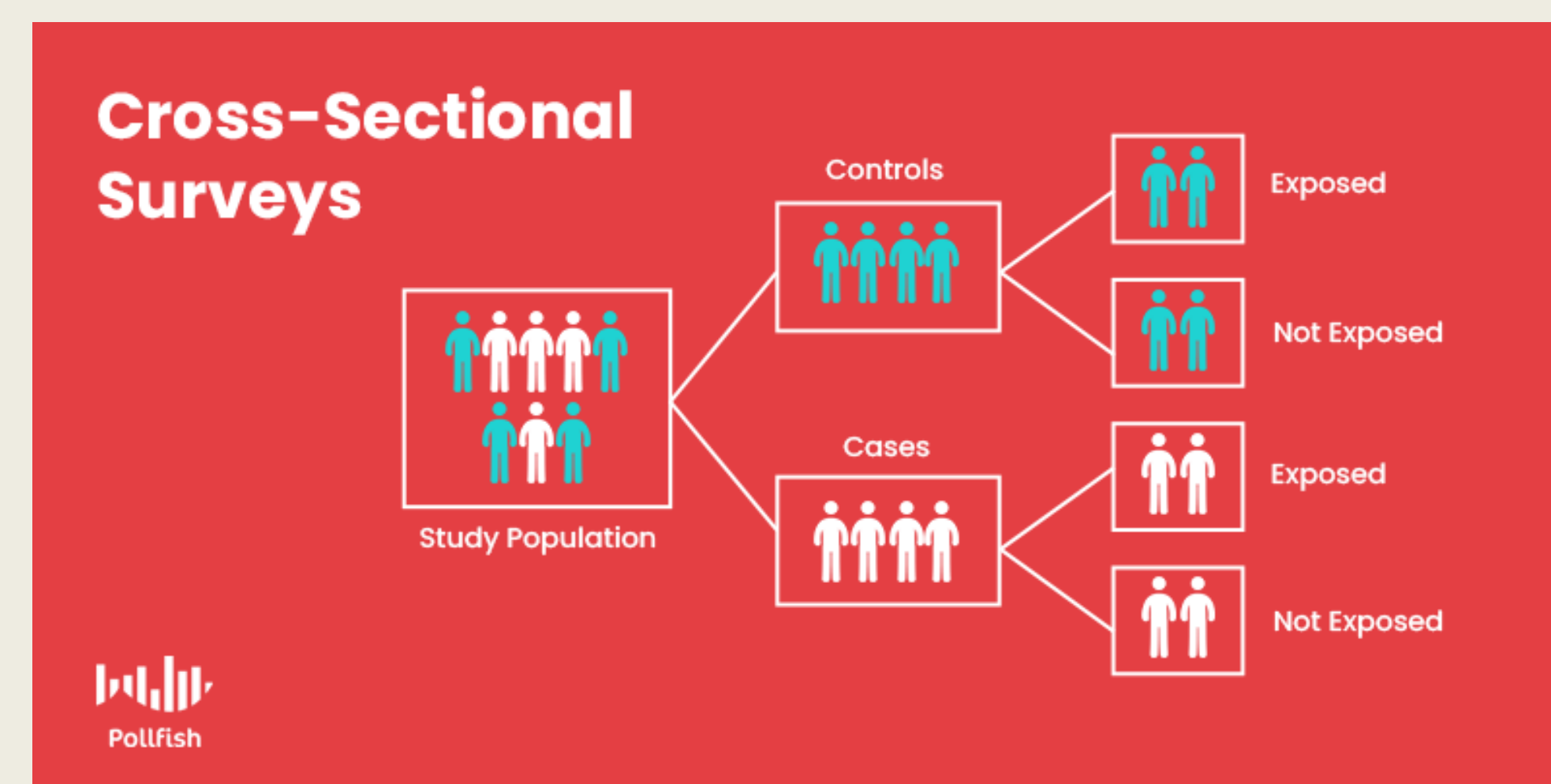
CONTACT

Andrea Fernandez
University of Oklahoma
andrea-fernandez@ouhsc.edu

INTRODUCTION

- There is an increasing interest in the use of cannabis to treat chronic illnesses such as IBD among patients and providers
- This study aims to evaluate the prevalence and patterns of cannabis use for IBD in state of Oklahoma
- We also examined patient's experiences and attitudes towards cannabis since its legalization in 2018

METHODS

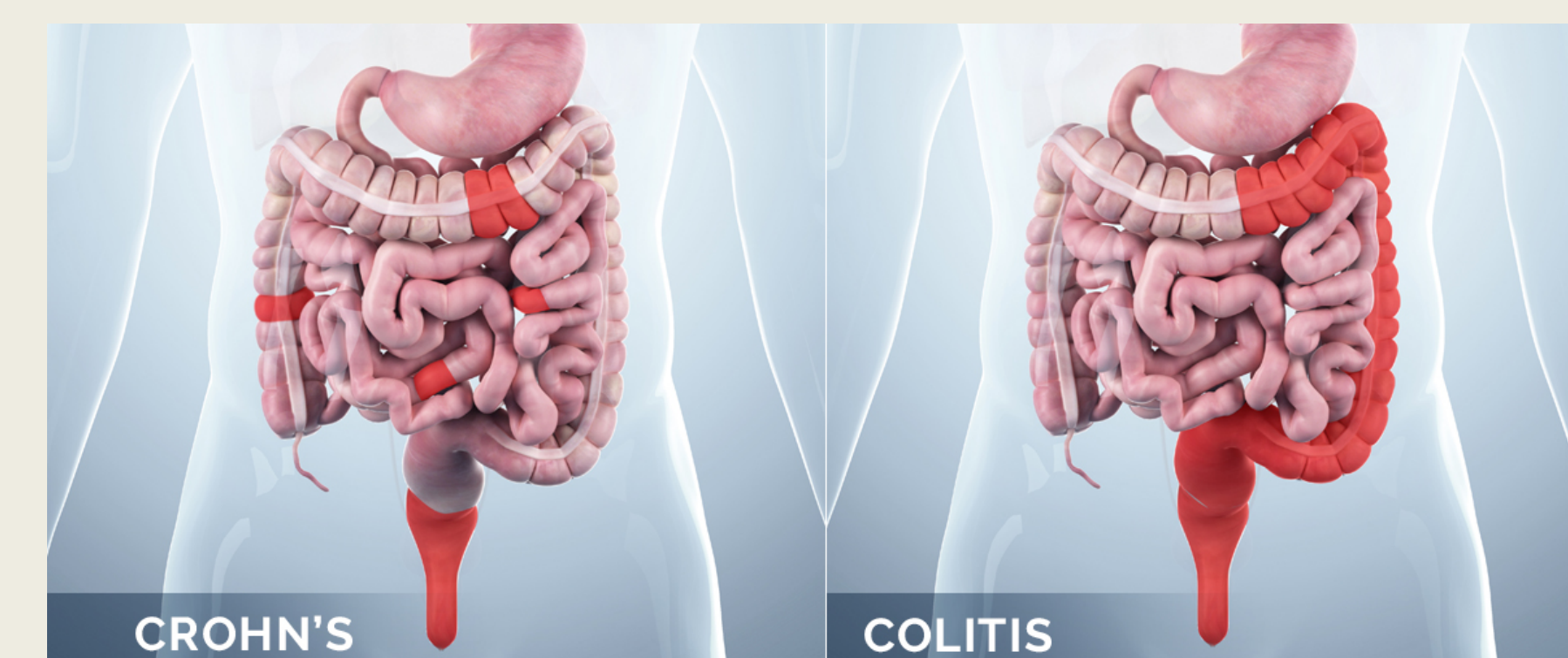


Anonymous cross-sectional survey



Evaluating current and previous cannabis use in adult patients with Crohn's and UC at the University of Oklahoma Gastroenterology Clinics

Data captured between August 1, 2021 and March 4, 2022



RESULTS

	Reported history of Marijuana use (n=30)	No reported history of Marijuana use (n=19)	P value
Age, mean ± SD	48.2±38	49.2 ± 20.1	0.92
Female Sex, n (%)	18/29 (62.2)	13/19 (68.4)	0.65
White race, n (%)	21/29 (72.4)	17/19 (89.5)	0.16
High school degree, n (%)	22/29 (75.9)	14/19 (73.7)	0.71
Unemployed or income<30k/yr, n (%)	23/29 (79.3)	11/19 (57.9)	0.11
History of psychiatric illnesses, n (%)	14/30 (46.7)	4/19 (21.1)	0.07
Smoking history, n (%)	7/28 (25)	4/17 (23.5)	0.91
Alcohol, n (%)	20/30 (66.7)	10/19 (52.6)	0.33
Illicit drug, n (%)	1/30 (3.3)	0/19 (0)	0.42
IBD diagnosis			0.89
UC, n (%)	10/30 (33.3)	6/19 (31.6)	
Crohn's, n (%)	18/30 (60.0)	11/19 (57.9)	
Non-specified n (%)	2/30 (6.7)	2/19 (10.5)	
Duration of IBD			0.21
<5 years	10/30 (33.3)	9/19 (47.4)	
5-10 years	10/30 (33.3)	2/19 (10.5)	
>10 years	5/30 (16.7)	2/19 (10.5)	
>15 years	4/30 (13.3)	6/19 (31.6)	
Extra intestinal manifestation, n (%)	22/30 (73.3)	15/17 (88.2)	0.23
Hx of resection, n (%)	4/29 (13)	6/19 (31.6)	0.23
IBD activity			0.41
Clinical remission, n (%)	6/29 (20.7)	6/18 (33.3)	
Mild, n (%)	12/29 (41.4)	6/18 (33.3)	
Moderate, n (%)	8/29 (27.6)	6/18 (33.3)	
Severe, n (%)	3/29 (10.3)	0/18 (0)	
IBD hospitalizations			0.64
1-2, n (%)	17/30 (56.7)	11/17 (64.7)	
3-4, n (%)	1/30 (3.3)	0/17 (0)	
4-5, n (%)	1/30 (3.3)	0/17 (0)	
5-6, n (%)	2/30 (6.7)	0/17 (0)	
No hospitalizations, n (%)	9/30 (30)	6/17 (35.3)	
Stool frequency			0.45
Normal, n (%)	11/30 (36.7)	7/19 (36.8)	
1-2/day, n (%)	9/30 (30)	3/19 (15.8)	
2-5/day, n (%)	7/30 (23.3)	8/19 (42.1)	
5/day, n (%)	3/30 (10)	1/19 (5.3)	
Abdominal pain			0.63
<1/week, n (%)	10/30 (33.3)	4/19 (21.1)	
2-3 times/week, n (%)	7/30 (23.3)	4/19 (21.1)	
Daily, n (%)	9/30 (30)	6/19 (31.6)	
Never, n (%)	4/30 (13.3)	5/19 (26.3)	
Appetite			0.42
Normal, n (%)	17/30 (56.7)	11/19 (57.9)	
Reduced, n (%)	13/30 (43.3)	7/19 (36.8)	
Increased, n (%)	0/30 (0)	1/19 (5.3)	
Weight loss			0.83
>5 pounds	7/30 (23.3)	3/19 (15.8)	
<5 pounds	3/30 (10)	2/19 (5.3)	
No weight loss	15/30 (50)	11/19 (57.9)	
Subjective weight loss	5/30 (16.7)	4/19 (21.1)	

RESULTS (cont.)

- 49 patients included in final analysis
 - 61.2 % reported history of cannabis use
- Nonwhite patients (89.5% vs 72.4%, p=0.16), patients from a lower socioeconomic status (79.3% vs 57.9%, p=0.11) and patients with a history of psychiatric disorder (46.7% vs 21.1%, p=0.07) were more likely to report cannabis use
- Use for IBD
 - 46.4 % uses cannabis for IBD symptom relief
 - 63.6% reported some relief in symptoms (especially abdominal pain)
- Affect of legalization
 - 44% reported no change in amount used
 - 24% reported increased use

CONCLUSION

- Our study assessing cannabis use for IBD is the first of its kind in the state of Oklahoma
- Cannabis use is common among patients with IBD and they perceive medical benefit for IBD related symptoms
- It also highlights the persistent social, religious and cultural stigma associated with cannabis use
- Further studies are needed to validate these perceived benefits of medical cannabis use in patients with IBD and assess its safety profile.

REFERENCES

- Ng S et al. Articles Worldwide incidence and prevalence of inflammatory bowel disease in the 21st century: a systematic review of population-based studies. *Lancet*, 2018. 390:2769-2778. DOI: 10.1016/S0140-6736(17)32448-0. PMID: 29050646.
- Swaminath A et al. The Role of Cannabis in the Management of Inflammatory Bowel Disease: A Review of Clinical, Scientific, and Regulatory Information. *Inflammatory Bowel Diseases*, 2019. 427-435. 2019. DOI: 10.1093/ibd/izy319. PMID: 30358848. PMID: PMC7534377.
- Lal S et al. Cannabis use amongst patients with inflammatory bowel disease. *Eur J Gastroenterol Hepatol*, 2011. 891-6. DOI: 10.1097/MEG.0b013e328349bb4c. PMID: 21795981.
- Complete list of references provided on request