



# HEALTH TALK

Health Talk articles are written by area health professionals. This is a paid advertising feature.

## NEW PATIENTS WELCOME

Dr. Ann Marie Dorobek  
Dr. Corie Kovach

570 North Leavitt Rd.  
Amherst, OH  
440-340-1970

[www.ohioholistichealthcare.com](http://www.ohioholistichealthcare.com)




OHIO HOLISTIC HEALTHCARE



*Jennifer G. Robb, D.M.D.*  
Dentistry for Adults & Children

Office: 440-960-1940      [www.drjrobb.com](http://www.drjrobb.com)

1612 Cooper Foster Park Rd. • Lorain, OH 44053

If you would like to be part of The Morning Journal's Health Talk advertising supplement call 440-245-6901.

## Using Cannabis in the Treatment of Inflammatory Bowel Disease

Submitted by Rachel Walsh, PA Student, Case Western Reserve University and Corie Kovach, MD, FACOG, MBA at Ohio Holistic Healthcare in Amherst, Ohio



OHIO HOLISTIC HEALTHCARE

The use of cannabis, most commonly referred to as marijuana, is increasing in popularity in North America, roughly 47.5% of people from age 26 and older used in 2017. In the United States, cannabis remains a schedule I substance

and its use for recreational or medical means is illegal according to federal law. However, individual state laws have allowed for medical use of marijuana in 33 states and recreational use in 11 states.

The marijuana plant *Cannabis sativa* has been used in medical practice for thousands of years. Cannabis has also grown increasingly popular in treatment of inflammatory bowel disease, among other chronic ailments. The pharmacologically active constituents of the plant are termed cannabinoids, which act on the endocannabinoid system. This system regulates various functions in the body, including gastrointestinal and immunity function.

Among the phytocannabinoids, delta-9-tetrahydrocannabinol (THC) is thought to be the most pharmacologically active. Studies reveal THC also

plays roles as a relaxant, appetite stimulant, and analgesic. Another commonly studied phytocannabinoid within the cannabis plant is cannabidiol, which is known to be an anti-inflammatory, anti-convulsant, antioxidant, anti-psychotic, and anti-neoplastic. Studies suggest the combination of CBD and THC have a strong anti-inflammatory and analgesic effect.

Inflammatory bowel disease (IBD) is a chronic inflammatory condition comprised of Ulcerative colitis and Crohn's disease. IBD is characterized by relapsing and remitting episodes of inflammation primarily involving the gastrointestinal tract, although the pathophysiology of IBD is not yet fully understood. Conventional therapies aimed at induction and remission of IBD mainly work through immune suppression which consists of aminosalicylates, antibiotics, corticosteroids, and immunomodulators (immune suppressors). The use of medical marijuana for IBD has gained great attention in the press and the medical field; and there is growing recognition of a fraction of IBD patients who are using cannabis for symptomatic control of their IBD. These patients are reporting successful management of abdominal pain, joint pain, cramping, diarrhea, poor appetite, weight loss, and nausea. How can this be? Research has shown endocannabinoid CB1 and CB2 receptors are found in all layers

of intestinal sections and immune cells that regulate inflammation. Endocannabinoids, found in cannabis, thereby act on CB1 and CB2 receptors in the gut and immune cells, which then quiets inflammation and allows normal digestion to occur.

Taking a closer look into human studies, a 2014 Canadian population study of 319 IBD patients, 91% of patients reported an improvement of symptoms with cannabis use. 83.9% reported improved abdominal pain, 76.8% reported improved abdominal cramping, and 26% reported resolved diarrhea. 37.5% reported that cannabis worked better than corticosteroids and 87.9% would recommend cannabis use to other IBD patients. In short, cannabis has the ability to entirely change a severely afflicted IBD patient's well-being. Patients and clinicians are starving for additional research and information; however, research has been made somewhat difficult and limited secondary to the changing political status of the drug and amid threats of federal prosecution.

If you are afflicted by an inflammatory bowel disease, such as Crohn's Disease or Ulcerative Colitis, then your diagnosis qualifies you for medical marijuana in the state of Ohio. In order to become a certified Ohio medical marijuana card holder, call 440-340-1970, email [ohhc2018@gmail.com](mailto:ohhc2018@gmail.com), or visit our website at [www.ohioholistichealthcare.com](http://www.ohioholistichealthcare.com).

## 7 Steps Toward Superior Sleep

(Family Features) While it's fairly common knowledge that quality sleep is essential to overall wellness, there are several factors that can keep you from getting the rest you need. However, overcoming them is well within your control.

"A lack of sleep can often be the result of poor habits, environmental variables or a combination of factors," said Dr. Sujay Kansagra, an associate professor at Duke University Medical Center and sleep health expert for Mattress Firm. "Undiagnosed medical disorders aside, most people find that overcoming their sleep obstacles is very achievable."

Try improving your sleep with these seven tips from Kansagra:

- Create an atmosphere conducive to sleep by choosing comfortable bedding and setting the thermostat to a temperature between 68-72 F. An ambient noise machine may drown out traffic and other sleep-disturbing sounds. If it's not possible to completely darken your room, try installing dark-out curtains or wearing a sleep mask.
- Blue light emitted by electronic devices and ambient light may delay or disrupt your sleep. It's best to remove or limit cellphones and other sources of bright light from the bedroom at least 30 minutes before it's time for you to fall asleep.
- Establish a bedtime routine and stick to it. At about the same time each evening, listen to soothing music, read a book or take a warm

bath or shower. Yoga moves that relax muscles and promote steady breathing can be helpful but avoid vigorous activity that accelerates your heart rate before bedtime.

- Be conscious of factors that may affect the quality of your rest. If you have reflux or experience frequent back pain, your sleep may not be as restful. Consider upgrading your bed with an adjustable base that allows you to change your sleep position with the simple push of a button. A slight elevation to your neck and head can allow for a more open airway and a quieter night of sleep. Adjustable bases like those from Mattress Firm offer a movable foundation for your mattress. Because of its adaptability, an adjustable base is suitable for sleepers with chronic pain or reflux, as well as the average sleeper looking for more comfort.

- If your mattress shows signs of age, it may be the reason you have trouble falling asleep. There are several factors that determine the "shelf life" of your mattress, including quality and usage, so it's important to evaluate your mattress regularly to make sure it's still giving you the support you need for a good night's sleep.

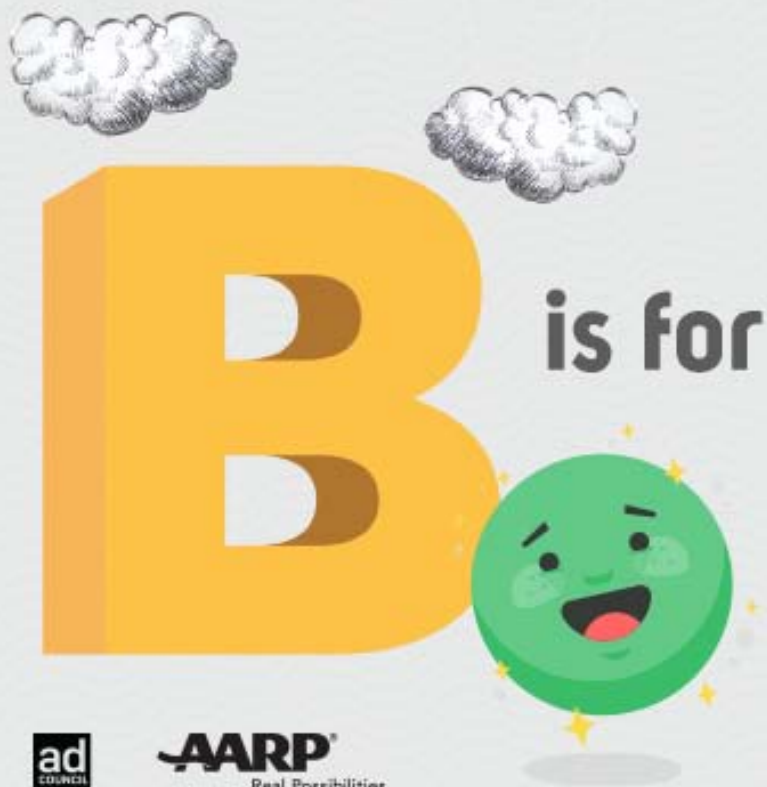
- If you are unable to fall asleep after 20 minutes, try getting out of bed and doing something relaxing until you feel sleepy. Staying in bed and watching the clock increases your anxiety and can make it more difficult to drift off.

- Remember that good daytime habits promote



better quality sleep at night. You may be rewarded with a better night's sleep by exercising daily, maintaining a healthy and balanced diet and reducing or eliminating nicotine. Avoid naps during the day if possible, but if one is required, limit it to 30 minutes or less and take it early in the afternoon. Get outside during the morning to enjoy the benefits of natural light, which is a strong regulator of the biological clock.

Not getting an appropriate amount of sleep can be detrimental to your physical and mental well-being and may pose serious health risks. Find more information to help improve your sleep at [mattressfirm.com/blog](http://mattressfirm.com/blog).



building on your  
retirement savings  
every year.

ad  
COUNCIL

AARP  
Real Possibilities

[AceYourRetirement.org](http://AceYourRetirement.org)