

# New Study Shows Cannabis is Not Good for Your Heart

A new study has been published in the American Heart Association (AHA) Journal examining how cannabis affects the heart. Data indicates that smoking cannabis can trigger cardiovascular problems like heart attacks and strokes. The data shows that heart rhythm abnormalities like tachycardia or atrial fibrillation can occur within an hour after cannabis containing THC is smoked. THC may also cause a faster heart rate, increase the heart's need for oxygen, or disrupt artery walls.

*In comparison, CBD, or cannabidiol, one of the other 80 chemicals in cannabis, does not give the "high" typically associated with THC. Nor does it appear to cause harm to the heart.*

*-Weed is not good for your heart, studies say*

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Using cannabis in topical or oral form is better for your health than smoking it.

Research done on the effects of cannabis and the heart is observational and retrospective. Current studies identify trends but are not able to prove cause and effect. Because cannabis is still a Schedule 1 controlled substance by the DEA, research is limited.

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*The medical group recommended cannabis to be part of the US Food and Drug Administration's tobacco control and prevention efforts, which may mean that there would be age restrictions on who can purchase weed, retailer regulations and even*

*excise taxes.*

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