

### Marijuana Health Alert

#### Cannabinoid Hyperemesis Syndrome

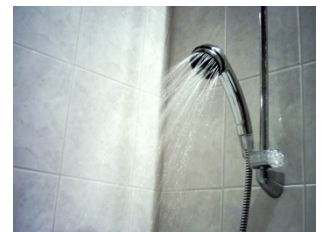
*Marijuana use has remained steady among middle school and high school students over the past 5 years with 35% of high school seniors reporting they'd smoked weed at least once in the past year according to the National Institute of Health.*



The majority of high school seniors do not think occasional marijuana smoking is harmful with only 32% saying that regular use puts the user at great risk. However, a new health threat is emerging as marijuana use and abuse is becoming more mainstream. Some frequent users are experiencing a condition called **Cannabinoid Hyperemesis Syndrome aka CHS**.

#### Tell-tale signs of CHS:

- Excessive hot showers or baths - to relieve the pain associated with CHS
- Cyclical vomiting - intermittent episodes of nausea punctuated with symptom free periods
- Abdominal pain
- Weight loss



Marijuana is medicinally prescribed to treat pain symptoms and nausea in patients. CHS causes some long-term/excessive marijuana users to experience the **opposite effect** of the drug resulting in **extreme nausea, vomiting and pain**. Researchers believe the accumulation of toxic levels of cannabis in an individual's fat stores leads to this hypersensitivity.

#### What's the problem?

- High school students who use marijuana recreationally are now being diagnosed with CHS
- Parents unaware of their child's marijuana use may attribute CHS symptoms to other common illnesses
- Some doctors and emergency physicians **are not aware of CHS**, meaning patients, oftentimes teens, go undiagnosed or incorrectly diagnosed leading to serious health complications, surgery and hospitalization



Once correctly identified, the only way to cure CHS is to **stop smoking marijuana and seek substance abuse counseling if necessary**.

**Concerned your student might be suffering from CHS, or is abusing other substances? Contact your child's pediatrician.**

For more helpful information, please visit our website at [www.teenesteem.org](http://www.teenesteem.org)