



# HELPING HANDS



## The ABCs of CBD: Separating fact from fiction

(excerpts from NIH MedLinePlus Magazine, [magazine.medlineplus.gov](http://magazine.medlineplus.gov))

CBD (or cannabidiol) comes from the cannabis (or marijuana) plant.

The chemical compound THC [tetrahydrocannabinol] is the part of the cannabis plant that most people are familiar with because that is the part that makes people “high.” Most effects of marijuana that people think of are caused by THC.

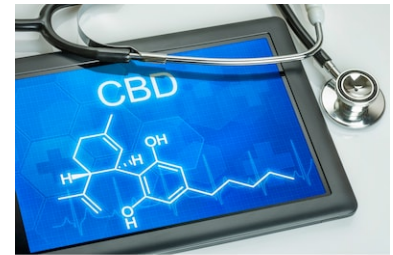
Most recreational marijuana has very little CBD in it. CBD products are available through dispensaries, health food and convenience stores, and the internet. It's a widely used product that's not regulated—and is not legal to sell for its largely unproven health benefits.

How does CBD work?

Nobody really knows what is responsible for the mental and physical health benefits that have been attributed to it. CBD affects the body's serotonin system, which controls our moods. It also affects several other signaling pathways, but we really don't understand its mechanisms of action yet.

How much do we know about CBD as a potential treatment?

There are over 50 conditions that CBD is claimed to treat. We do know that CBD can help control serious seizure disorders in some children (e.g., Dravet and Lennox-Gastaut syndromes) that don't respond well to other treatments. Epidiolex is an FDA [Food and Drug Administration] approved medication containing CBD that can be used for this purpose. There's also data to suggest the potential of CBD as a treatment for schizophrenia and for substance use disorders. But these potential uses are in extremely early stages of development.



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Are there side effects?

We don't know of any severe side effects at this time. But there were mild side effects reported in the epilepsy studies, mostly gastrointestinal issues like diarrhea. There were also some reported troubling interactions with other drugs. That's why, for safety reasons, it's important that CBD or any cannabis product go through the FDA review process.

Are there any specific CBD studies that you are focused on?

We are interested in CBD as a potential treatment of substance use disorders. There is some research looking at it for opioid, tobacco, and alcohol use disorders. There is also the potential for CBD to be useful for pain management. Trying to find less addictive medications for pain would help a lot of people.

What else should people to know?

Buyer beware.

We are concerned about the health claims being exaggerated or incorrect. The FDA issued warning letters to several companies because of untested health claims. And the CBD products themselves didn't always contain the amount of CBD that they were reported to have—some actually had THC in them.

Another concern is that people are using CBD to treat ailments for which we have FDA-approved medications. Thus, they may be missing out on better treatments. And when they're using CBD or other cannabis products for conditions we don't know very much about, that's worrisome.

**FDA Regulation of Cannabis and Cannabis-Derived Products: Questions and Answers**

Q. Aside from Epidiolex, are there other CBD drug products that are FDA-approved? What about the products I've seen in stores or online?

A. No. There are no other FDA-approved drug products that contain CBD. We are aware that some firms are marketing CBD products to treat diseases or for other therapeutic uses, and we have issued several warning letters to such firms. Under the FD&C Act, any product intended to have a therapeutic or medical use, and any product (other than a food) that is intended to affect the structure or function of the body of humans or animals, is a drug. Drugs must generally either receive premarket approval by the FDA through the New Drug Application (NDA) process or conform to a "monograph" for a particular drug category, as established by the FDA's Over-the-Counter (OTC) Drug Review. CBD was not an ingredient considered under the OTC drug review. An unapproved new drug cannot be distributed or sold in interstate commerce.

**Why hasn't FDA approved more products containing cannabis or cannabis-derived compounds for medical uses?**

A. To date, the FDA has not approved a marketing application for cannabis for the treatment of any disease or condition and thus has not determined that cannabis is safe and effective for any particular disease or condition. The agency has, however, approved one cannabis-derived and three cannabis-related drug products. The FDA relies on applicants and scientific investigators to conduct research. The agency's role, as laid out in the FD&C Act, is to review data submitted to the FDA in an application for approval to ensure that the drug product meets the statutory standards for approval. The FDA will continue to facilitate the work of companies interested in appropriately bringing safe, effective, and quality products to market, including scientifically-based research concerning the medicinal uses of cannabis. Additional information concerning research on the medical use of cannabis is available from the National Institutes of Health, particularly the National Cancer Institute (NCI) and National Institute on Drug Abuse (NIDA).

**IAM**

**Peer Employee Assistance Program**



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

**CLE IAM EAP Coordinator**

**Patty Levstik E-Mail:  
pattylevstik@gmail.com**

IAM EAP Midwest Region Representative:  
Mark Sanderson (773)-601-5081 E-Mail: [msandersoniap@gmail.com](mailto:msandersoniap@gmail.com)

**EAP Calendar**

**EAP I**

July 28-August 2 (double Class)

**Labors Assistance Professionals**

**Annual Conference**

July 14-18

Tropicana Resort, Las Vegas

**EAP IV**

October 27-31

Please contact your Local Lodge Secretary/Treasurer or Local Lodge President for information about enrolling in any EAP course