

## **Cov Ntaub Ntawv Tseem Ceeb thiab Ceeb Toom Txog Kev siv Xas ua Tshuaj Kho Mob**

Daim ntawv no yog rau cov neeg mob thiab cov neeg tu lawv es muaj lus nug txog siv xas ua tshuaj kho. Nws muaj qhov qhia mentsis txog kev txhawj xeeb ntawm cov xas siv rau cov tub ntxhais hlua, cov tib neeg es xeeb tub hauv plag los yog pub niam mis, cov tib neeg es muaj kev phom sij tsam yuav tau siv tas li thiaj nyob tau los yog quav yeeb, cov tib neeg ua muaj kev xiam hlwb, thiab cov muaj kab mob hauv lub plawv thiab lub siab.

### **Yam dabtsi yuav tsum paub ua ntej pib siv xas los ua tshuaj kho**

Lub tuam tsev tswj Zaub Mov thiab Tshuaj noj hu ua The U.S. Food and Drug Administration tau pom zoo tso cai rau ib hom tshuaj es siv xas ua: Epidiolex (cannabidiol), thiab peb hom tshuaj siv tom nrog xas: Marinol (dronabinol), Syndros (dronabinol), thiab Cesamet (nabilone). Lwm cov xas siv ua tshuaj mas tsis muaj kev pom zoo tso cai los ntawm FDA.<sup>1</sup> Rau ntau qhov kev mob, yuav tsum tau muaj kev kawm ntxiv txog kev siv xas ua tshuaj kho kom thiaj li nkag siab kom zoo dua txog qhov es siv los kho mob.

Siv cov xas los ua tshuaj kho tej zaum kuj pab txho qhov mob los yog kuj tsis pab txo koj tus yam ntxwv mob. Cov kev kawm es muaj tam sim no txog siv xas ua tshuaj kho tau qhia tias kev pab kom nyiaj taus tus mob mam yeej siv txawv ntawm ib tug neeg mob rau ib tug.

Kev fab tshuaj mas yeej yog ib qho ib txwm tshwm sim. Tej yam es ib txwm pom yog kiv taub hau, nkees, qhov ncauj qhuav, yuav tsaus muag, qaug tshuaj, thiab xeev siab.

Kev fab tshuaj mas feem ntaus qaug me mus rau qaug dog dig thiab feem ntau yeej tsum sai, tabsis tej zaum kuj muaj kev fab tshuaj loj. Nrog tus kws muab tshuaj ntawm qhov chaw mus nqa cov xas ua tshuaj kho tham yog tias pom muaj kev fab tshuaj rau lub cev.

### **Tham nrog koj tus kws khom mob txob siv xas ua tshuaj kho mob**

Zoo tib yam li lwm hom tshuaj, siv xas ua tshuaj kho yeej muaj kev cuam tshuam rau lwm hom tshuaj es koj noj. Yuav tau kuaj seb cov ntshav nyob rau theem twg thaum noj lwm hom tshuaj, thiab noj ntau npaum cas ntawm cov tshuaj ntawd tej zaum yuav tau muab kho kom haum es thiaj li tsis muaj kev fab tshuaj loj.

Siv xas ua tshuaj yeej muaj lwm yam kev cuam tshuam rau koj lub cev. Piv txwv, nqus cov tshuaj xas (tsov xas los yog nqus es tso pa tawm) yeej ua rau qhov ncauj qhuav, es yuav ua rau muaj kev phom sij rau kab noj hniav los yog lwm yam teeb meem rau cov kaus hniav.<sup>2</sup>

### **Pib kom tsawg, maj mam, thiab siv kom tsawg xwb**

Kom zam tau tej yam fab tshuaj kom nyiaj taus, nws zoo tshaj yog koj pib siv kom tshawg thiab maj mam nce kom siv ntau zuj zus thaum lub sij hawm dhau mus kom txog thaum koj qhov

mob loog lawm, los yog thaum muaj kev fab tshuaj rau lub cev. Nrog tus kws muab tshuaj ntawm lub chaw mus nqa xas ua tshuaj tham kom paub ua raws li lub tswv yim no.

Cov kev kawm kom paub tau qhia pom tias feem ntau yeej tsis tshua muaj kev fab tshuaj rau lub cev yog txhob siv ntau ntawm cov xas siv los ua tshuaj kho. Ntau tshaj li 20-40 mg/ib hnuv rau THC thiab 50-100 mg/ib hnuv rau CBD, feem ntau ntawm cov neeg mob yuav tsis tau txais txiaj ntsim los ntawm siv cov tshuaj xas no ntau dua.<sup>3,4,5</sup>

Tham Nrog tus kws muab tshuaj ntawm lub chaw mus nqa xas ua tshuaj txog seb puas yuav nce los tsis nce kom siv xas ua tshuaj ntau dua thiab yuav nce li cas, thiab yuav ua cas yog muaj qhov kev fab tshuaj rau lub cev.

Cov tswv yim pab qhia rau cov neeg mob siv xas ua tshuaj tshiab: Tej zaum koj kuj yuav tsum tau yuav cov xas siv ua tshuaj kom kav tshawj tshaj li 30-hnuv thaum koj nyuam qhuav mus yuav thawj ob peb zaug ntawm lub chaw muag xas ua tshuaj kho kom txog thaum koj paub tias yuav ua li cas rau tej hom xas siv los ua tshuaj kho twg.

## Tej co neeg muaj kev phom sij ntxiv txog kev raug mob los ntawm siv cov xas ua tshuaj kho

Cov tib neeg ntawm pawg neeg es teev rau ntu nov yuav tsum tsis txhob siv xas los ua tshuaj kho vim tias muaj kev phom sij ntxiv rau kev raug mob. Nrog koj tus kws kho mob tham yog tias koj yuav kev txhawj xeeb los yog lus nug.

Kom mus saib tau cov ntaub ntawv es kev tshawb fawb muaj es tham txog cov kev phom sij, saib hauv [Brief Review of Studies Regarding Increased Risk of Harm with Cannabis Use \(PDF\)](http://www.health.state.mn.us/people/cannabis/docs/practitioners/humanstudies.pdf) ([www.health.state.mn.us/people/cannabis/docs/practitioners/humanstudies.pdf](http://www.health.state.mn.us/people/cannabis/docs/practitioners/humanstudies.pdf)).

## Cov Menyua Yaus, Cov Tab Tom Tiav Hluas Ncem Ncua, thiab cov muaj hnuv nyoog tabsis tseem hluas

Siv xas ua tshuaj kho rau cov Menyua yau, Cov tab tom tiav hluas ncem ncua, thiab cov muaj hnuv nyoog tabsis tseem hluas yog siv no yuav tau ua twb zoo xyuas. Vim tias tib neeg lub hlwb yeej tseem loj hlob thiab yuav loj hlob ntxiv mus kom txog thaum muaj hnuv nyoog li ntawm 25 xyoos, siv xas thaum lub caij tab tom tiav hluas ncem ncua yuav ua rau muaj kev cuam tshuam rau kev loj hlob saum lub hlwb thiab tsim teeb meem rau qhov nws nyob tsis taus, tsis mob siab ua dabtsi, thiab cim xeeb tsis zoo.<sup>6,7</sup> Ntxiv mus thiab, muaj tej yam kev phom sij loj ntsib txog qhov es nyob ze rau cov neeg siv xas ua tshuaj vim tias cov xas ua tshuaj nov yeej nrhiav pom tias muaj tej yam es yuav tsim tau tus kab mob khees xaws li haus luam yeeb.<sup>8</sup>

Pov thawj tau qhia pom tias haus xas uasi ntawm menyua yaus, Cov tab tom tiav hluas ncem ncua, thiab cov muaj hnuv nyoog tabsis tseem hluas thiab:<sup>6,7</sup>

- Ua rau qeeb los yog tsis paub ua li cas thaum yuav siv lub hlwb los tawm tswv yim
- Muaj kev phom sij tias lub neej yav tom ntej yuav tsum kom muaj xas siv mas thiaj nyob taus

- Pib xiam hlwb xws li schizophrenia

Muaj ntau yam tseem tsis tau paub txog tias leej twg yog cov es muaj kev phoms ij los ntawm siv cov no, thiab seb cov kev phom sij nrog kev haus xas uasi puas raug rau qhov kev siv xas los ua tsuaj rau cov menyuam yaus, cov tab tom tiav hluas ncem ncu, thiab cov neeg muaj hnuv nyoog es tseem hluas. Rau tej co neeg es muaj kev kab mob loj thiab qhov mob es rau lub cev tsis muaj zog es tswj tsis tau los ntawm cov tsuaj kho es ib txwm siv, qhov kev tau txais txiaj ntsim ntawm qhov kev kho es siv cov xas ua tshuaj kho yuav xum muab los siv tshaj li qhov txhawj txog qhov kev phom sij, tshwj xeeb tshaj yog hom xas siv ua tshuaj es tsuas muaj CBD nqus tawm los nkaus xwb. Xav kom paub ntau dua, mus saib hauv daim ntawv qhia txog kev tov tshuaj hu ua [Dosing and Chemical Compositions Report](#). Yuav tau kawm kom paub ntau dua ntxiv kom thiaj li teb tau cov lus nug nov.

## Cov neeg xeeb tub hauv plab los yog pub niam mis rau menyuam

Zam tsis txhob siv xas ua tshuaj yog tias koj xeeb tub hauv plab, npaj yuav xeeb tub, los yog pub niam mis rau tus menyuam.

Muaj tej cov pov thawj txog kev siv xas thaum xeeb tub hauv plab es ua rau tus menyuam tsis muaj ceeb thawj txaus thaum yug los yog yug ntxov. Txawm li ntawd los, nws yog ib qho cov nyom es yuav muab qhov kev phom sij raug mob vim siv xas tshem tawm los ntawm kev phom sij raug mob vim siv luam yeeb ntawm ntau qhov kev kawm kom paub.<sup>9</sup>

Siv xas thaum xeeb tub kuj ua rau lub hlwb hloov thaum tus menyuam mos ab tab tom loj hlob, yuav ua rau muaj teeb meem txog kev cim xeeb, nyob kom tus, thiab tus xeeb ceem xws li lub siab kub thiab heev thiab tswj tsis tau tus menyuam es phej ua kiag pev ua kiag tov thaum tseem yau mus txog hnuv nyoog tab tom tiav hluas ncem ncu. Cov menyuam es lawv niam thiab txiv siv xas thaum lawv xeeb tub mas muaj kev pom sij ntau dua es yuav muaj kev puas hlwb thaum lub caij es muaj hnuv nyoog tab tom tiav hluas ncem ncu.<sup>10,11</sup>

## Cov tib neeg muaj kev phom sij es muaj yees yuav tau siv tas li thiab quav xas

Siv xas ua tshuaj kho kuj yuav ua rau muaj yees yuav tau siv tas li thiab quav xas. Kev phom sij rau kev quav xas mas ntau zog rau cov tib neeg es twb yeej tau quav lwm yam tshuaj lawm, los yor rau cov tib neeg es siv cov tshuaj xas siab zog es muaj THC levels.<sup>12</sup>

Yog vim cov laj thawj no:

- Tsis txhob siv xas ua tshuaj kho, los yog siv tabsis yuav tsum ua twb zoo saib, yog tias koj twb yeej quav lwm yam yeeb tshuaj lawm, nrog rau kev quav luam yeej.
- Yog tias koj yog ib tug neeg es siv xas tas mus li, siv loj heev ntawm cov xas los yog tshuaj, yog cia li tsum kiag kuj yuav ua rau mauj kev huam yeeb thiab nyob tsis taus li ntawm ntau hnuv heev. Qhov es huam yeeb no feem ntau yog los ntawm qhov es siv cov xas es muaj THC siab heev.

## Cov tib neeg ua muaj teeb meem saum lub hlwb

Haus xas uasi twb yeej tau paub los lawm tias tej thaum ua rau nws vwm.<sup>13</sup>

Tej qhov zoo li no yuav ua rau tsis muaj kev nyab xeeb thiab yuav as tab lais heev. Cov hauv qab no kuj yuav ua rau muaj kev phom sij es cia li vwm:

- Siv cov xas ua tshuaj kho es nqus tawm ntawm cov xas muaj THC siab, los yog cov THC siab dua CBD.
- Tsev neeg muaj keeb kwm vwm los yog lwm yam kev vwm. Yog li ntawd, siv xas ua tshuaj kho yuav tsum tsis txog siv los yog yuav tsum siv es ua twb zoo saib rau cov neeg mob es tsev neeg muaj keeb kwm vwm, xws li schizophrenia.

Ib tug neeg es muaj kev puas hlwb xws li vwm los yog schizophrenia los yog tsev neeg muaj keeb kwm vwm los yog schizophrenia los yog lwm yam kev vwm yuav tsum tsis txhob siv xas los ua tshuaj. Tshwj xeeb yog cov xas siv ua tshuaj es muaj tshuaj xas THC siab mas yuav tsum tsis txhob siv. Thaum cov tib neeg es vwm los yog schizophrenia los yog muaj tej qhov kev vwm es tsum tsis siv xas lawm, lawv qhov kev vim feem ntau yeej khees dua lawm.<sup>13,14</sup>

## Cov tib neeg es muaj kab mob loj rau lub plawv thiab lub siab

Ib tug neeg es muaj kab mob loj rau lub plawv thiab lub siab yuav tsum tsis txhob siv xas ua tshuaj kho los yog siv mas yuav tsum twb zoo saib.

Muaj tej co pov thawj tias siv xas ua tshuaj yeej ua tau rau lub plawv nres rau cov neeg mob es muaj kab mob plawv loj heev.<sup>15,16</sup>

Muaj kab mob loj rau lub siab kuj muaj teeb meem rau lub cev kom tswj tau cov xas.

## Ceeb Toom

### Tus yam ntxwv mob siv xas kho hu ua cannabinoid hyperemesis syndrome

Cov tim neeg es muaj tus yam ntxwv mob hu ua hyperemesis syndrome mas kiv taub hau, ntuav heev, thiab mob plab lawm ob peb hnuv thiab rov mob li qub txhua lub asthiv los yog ob peb asthiv twg ces mob ib zaug. Muaj ob peb tug neeg mob es cuv npe siv xas ua tshuaj tau mus pw hauv tsev kho mob vim yog lawv muaj tus yam ntxwv mob siv xas hu ua cannabinoid hyperemesis syndrome. Mus nrog koj tus kws kho mob tham los yog tus kws muab tshuaj xas tham yog tias kom muaj tus yam ntxwv mob li tus nov.

Tsis txhob tsav, khiav cov cuab yees txiav khoom, los yog tsis txhob ua tej yam hauj lwm es tsam raug mob rau lwm tus neeg thaum siv xas ua tshuaj.

Siv xas ua tshuaj kho yuav ua rau lub hlwb khiav qeeb zos, yog ib nyuaj thaum yuav tau ua twb

zoo mloog los yog muaj kev txiav txim siab, thiab hloov qhov kev xam pom tej yam khoom nyob ib puag ncig ntawm lawv.<sup>17</sup> Qhov no ua rau muaj kev as tab lais rau tsav tsheb, siv tej cuab yees es txiav khoom, los yog ua tej yam dabtsi es yuav ua rau lwm tus neeg raug mob los yog tsim ib qho ua yuam kev ntawm cov kws. Qhov ntev thiab luv ntawm qhov kev hloov no yuav kav ntev npaum cas kuj nyob ntawm tus neeg ntawd, hom tsuaj xas nws siv, siv qhov tshauj ntawd siab npaum cas, thiab lwm yam es muaj kev cuam tshuam. Qhov luv tshaj plaws mas, qhov hloov no yuav ntev li ntau xuab moo.

Qhov muaj teeb meeb loj dua es yog siv xas ua tshuaj yog thaum cov tib neeg:

- Siv cov tshuaj es muaj hom xas THC siab dua.
- Haus caws thaum siv cov tshuaj xas kho mob.

## Ceev cov tshuaj rau lub fwj cov ruaj khov thiab ceev rau lub fwj es xub nqa los

Thaum cov tshuaj tsis nyob rau hauv lawv lub fwj es xub ntim lawm, nws yooj yim heev es yuav muab sib xyaws nrog lwm cov tshuaj ces yuav tsis paub zoo lawm. Daim ntawv me es lo rau lub fwj es mus nqa los qhia tau tias tus neeg twg yog tus tswv muaj cai siv cov tshuaj nov. Ib yam li ib yam tshuaj twg, cov xas siv ua tshuaj yuav tsum tau muab ceev rau ib qho chaw kom zoo li lwm cov tshuaj kom menyuam yuas tsis txhob nkag mus muab tau.

## Tsis txhob siv xas ua tshuaj ntawm qhov chaws es siv ces txhaum cai

Nyob rau tsab cai hauv lub xeev Minnesota, nws yeej tseem yog ib qho txhaum cai rau ib tug neeg mob es cuv npe Siv Xas Ua Tshuaj es nqa los yog siv cov xas ua tshuaj:

- hauv lub tsheb npav thauj mus kawm ntawv/tsheb maum van.
- ntawm ciam av hauv cov tsev kawm ntawv qib preschool los yog qib primary los yog secondary school.
- ib lub chaw kaw neeg twg.
- ntawm ciam av hauv cov chaw zov menyuam los yog cov chaw zov menyuam hauv tsev.
- ntawm ciam av ntawm toom fww cov tsev (xws li tsev hais plaub, pais xab nis xa ntawv, tshav nyooj hoom, thiab cov chaw uasi ntawm hu ua national parks).

Siv xas ua tshuaj haus yeeb nkab tso pa tawm mas txhaum cai:

- siv nyob rau cov tsheb caij ntawm toom fww.
- siv ntawm ib qho chaw twg es cov pa xas yuav nqus tau los ntawm cov menyuam yaus es tsis yog cov muaj mob es siv xas.
- siv ntawm ib qho chaw txhua tus pej xeev siv, suav nrog rau cov chaw da dej hauv tsev los yog nraum zoov es qhib rau cov pej xeev txhua tus siv los yog qhov chaw ntawm cov neeg ua hauj lwm.

## Tsis txhob muab pub los yog muag cov tshuaj xas es koj yuav

Muab tshuaj xas pub rau lwm tus nrog koj siv yog ib qho txhaum cai thiab yuav ua rau tus neeg mob raug lub txim tsub rau thiab raug ncaws tawm hauv qhov chaw siv xas ua tshuaj ntawm lub xeev Minnesota cov chaw.

## Cov ntaub ntawv Pov Thawj siv koj los qhia

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