

Can medical marijuana help my pain too?



Questions and answers regarding medical marijuana for pain relief.

According to a 2018 study, of the American Geriatrics Society, 15% of older adults, age 65 and older, are using medical marijuana.

Baby Boomers and older adults, who suffer from chronic health conditions and are taking many medications, may seek pain relief using marijuana.



A friend or neighbor who uses medical marijuana may have suggested it to you. Some individuals have success using marijuana to alleviate pain, gain weight, or sleep better. Marijuana comes in many forms such as edibles, oils, pills, and inhalent versions. Before you try it for yourself, there is much to consider.

There is Much to Consider

Start by thinking about the problem, pain, or discomfort you are trying to alleviate. Next, speak to your health care provider about whether marijuana may help with the problem. Keep in mind that the Food and Drug Administration does not fund research on marijuana and has only approved two medications that contain components of marijuana. However, many individuals have found marijuana to be helpful.

Who can use medical marijuana?

In Illinois, medical marijuana has been legal since 2013. The Department of Public Health oversees the state's Medical Cannabis Patient Registry Program. To get medical marijuana, you must be a resident of Illinois and stay in Illinois while you use it. You must have one of the qualifying conditions and a written certification from a doctor in Illinois. There is a long list of qualifying conditions in Illinois; they include: cancer, chronic pain, glaucoma, irritable bowel syndrome, osteoarthritis, Parkinson's disease, rheumatoid arthritis, and neuropathy. You can find the full list at dph.illinois.gov.





How do you decide whether medical marijuana is right for you?

The best way to decide is to consult with your health care provider. Some questions you might like to ask are:

- Can marijuana ease my pain?
- Will it help me sleep at night?
- Can marijuana help me regain my appetite?
- Will there be adverse reactions with any of the medications I already take?
- Can I use edibles or some of the ointments that are sold over the counter?
- Will I become addicted to marijuana?
- What is a safe dose for me?
- Are there any other options to alleviate my pain? Which is best for me?

Other considerations are that medical marijuana is ***not covered by Medicare*** and ***may not be allowed in assisted living facilities*** that receive federal funding.

Click here for a printable pain diary.
Go to www.cje.net/paindiary.

How Can CJE SeniorLife Help?

We can refer you to the following CJE Senior Life supportive resources:

Counseling Services—Our highly-skilled Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

CJE Care Management—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

Your Eldercare Consultants—We work collaboratively with physicians, develop Care Plans, coordinate home care, guide families and find practical resources that support independence. Ongoing services are fee-based.

Consumer Assistance—We are resource specialists available to help you identify and apply for the broadest possible range of benefits and support services available to older adults.

Community Engagement—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental, and financial health and many other subject areas.

JCFS Chicago's Addiction Services—Supports individuals and families struggling in or with recovery and work with the Jewish community to create compassionate responses to the challenges posed by substance misuse. www.jcfs.org

To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.

THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

3003 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

1181q.3.2020