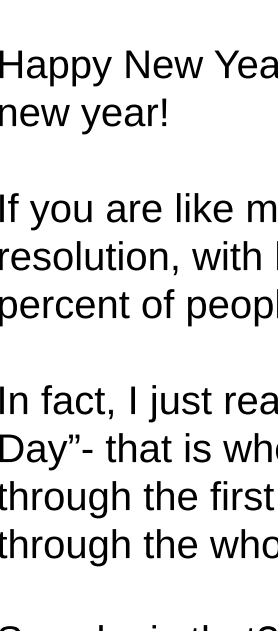




# January



**Koko Tabibzadeh**  
President, Drug-Free World  
Los Angeles Chapter

Happy New Year! I hope you all had wonderful Holidays and a great start to the new year!

If you are like me and many others, you have already made your New Year's resolution, with hopes that this year we all make them stick. Believe it or not, 88 percent of people who make New Year's resolutions fail within the first 2 weeks!

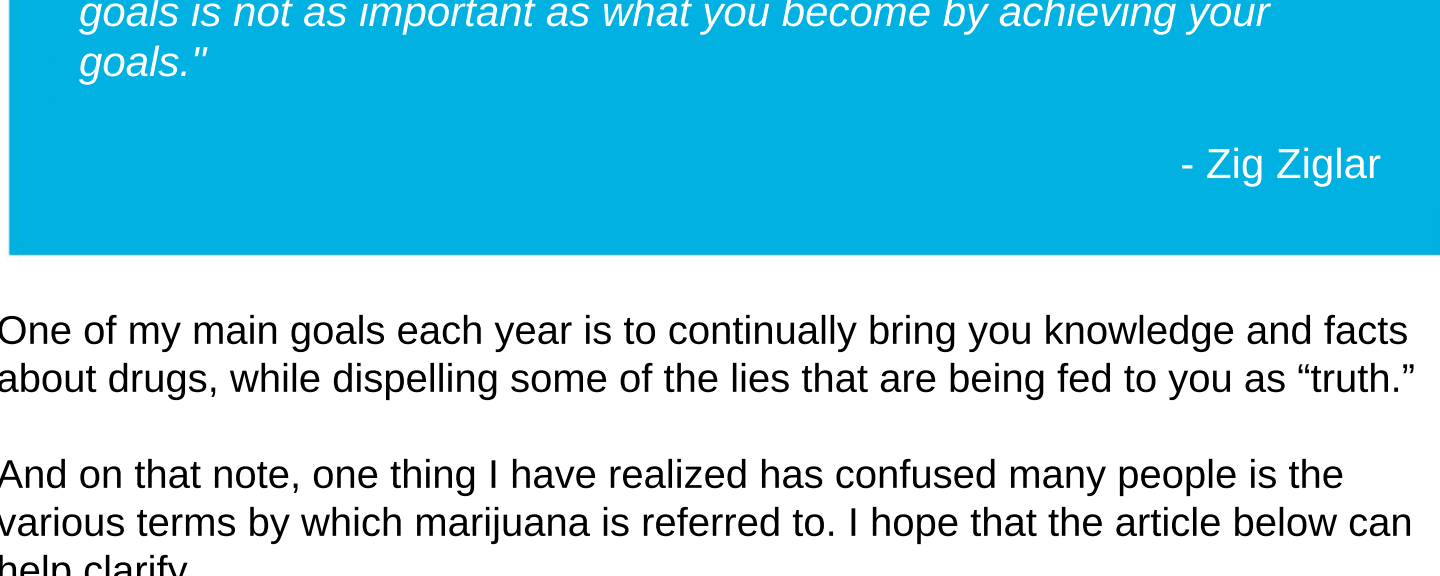
In fact, I just read online that the second Friday of the year is known as "Quitters Day"- that is when most people throw in the towel on the resolutions. They make it through the first weekend and then they're done – they don't think they can make it through the whole year!

So, why is that? Well, I believe the main reason behind this failure is people setting goals that are too big and/or general and also not expecting obstacles or problems.

Luckily, these troubles are easy to handle; there is nothing wrong with setting big goals but then you need to make a plan and write down smaller targets that can be achieved on a daily and weekly basis. By achieving these smaller targets, they will take you to your main goal!

Also, expect obstacles and problems – what would life be without them? Being able to expect and confront them, you can find a way of handling them. For example, if you have a decided to stop drinking, realize there is a possibility of you being invited to a party where there will be alcoholic drinks. You can take some "non-alcoholic" wine or beer and drink that or you can decide not to go at all. Realize, it is all part of planning and your choice.

You can decide to do what it takes to make your New Year's resolution stick and there is always a solution to any problem, it just takes you realizing how important your resolution is and doing whatever is necessary to keep it up.



*"A goal without a plan is just a wish."*

- Antoine de Saint-Exupéry

And remember to enjoy the journey: *"What you get by achieving your goals is not as important as what you become by achieving your goals."*

- Zig Ziglar

One of my main goals each year is to continually bring you knowledge and facts about drugs, while dispelling some of the lies that are being fed to you as "truth."

And on that note, one thing I have realized has confused many people is the various terms by which marijuana is referred to. I hope that the article below can help clarify.

The second article - which follows the first - gives you the truth on the question "Is marijuana good for sleep..?"

I wish you all a very Happy New Year!

## How are marijuana, cannabis and hemp different? A guide to weed terms

Many words are used interchangeably, but there are some key differences

By Hannah Docter-Loeb  
October 15, 2024 | Culture

The cannabis plant and its many products come with a complicated and sometimes confusing vocabulary. Many words are used interchangeably, but there are some key differences.

We interviewed experts to compile this guide to explain what these words mean – and what the science says.

### Cannabis

Cannabis usually refers to the plant from which various weed products come. Both scientists and cannabis industry professionals use the term.

### Marijuana

In the United States, the term marijuana refers to cannabis plants that have a certain level of tetrahydrocannabinol (THC). THC is responsible for getting people high. Marijuana is legal in some states but illegal federally.

Other countries, however, rarely use the word and call anything with high THC cannabis. Some U.S. lawmakers have also pushed to abandon the use of the word marijuana, arguing it has racist roots.

Pot, mary jane, dope and kush are slang words used to refer to marijuana.

### Hemp

Hemp is cannabis plants that don't have high levels of THC. Hemp is used primarily for commercial and industrial products such as rope, clothing and even food. It's legal across the United States

### Cannabinoids

These are a group of compounds unique to the cannabis plant. The two most popular cannabinoids are probably familiar to most people: THC and cannabidiol, commonly referred to as CBD.

There are other minor cannabinoids that are integrated into products on the market. Many dispensaries tout that cannabidiol (CBN) can help improve sleep, and cannabigerol (CBG) reduces pain, but experts are skeptical.

Some of these minor cannabinoids have been studied in mice, but there have not been many rigorous studies in humans, said Shanna Babalonis, the director of the UK Cannabis Center at the University of Kentucky.

### THC

THC is the primary psychoactive compound from the cannabis plant.

It's what accounts for the typical weed high, and studies suggest there is a risk of dependence if used often. The most common type of THC is delta-9 THC.

### CBD

The second-most prevalent cannabinoid in the plant, CBD is still psychoactive but doesn't have the same intoxicating effects as THC. Many users report that its more mild effects help mediate pain and regulate anxiety.

According to the World Health Organization, it also has a relatively low or no abuse potential. "We don't think people will have a problem with drug abuse with CBD," Babalonis said.

CBD products are legal in the United States, as long as they don't have more than a certain amount of THC.

### Delta-8

Products with delta-8 tetrahydrocannabinol (or delta-8) have been popping up in headshops, gas stations and dispensaries across the country. It exists in the cannabis plant in trace amounts and has the same elements as THC.

Many users report its effects as somewhere between regular THC and CBD. It's also somewhat legal thanks to a loophole that permits products derived from hemp to be sold – which applies to most delta-8 on the market.

### Flower

In the industry, flower or bud is used to refer to the part of the dried cannabis plant that can be smoked.

Monique McHenry, director of the Medical Cannabis Center for Research and Education at the University of Vermont, says, scientifically, a flower is the reproductive part of a plant and a bud is a young development on a plant.

### Strain

When buying weed, you will be inundated with fun strain names such as "Bubba Kush," "Girl Scout Cookies" and "Pineapple Express." This is the industry's way of differentiating between products, but there's little science behind it.

"People use these names all over the place but they're not identifying unique genetic identities or strains like people think they might be," said Sean Myles an associate professor in agriculture at Dalhousie University.

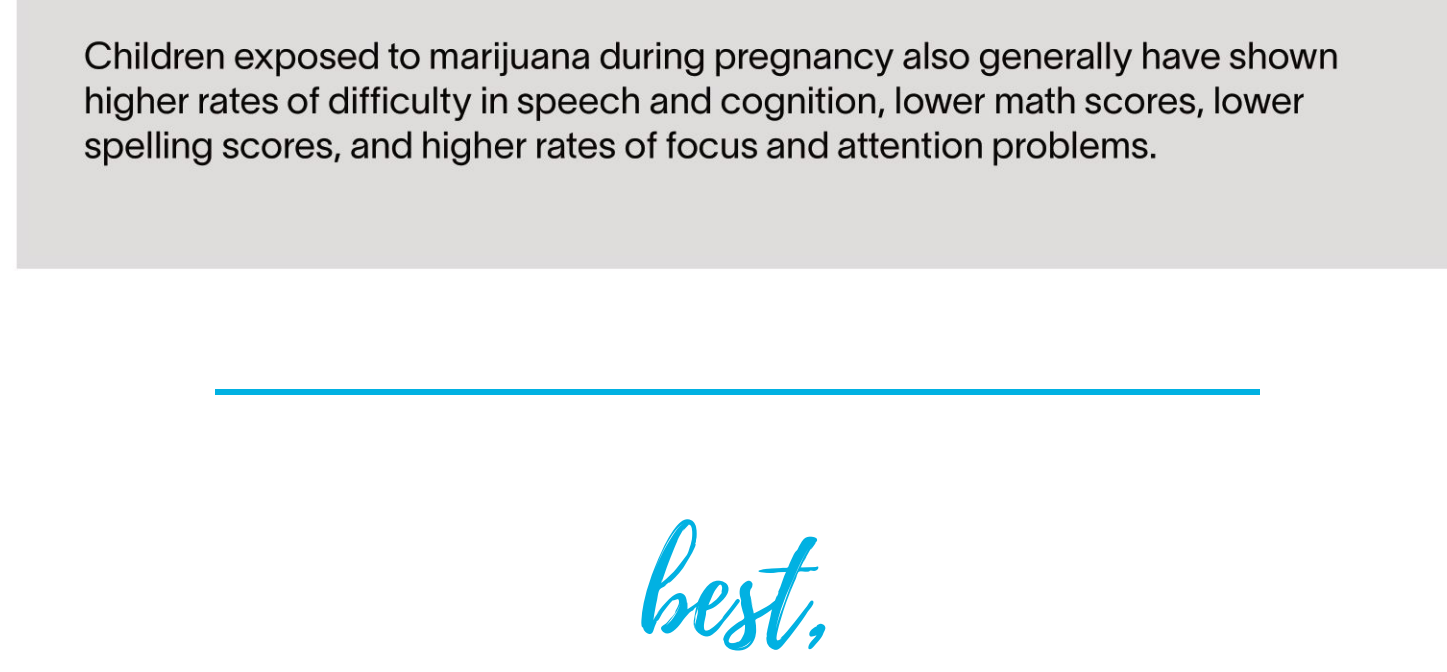
### Sativa and Indica

Most cannabis products are labeled as either sativa or indica to help guide consumers on what kind of high they want. Users report that sativa is more uplifting, whereas indica is often described as more relaxing. The anecdotal evidence about differences in indica and sativa have not been supported by science.

The two are distinct species of cannabis, but experts say there aren't genetic differences between what's on the market. "If you look at the chemicals, they don't consistently fall into groups that the market labels sativa or indica," McHenry said.

### Hybrid

Dispensaries also sell products that they say are a mix of both sativa and indica – but experts say this is more of an industry label than anything else.



## Is Marijuana Good For Sleep As Many Pot Users Claim?

NOVEMBER 25, 2024 EDITOR

"Although sleep is one of the primary reasons people use cannabis, our findings suggest that long-term cannabis use actually results in poorer sleep, which is associated with poorer memory."

~ Tracy Brown, Psychology PhD student, University of Texas at Dallas

Although many people are prescribed medical marijuana to help them sleep, a recent cooperative study between the University of Texas at Dallas and the University of Amsterdam found that long-term cannabis may in fact have the opposite effect.



### The First Study of Its Kind

While earlier research looked separately at the impacts on sleep and memory, this study focused on both. Published in June in the American Journal of Drug and Alcohol Abuse, it focused on these three interrelated factors. The first study of its kind, it relies on long-term marijuana use.

In this study, 141 adult subjects with a previous diagnosis of Cannabis Use Disorder and 87 non-current cannabis users were included in the study. To avoid skewing the results due to the drug's acute effects, none of the subjects had used marijuana within the previous 24 hours.

### Marijuana, Poor Sleep, and Health Problems

"At this time there still isn't any clear evidence that cannabis is helping sleep. We know that when people initiate use there is some benefit in the immediate short term, but there is quick tolerance to this effect. There currently is no good quality evidence to suggest that cannabis will help improve sleep quality or duration."

~ Dr. Bhanu Prakash Kolla, MD, Center for Sleep Medicine, Mayo Clinic

As reported in earlier studies, regular marijuana use seems to harm sleep. This describes a long-term study published in Regional Anesthesia & Pain Medicine. It found that adults who use cannabis 20 or more days a month are:

- 64% more likely to get less than six hours of sleep a night
- 76% more likely to sleep more than nine hours a night.

The Centers for Disease Control and Prevention defines optimal sleep for adults as 7 to 8 hours per night

Even moderate marijuana use increases the risk of potentially problematic sleep. Occasional users are 47% more likely to sleep more than 9 hours per night. Those with CUD do not fare so well.

### Marijuana, Poor Sleep, and Memory

"...the individuals with CUD who reported more problems with sleep were the ones having poorer memory outcomes. We're discovering that cannabis's indirect effect on cognitive outcomes is tied to how cannabis impacts the regulation of the sleep cycle."

~ Tracy Brown

The research team found that marijuana's impact on the sleep cycle in turn negatively affected users' spatial memory – which helps them navigate directions and remember where things are located.

Interestingly, disrupted sleep did not affect verbal memory.

"Sleep deprivation from cannabis use isn't necessarily insomnia-related or complete sleep deprivation. Rather, it's a reduction in the quality of sleep. Full sleep deprivation is when you typically see verbal memory deficits," Brown explains.

### Verbal Memory Outcomes are Different

But while this particular study did not establish a link between marijuana-induced sleep deprivation and impaired verbal memory, earlier research did find that long-term cannabis use is associated with poorer verbal memory in middle age. "Sleep deprivation from cannabis use isn't necessarily insomnia-related or complete sleep deprivation; rather, it's a reduction in the quality of sleep. Full sleep deprivation is when you typically see verbal memory deficits," Brown explains.

The study published in the March 2016 edition of JAMA Internal Medicine, followed 3499 people over a 25-year-period, starting in early adulthood. At year 25, participants were assessed for both marijuana exposure and cognitive function.

Just over 84% of subjects reported using marijuana in the past, but less than 12% continued to use the drug into middle age.

This fact is important, because past marijuana use in early adulthood was associated with worsened verbal memory. For every 5 years of cannabis use, participants would fail to recall an average of one word from a list of 15.

In other words, the longer a person smoked pot, the worse their verbal memory later in life. Furthermore, they tended to forget more words.

### Young People Are Most at Risk

Dr. UT Dallas Filbey, PhD, a Professor of Psychology directs the laboratory where the UT Dallas study was conducted. She is particularly concerned about how users younger than 25 may suffer disproportionate harm to sleep and brain connectivity.

And because the human brain continues to develop and mature until at least the mid-20s, the changes may be irreversible.

"Acute cannabis use affects many things, including sleep and working memory, and the field is undecided on whether those memory issues resolve after continued abstinence. When use begins in adolescence, sleep deficits are usually much more pronounced."

"People who become dependent on cannabis for sleep risk developing tolerance and requiring greater doses for the same effect. People need to be aware of this," Dr. Filbey says.

Dr. Filbey supervises the research of UT graduate student Tracy Brown. The complete text can be read here:

<https://www.tandfonline.com/doi/full/10.1080/00952990.2024.2362832>

## Pop Quiz

Question: Which one has a higher alcohol content; a beer, a glass of wine or a shot of liquor?

Answer: They have the same amount: A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor and 5-oz cup of wine. ("Proof" is a unit of measurement of the content of ethanol (alcohol) in an alcoholic beverage. In the US, proof is defined as twice the percentage of "alcohol by volume (ABV)." So a drink that is 80-proof contains 40% alcohol by volume.)

## Myth Buster

**Myth:** Using pot won't affect the unborn child!

**Fact:** Yes, it does!

A 2019 study found that a gene linked to autism, DLGAP2, can change in the sperm of men who use cannabis. This possibly affects the gene's DNA could be passed down to future children, possibly affecting their autism risk.

And in pregnant women, the THC inhaled or ingested does cross the placenta and reach the developing fetus and studies have shown that it can cause neurological impairments that will last into adulthood. It has also been connected to lower birth weights (an important health indicator for newborn babies) and lower muscle tone, tremors in newborns and impact the baby's brain development.

Children exposed to marijuana during pregnancy also generally have shown higher rates of difficulty in speech and cognition, lower math scores, lower spelling scores, and higher rates of focus and attention problems.

best,  
koko

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