



New Findings Unveil Worrisome Link Between Cannabis Use and Cardiac Health

Description

Cannabis Doctor type unknown

Emerging research implicates cannabis use as a key contributor to cardiovascular diseases. This image credits SciTechDaily.com.

Subsequent to a robust analysis, it was discerned that cannabis utilization amplifies the likelihood of coming face-to-face with severe cardiovascular predicaments, as explicitly outlined in the eminent *Journal of the American Heart Association*.

Research Dissections:

- An intricate exploration of records collected from approximately 430,000 American adults discovered a sizeable correlation between cannabis usage and heightened risk of heart attack and stroke, despite excluding tobacco intake. The likelihood magnified in parallel with increased frequency of cannabis use. The primary method for its intake was found to be through inhalation, followed by ingestion or vaporization.
- The surge in the amalgamation of risks—encompassing coronary heart ailment, heart attack and stroke—paralleled the peril amongst adults who abstained from e-cigarettes but did engage in cannabis use.

Upon reviewing data from around 430,000 adults in the United States, researchers have unearthed concrete evidence linking cannabis intake with an escalated probability of cardiovascular events such as heart attacks and strokes. These findings remain unmoved even after adjusting for tobacco use, encompassing cigarettes and other tobacco products, as well as additional cardiovascular risk determinants. This pivotal study was published in the *Journal of the American Heart Association*, a widely respected, peer-reviewed, open access journal.

While cannabis remains federally illegal, it has been legalized for recreational usage in 24 states and Washington, D.C. Concurrently, the numbers of cannabis users within the United States has witnessed a rather significant uptick over the last few decades, as stated in the [2019 National Survey on Drug Use and Health](#). This comprehensive survey conducted annually uncovered that in 2019, around 48.2 million individuals aged 12 or older reported at least one instance of cannabis usage. This is a stark increase from the 25.8 million people in the same age category who reported using cannabis in 2002 – an elevation from 11% to a staggering 17%.

"Despite its widespread usage, conclusive data pertaining to the perils associated with cannabis use remain perilously sparse. Particular areas of concern revolve around the impact on cardiovascular disease," explicated lead study author Abra Jeffers, Ph.D., a highly skilled data analyst from Massachusetts General Hospital located in Boston. "Perceptions regarding the detrimental effects of cannabis smoking are



decidedly low, with a significant proportion of people remaining under the illusion that cannabis use is innocuous to their overall well-being. Nevertheless, recent evidence points to the contrary, suggesting potential correlation between cannabis use and cardiovascular complications. Moreover, inhaling cannabis smoke, a primary method of consumption, might culminate in additional risks owing to the inhalation of particulate matter," she further added.

By tailoring an examination of the survey data collated from approximately 430,000 adults spanning the years 2016 through to 2020, researchers have formulated valuable insights into the correlation between cannabis use and untoward outcomes on the cardiovascular spectrum such as heart diseases, heart attacks and strokes. This cross-sectional survey data was collected through the Behavioral Risk Factor Surveillance System - an annual endeavor executed by the U.S. Centers for Disease Control and Prevention.

More info can be provided if required.

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Vocabulary List:

1. **Discerned** // (verb): Perceive or recognize something.
2. **Amplifies** // (verb): Increases the volumestrengthor significance of something.
3. **Eminent** // (adjective): Famous and respected within a particular sphere or profession.
4. **Forefront** // (noun): The leading or most important position.



5. **Concrete** // (adjective): Existing in a physical form real or solid not abstract.
6. **Correlation** // (noun): A mutual relationship or connection between two or more things.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is a major health concern characterized by an excess of body fat?
Option: A. Diabetes
Option: B. Obesity
Option: C. Arthritis
Option: D. Hypertension
2. Which highly contagious viral infection is known for its characteristic red rash?
Option: A. Measles
Option: B. Influenza
Option: C. Tuberculosis
Option: D. Mumps
3. Refers to the idea that neurological differences should be recognized and respected.
Option: A. Neurotypicality
Option: B. Neurodiversity
Option: C. Neuroplasticity
Option: D. Neuropsychology
4. Which term describes something widespread or commonly occurring?
Option: A. Scarce
Option: B. Prevalent
Option: C. Occasional
Option: D. Sparse
5. The ability of a product to provide a desired effect or result.
Option: A. Potency
Option: B. Efficacy
Option: C. Toxicity
Option: D. Inefficacy
6. Which term means being present or found everywhere?
Option: A. Limited
Option: B. Ubiquitous
Option: C. Rare



Option: D. Exclusive

7. Describing something with the ability to work successfully or be effective.

Option: A. Feasible

Option: B. Viable

Option: C. Impracticable

Option: D. Unsound

8. Which term describes a mutual relationship or connection between two or more things?

Option: A. Randomness

Option: B. Correlation

Option: C. Autonomy

Option: D. Disconnection

9. Refers to a specific period of work or time spent doing something.

Option: A. Endurance

Option: B. Stint

Option: C. Abundance

Option: D. Leisure

10. Which term means providing support or encouragement?

Option: A. Discouraging

Option: B. Bracing

Option: C. Weakening

Option: D. Debilitating

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ fever is a mosquito-borne tropical disease.

12. The car accident resulted in multiple _____ .

13. The factory had to close due to a _____ of raw materials.

14. The scientist conducted many _____ experiments to gather data.

15. The traffic jam was caused by a _____ on the highway.

16. Lack of rain _____ the drought conditions.

17. The report provided a _____ analysis of the problem.



18. The police are investigating the _____ that occurred last night.
19. The company questioned the _____ of the new project.
20. The research put the scientist at the _____ of the field.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The effects of climate change are gradually building up over time.
22. She found herself in a unable to decide between the two job offers.
23. The strong smell of the kept the mosquitoes away.
24. The novel explored the between good and evil.
25. With his keen eyesight he the tiny details in the artwork.
26. Using a microphone the speaker's voice for the audience to hear clearly.
27. The scientist was considered in the field of genetics.
28. The builder used to create a strong foundation for the house.
29. The family faced many as they moved to a new country.
30. The minor at the factory caused a brief shutdown.

Answer

Multiple Choice: 1. B. Obesity 2. A. Measles 3. B. Neurodiversity 4. B. Prevalent 5. B. Efficacy 6. B. Ubiquitous 7. B. Viable 8. B. Correlation 9. B. Stint 10. B. Bracing

Gap-Fill: 11. Dengue 12. fatalities 13. shortage 14. empirical 15. bottleneck 16. exacerbated 17. comprehensive 18. incident 19. viability 20. forefront

Matching sentence: 1. cumulative 2. quandary 3. repellent 4. dichotomy 5. discerned 6. amplifies 7. eminent 8. concrete 9. vicissitude 10. incident

CATEGORY

1. Health - LEVEL6

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