



## DECEMBER 2020 REPORT

### MEDICAL CANNABIS USE FOR THE SYMPTOMS OF MENOPAUSE

*"Introducing RYAH Data, our new data analytics report leveraging insights from our proprietary data lake."*


*- Gregory Wagner,  
CEO, Ryah Medtech, Inc.*

## THE QUESTION

Cannabis has a long history of use for treating the symptoms of menopause.

Do women who experience menopause in the 21st century also find relief? What menopause-related symptoms do they treat?

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## THE ANSWER

**Between January 1, 2018, and December 15, 2020, 9,329 female patients between the ages of 40 and 60 reported consuming medical cannabis. This represents 10.3% of the total reports from this period.**

More women than men reported using medical cannabis in this age demographic, which is a significant change from the total data set. Both men and women use less cannabis as they age, but women outpace men for the frequency of use in this age demographic.

Conditions treated in this demographic also changed from the norm. Top 10 conditions treated by women included common symptoms of menopause such as pain, anxiety, depression, stress, insomnia, inflammation, fatigue, and headaches.

In a comparison of women across all ages and those 40 to 60 years of age, preferred strains changed. The filtered demographic prefers strains with higher THC than women across all ages.

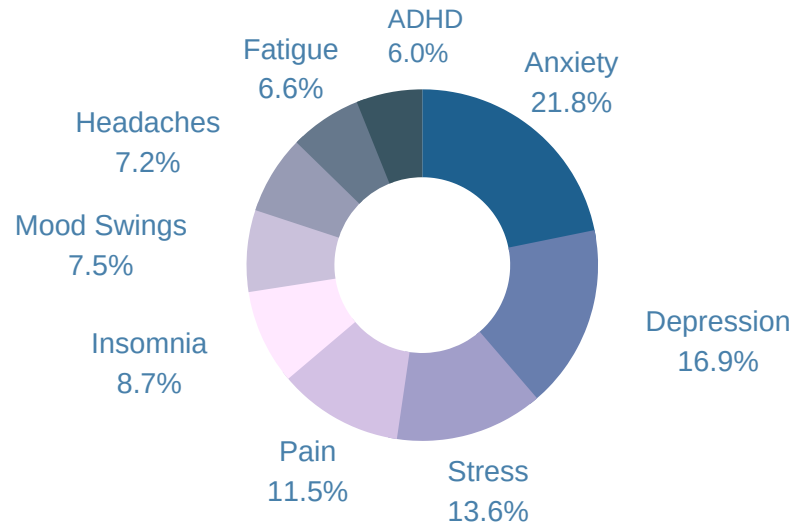
# ANALYSIS

"Frequency of menopausal symptoms and their impact on the quality of life of women: a hospital based survey," assessed 202 women between the ages of 40 to 60 from the outpatient department of Obstetrics and Gynecology at Isra University hospital for menopausal symptoms. [1]

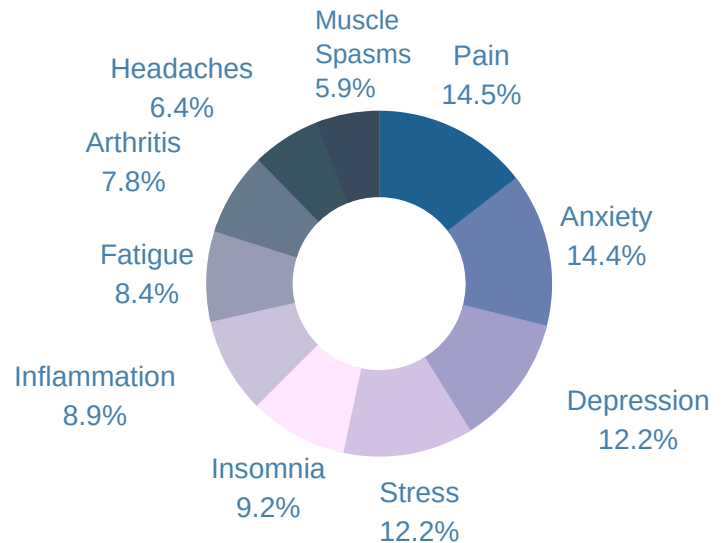
- 66.3% reported hot flashes
- 53.5% reported anxiety
- 54.5% reported depression
- 81.7% reported aches and pains
- 68.8% reported lack of energy
- 58.9% reported difficulty sleeping

# CONDITIONS TREATED

## WOMEN OF ALL AGES



## WOMEN 40 TO 60 YEARS OF AGE



# TOP CONDITIONS TREATED

## WOMEN 40 TO 60 YEARS OF AGE

- 1 PAIN
- 2 ANXIETY
- 3 DEPRESSION
- 4 STRESS INSOMNIA
- 5 INFLAMMATION
- 6 FATIGUE

## ANALYSIS

Within the RYAH Data ecosystem, more men than women report using medical cannabis to relieve symptoms – except for those between the ages of 40 to 60.

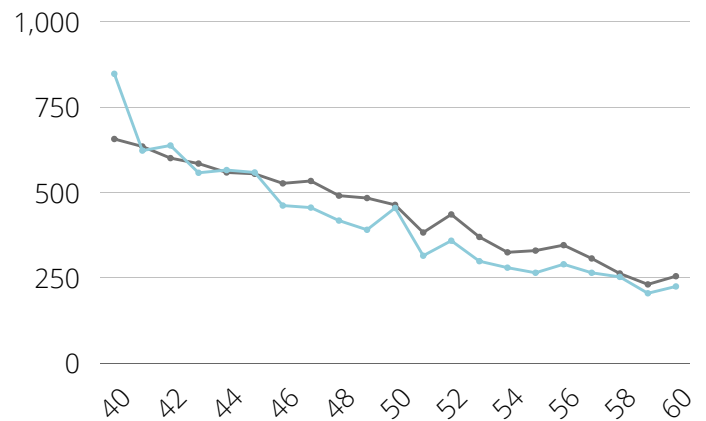
In one of the few exceptions to the rule, women report more use of medical cannabis for relief of a variety of symptoms than men.

This information, taken together with the shift in conditions treated, suggest women are using medical cannabis to treat the most common symptoms of menopause.

→ Indicates a CBD-rich strain.  
 Women generally prefer strains with higher levels of CBD until filtered for age. Women 40 to 60 years of age have a stronger preference for THC-rich strains.

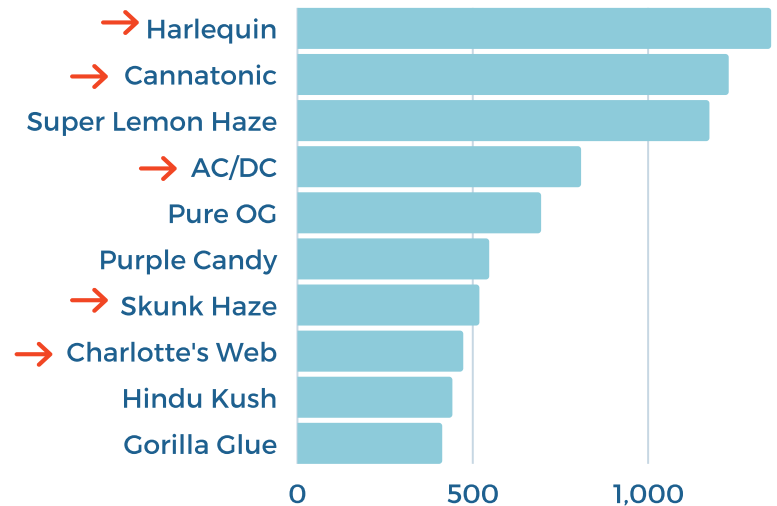
## AGE DISPERSION

WOMEN 40 TO 60 YEARS OF AGE  
 MEN 40 TO 60 YEARS OF AGE

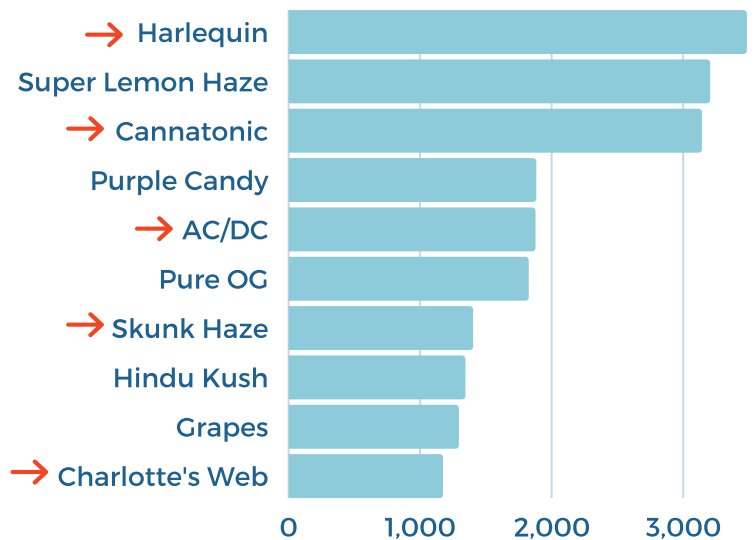


## PREFERRED STRAINS

WOMEN OF ALL AGES



WOMEN 40 TO 60 YEARS OF AGE



## ADDITIONAL SOURCES

(1) Sharma, S., & Mahajan, N. (2015). Menopausal symptoms and its effect on quality of life in urban versus rural women: A cross-sectional study. *Journal of mid-life health*, 6(1), 16–20. <https://doi.org/10.4103/0976-7800.153606>

(1) Find Marijuana Dispensary, Strain & Doctor Info & Ratings. (n.d.). Retrieved December 16, 2020, from <https://www.allbud.com/>

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