



JULY 2020 REPORT

MEDICAL CANNABIS AND FIBROMYALGIA


*"Introducing RYAH Data, our new data analytics report leveraging insights from our proprietary data lake."
- Gregory Wagner,
CEO, Ryah Medtech, Inc.*

THE QUESTION

Fibromyalgia is a subjective pain condition with no cure and limited options for the effective treatment of the symptoms.

Many patients turn to medical cannabis in desperation. What does this demographic look like? What options work best for these patients reporting through RYAH Data?

FOR MORE INFORMATION CONTACT

 205 East 42nd Street 14th floor
New York, NY 10017

 +1 917.210.0543

 info@ryah.com

 <https://ryah.com>
<https://ryahgroup.com/>

THE ANSWER

6,851 patients between January 1, 2018, and July 15, 2020, reported through RYAH Data using medical cannabis for the treatment of fibromyalgia.

In epidemiology studies, there is usually a 2:1 ratio of women to men with fibromyalgia. In RYAH, interestingly, this was closer to a 1:1 split.

Most patients reported relying on hybrid cultivars, instead of purely indica or sativa strains.

Patients also reported treating anxiety, depression, stress, and insomnia in conjunction with fibromyalgia. These reflect the typical comorbid mental health conditions reported in the literature.

- 1. ANXIETY MOST COMMON**
- 2. DEPRESSION COMORBID**
- 3. STRESS CONDITIONS**

ANALYSIS

In most assessments, the prevalence of fibromyalgia in the general population is between 2 to 4 percent.

As per a 2018 review published in Dialogues in Clinical Neuroscience, "In clinical populations, women between 40 and 60 years of age are the majority with a female to male ratio of 8-10:1. However, in epidemiology studies that use the 2011 criteria, without tender point examination, the female-to-male ratio is 1 -2:1." [1]

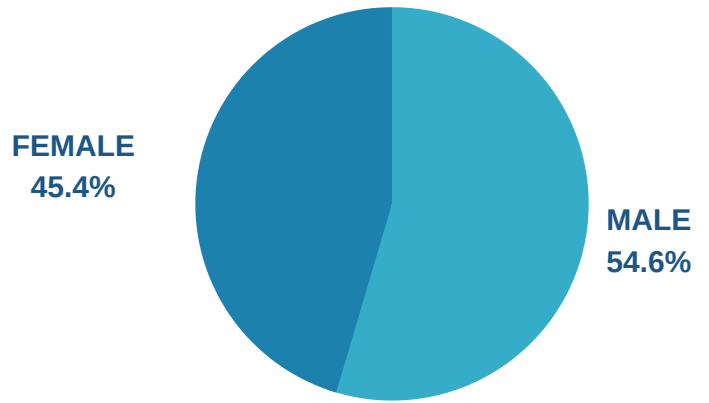
The differences in gender split between RYAH Data and the general population may come down to several factors:

- Men report using medical cannabis more than women.
- Men report using medical cannabis more frequently than women. [2]
- RYAH Data users are 55.6 percent male, 44.4 percent female.

Psychiatric conditions are much more prevalent among fibromyalgia patients than among the general population.

For example, when it comes to anxiety and mood disorders, "These results are more than three times higher than the prevalence of these psychiatric disorders in the general population," according to "Comorbid Depression and Anxiety in Fibromyalgia Syndrome: Relationship to Somatic and Psychosocial Variables."

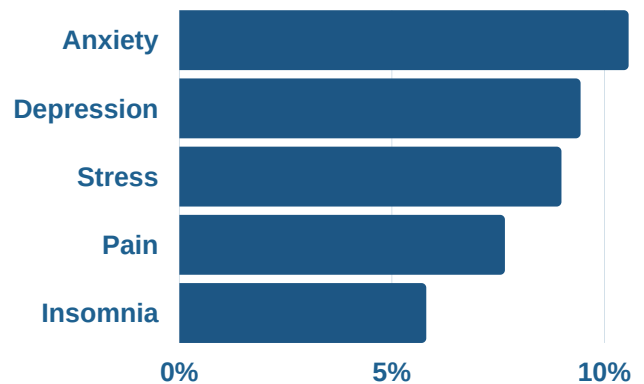
GENDER



*1.4 percent, or 6,851 people, reporting through RYAH Data used medical cannabis to treat fibromyalgia.

CONJUNCTIVE AILMENTS

STATISTICS FROM RYAH DATA



STATISTICS FROM THE LITERATURE

90%

LIFETIME PREVALENCE FOR FOR DEPRESSIVE SYMPTOMS [3]

+62%

LIFETIME PREVALENCE FOR MAJOR DEPRESSIVE DISORDER

32%

CURRENT EXPERIENCE WITH ANXIETY DISORDER [4]

35%

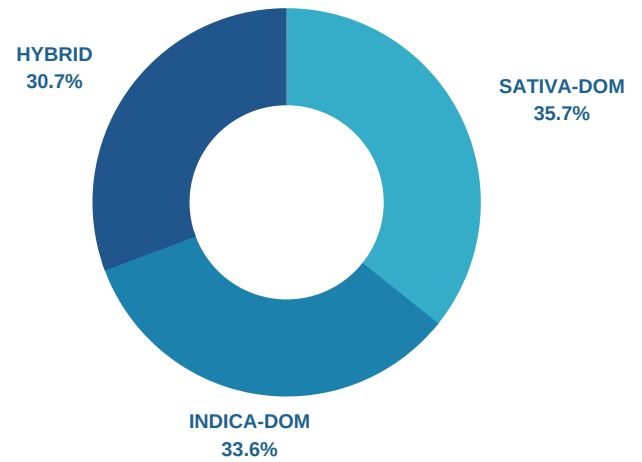
CURRENT EXPERIENCE WITH MOOD DISORDER

ANALYSIS

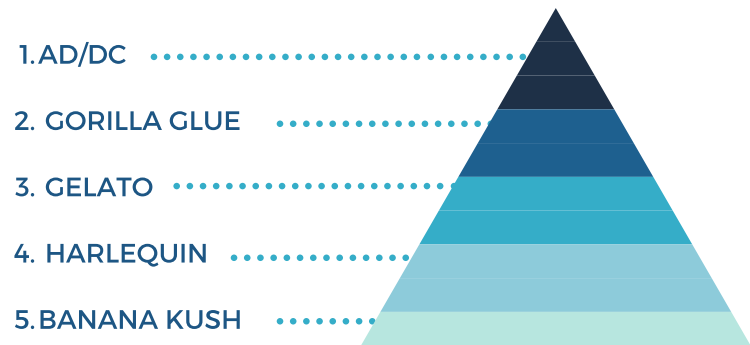
No patients reported using pure indica or pure sativa strains for the treatment of fibromyalgia.

All patients reported that strains, even if they leaned more towards one genetic option, were hybrids.

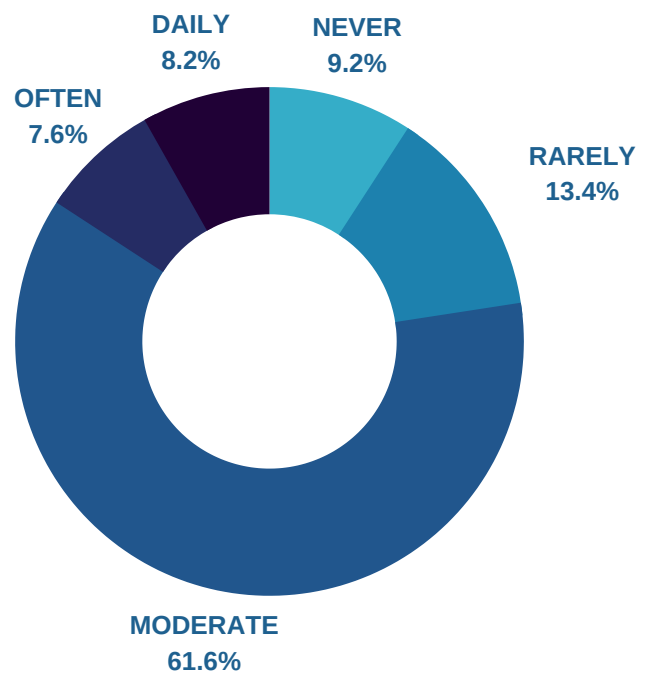
STRAIN TYPE



STRAIN PREFERENCE



CANNABIS EXPERIENCE



ADDITIONAL SOURCES


(1) Häuser, W., & Fitzcharles, M. A. (2018). **Facts and myths pertaining to fibromyalgia.** Dialogues in clinical neuroscience, 20(1), 53–62.

(2) Cuttler, C., Mischley, L. K., & Sexton, M. (2016). **Sex Differences in Cannabis Use and Effects: A Cross-Sectional Survey of Cannabis Users.** Cannabis and cannabinoid research, 1(1), 166–175.
<https://doi.org/10.1089/can.2016.0010>

(3) Gracely, R. H., Ceko, M., & Bushnell, M. C. (2012). **Fibromyalgia and depression.** Pain research and treatment, 2012, 486590.
<https://doi.org/10.1155/2012/486590>

(4) Thieme, K., Turk, D. C., & Flor, H. (2004). **Comorbid Depression and Anxiety in Fibromyalgia Syndrome: Relationship to Somatic and Psychosocial Variables.** Psychosomatic Medicine, 66(6), 837–844.
[doi:10.1097/01.psy.0000146329.63158.40](https://doi.org/10.1097/01.psy.0000146329.63158.40)

FOR MORE INFORMATION CONTACT

 205 East 42nd Street 14th floor
New York NY 10017

 +1 917.210.0543

 info@ryah.com

 <https://ryah.com>