



## AUGUST 2020 REPORT

### MEDICAL CANNABIS USE AMONG SENIORS


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

## THE QUESTION

Cannabis use is increasing among people over the age of 65. It has experienced a relative increase of 75% since 2015. [1]

What are the trends within this demographic in the RYAH Data ecosystem?

#### FOR MORE INFORMATION CONTACT

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

 +1 917.210.0543

 [info@ryah.com](mailto:info@ryah.com)

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

## THE ANSWER

**Between January 1, 2018, and August 19, 2020, 1,773 patients over the age of 65 reported through RYAH Data using medical cannabis.**

Although seniors represent only 2% of all the patients working within the RYAH Data ecosystem, the patterns are markedly different than within other demographics.

Seniors have much less experience with cannabis, and they also strongly prefer CBD-rich strains like Cannatonic, Harlequin, and ACDC.

The top 3 conditions treated with medical cannabis by this demographic are also quite different: pain, arthritis, and anxiety.

**TOP  
CONDITIONS  
TREATED**

**1. PAIN  
2. ARTHRITIS  
3. ANXIETY**

## ANALYSIS

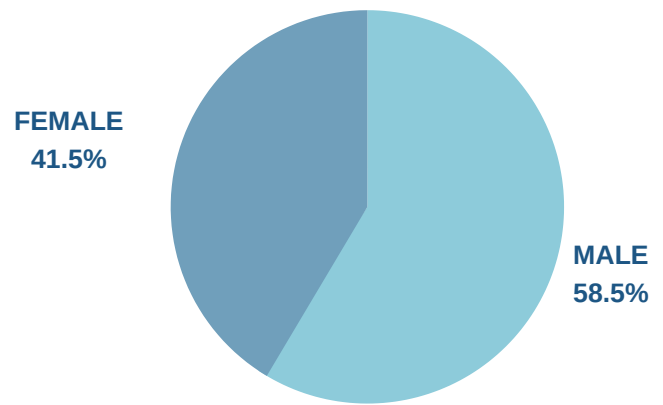
A 2019 study published in the Journal of Clinical Medicine worked with 184 patients from a geriatric clinic, who were prescribed medical cannabis.

Participants used medical cannabis to treat the following conditions, in descending order of prevalence:

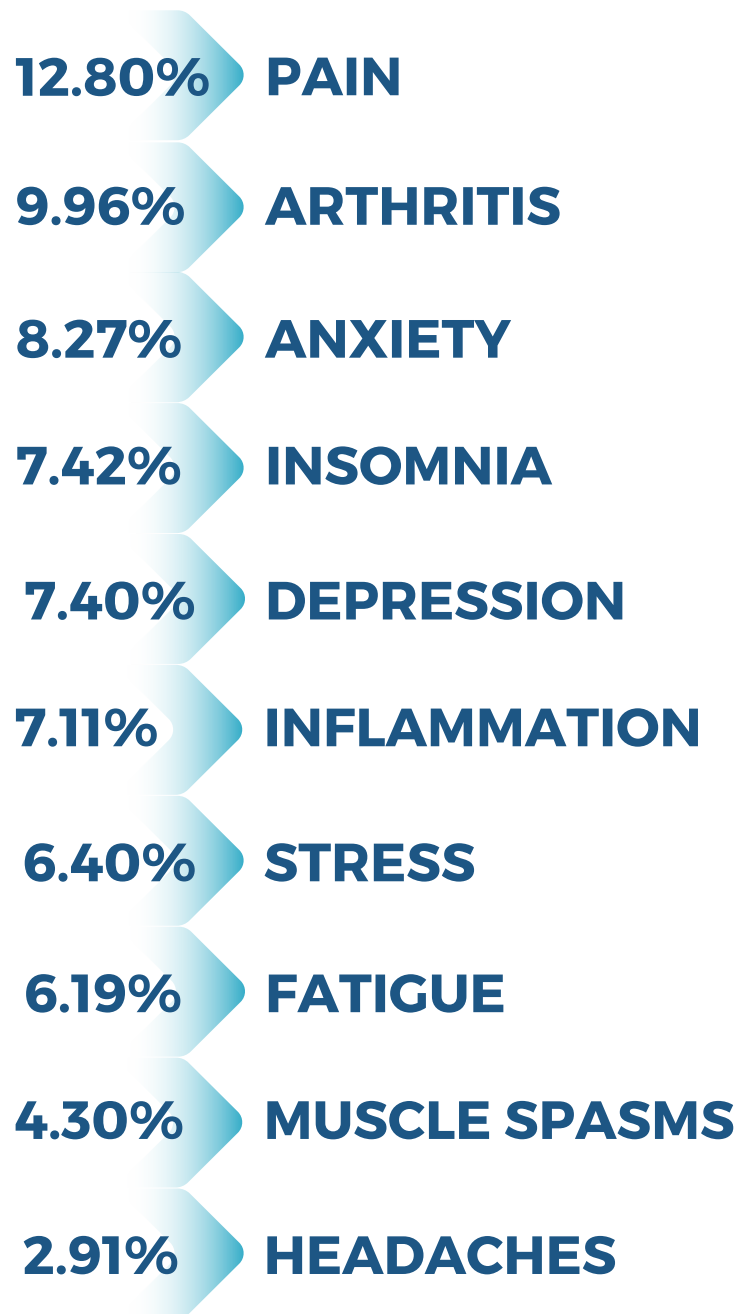
- Non-specific chronic pain
- Parkinson's disease
- Orthopedic pain
- Oncologic treatment
- Dementia
- Arthritis
- Restlessness
- Fibromyalgia
- Palliative treatment

The study reported, "Of the respondents, 84.8% reported some degree of improvement in their general condition," and "After six months of treatment, 58.1% were still using cannabis." [2]

## GENDER



## AILMENTS TREATED



# ANALYSIS

Patients over the age of 65 were much more likely to have little to no experience with cannabis before using it therapeutically.

39.6% of this demographic reporting through RYAH Data had never or rarely tried cannabis before, while only 22.2% of patients under the age of 65 had never or rarely experienced it.

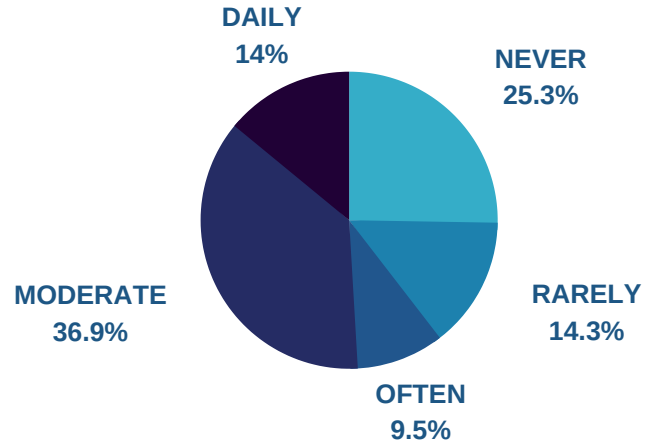
Eight out of 10 of the top preferred strains from this demographic contained measurable levels of CBD. This preference for low-THC varieties is drastically different than other demographics.[3]

Research is needed to determine how slower metabolism, polypharmacy, cognitive decline, and other medical conditions interact with THC.

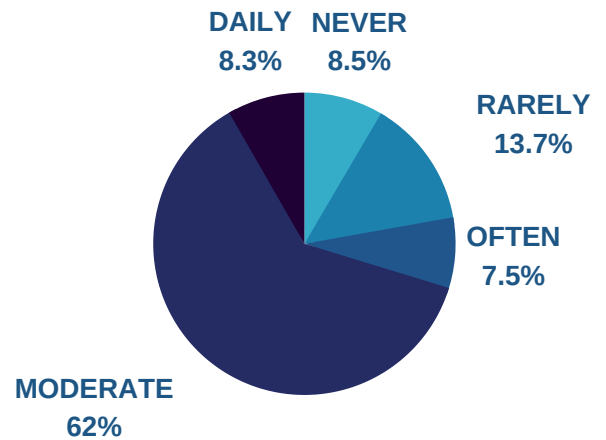
This preference for low-THC and well-balanced strains supports many anecdotal reports from physicians already treating seniors with medical cannabis. [4]

# CANNABIS EXPERIENCE

## 65 YEARS & OVER

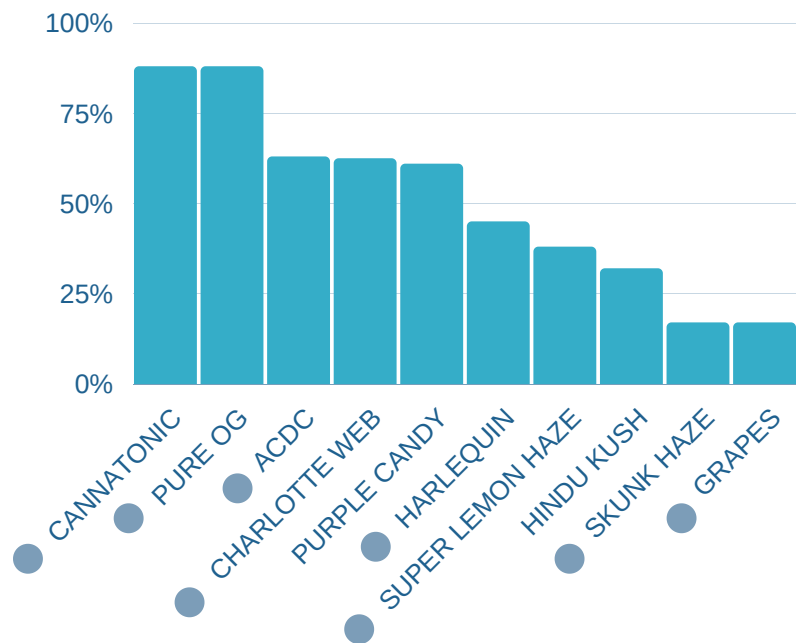


## 64 YEARS & UNDER



# STRAIN PREFERENCE

## ● STRAINS CONTAINING CBD



## ADDITIONAL SOURCES

(1) Han, B. H., & Palamar, J. J. (2020). **Trends in Cannabis Use Among Older Adults in the United States, 2015-2018.** JAMA internal medicine, 180(4), 609–611. Advance online publication.

<https://doi.org/10.1001/jamainternmed.2019.7517>.

(2) Abuhasira, R., Ron, A., Sikorin, I., & Novack, V. (2019). **Medical Cannabis for Older Patients-Treatment Protocol and Initial Results.** Journal of clinical medicine, 8(11), 1819. <https://doi.org/10.3390/jcm8111819>

(3) All Bud. (n.d.). Retrieved August 20, 2020, from <https://www.allbud.com/>

(4) Peter Grinspoon, M. (2020, April 06). **Older adults and medical marijuana: Reduced stigma and increased use.** Retrieved August 21, 2020, from <https://www.health.harvard.edu/blog/older-adults-and-medical-marijuana-reduced-stigma-and-increased-use-2-2020040119321>

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