



## AUGUST 2021 REPORT


### CANNABIS USE FOR CONDITIONS ASSOCIATED WITH HIV AND AIDS

## THE QUESTION

Patients with HIV and AIDS have long advocated for medical cannabis legislation, and they were among the first legal patients.

For what conditions and symptoms associated with HIV and AIDS do patients use cannabis for? What strains do they prefer?

#### 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/>

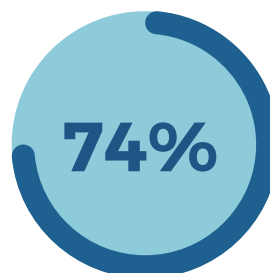
## THE ANSWER

**Between January 1, 2018, and August 26, 2021, patients logged sessions within the RYAH Data ecosystem for fatigue, nausea, cachexia, wasting syndrome, inflammation, and many other complications from HIV/AIDS.**

Mental health (depression, anxiety), pain, fatigue, and inflammation ranked among the top conditions treated.

As in the case in other demographic segments, men report using cannabis slightly more than women.

Patients preferred specific strains to treat each condition, with CBD-rich strains for mental health and THC-rich strains for pain.



RATES OF CANNABIS  
CONSUMPTION  
RANGE FROM 40% TO  
74% AMONG PEOPLE  
LIVING WITH HIV [1]

# ANALYSIS

RYAH Data is capable of tracking many complications and symptoms related to HIV/AIDs but not the infection itself.

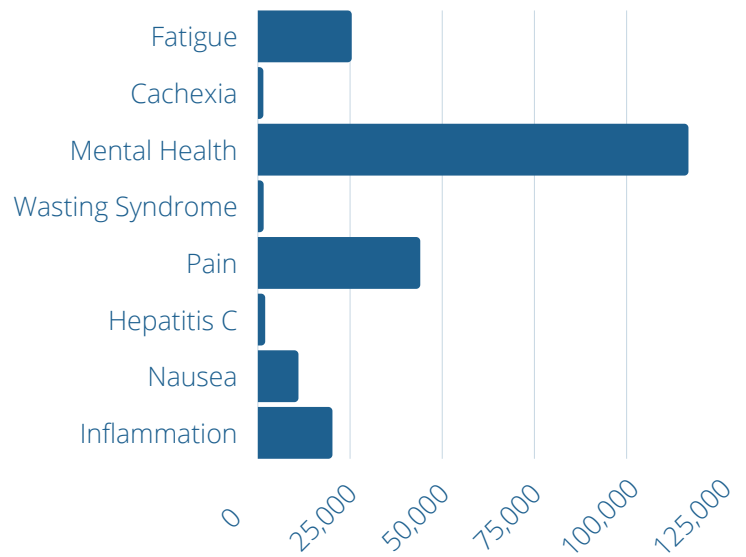
Can cannabis treat HIV/AIDS as well as the symptoms? Several recent studies over the last decade have found that chronic cannabis use among people living with HIV/AIDS reduces plasma HIV-1 RNA viral loads.

One study explored viral loads among patients who also used injection drugs, while the other cocaine. [2][3]

More research is needed among broader populations to understand cannabis use on viral load supression.

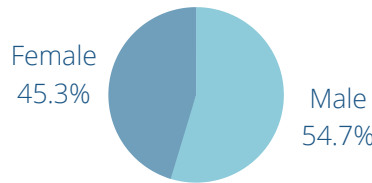
# CONDITIONS

## TOTAL SESSIONS LOGGED

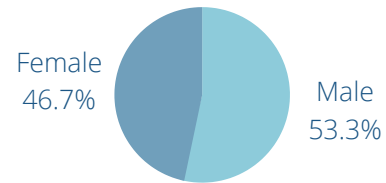


## BY GENDER

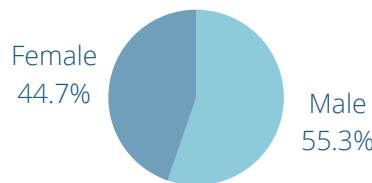
### FATIGUE



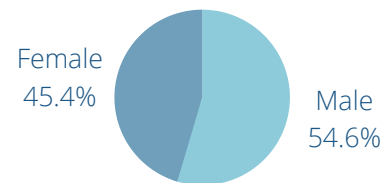
### CACHEXIA



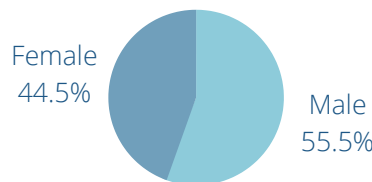
### MENTAL HEALTH



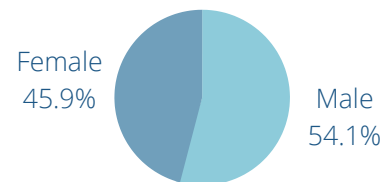
### WASTING SYNDROME



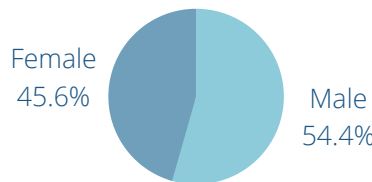
### PAIN



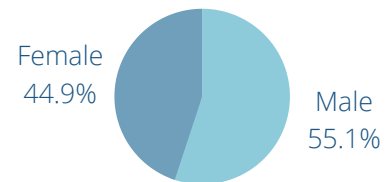
### HEPATITIS C



### NAUSEA



### INFLAMMATION



# ANALYSIS

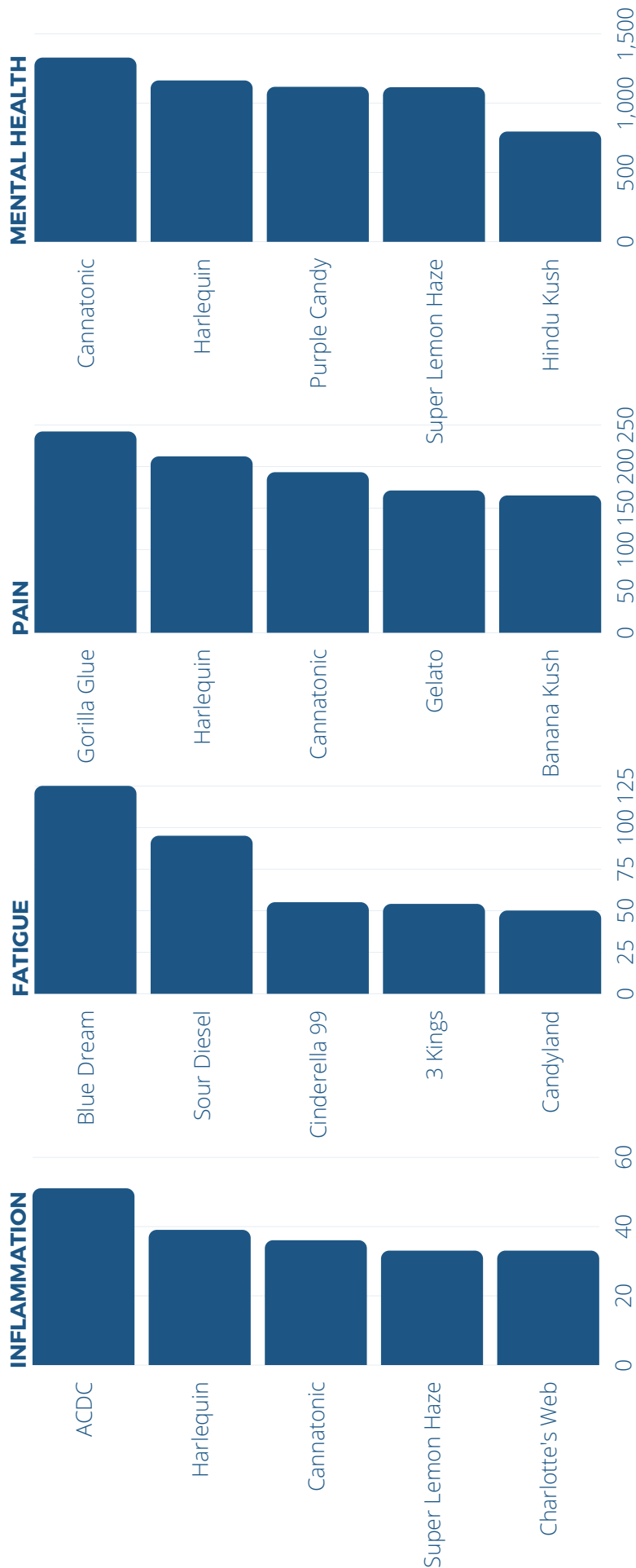
In 2005, the Journal of Pain Symptom Management published "Cannabis use in HIV for pain and other medical symptoms." [4]

Using a questionnaire model, the authors concluded, "Symptom control using cannabis is widespread in HIV outpatients." Up to 27% of respondents reported using cannabis to manage symptoms.

Of those, the most common reasons were as follows:

- Appetite (97%)
- Muscle Pain (94%)
- Nausea (93%)
- Anxiety (93%)
- Nerve Pain (90%)
- Depression (86%)

# FAVORITE STRAINS



## ADDITIONAL SOURCES

[1] Cecilia T. Costiniuk, Zahra Saneei, Syim Salahuddin, Joseph Cox, Jean-Pierre Routy, Sergio Rueda, Sara J. Abdallah, Dennis Jensen, Bertrand Lebouché, Marie-Josée Brouillette, Marina Klein, Jason Szabo, Charles Frenette, Andreas Giannakis, and Mohammad-Ali Jenabian. Cannabis and Cannabinoid Research. Sep 2019.204-213. <http://doi.org/10.1089/can.2018.006>

[2] Milloy, M-J et al. "High-intensity cannabis use associated with lower plasma human immunodeficiency virus-1 RNA viral load among recently infected people who use injection drugs." Drug and alcohol review vol. 34,2 (2015): 135-40. doi:10.1111/dar.12223

[3] Slawek, Deepika E et al. "Daily and near-daily cannabis use is associated with HIV viral load suppression in people living with HIV who use cocaine." AIDS care, 1-8. 4 Aug. 2020, doi:10.1080/09540121.2020.1799922

[4] Woolridge, Emily et al. "Cannabis use in HIV for pain and other medical symptoms." Journal of pain and symptom management vol. 29,4 (2005): 358-67. doi:10.1016/j.jpainsymman.2004.07.011

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New York NY 10017



+1 917.210.0543



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



<https://ryah.com>

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