



2018

VIENNA, AUSTRIA

SUPPORTIVE CARE
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CANCER CARE POSSIBLE

28-30 JUNE 2018

MASCC/ISOO

ANNUAL MEETING ON SUPPORTIVE CARE IN CANCER



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McGill Nutrition and Performance Laboratory
Support Care Through Research and Education
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CANNABINOIDS AND APPETITE: A PROMISING RELATIONSHIP?

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Vienna, June 29th 2018



Faculty Disclosure

X	No, nothing to disclose
	Yes, please specify:

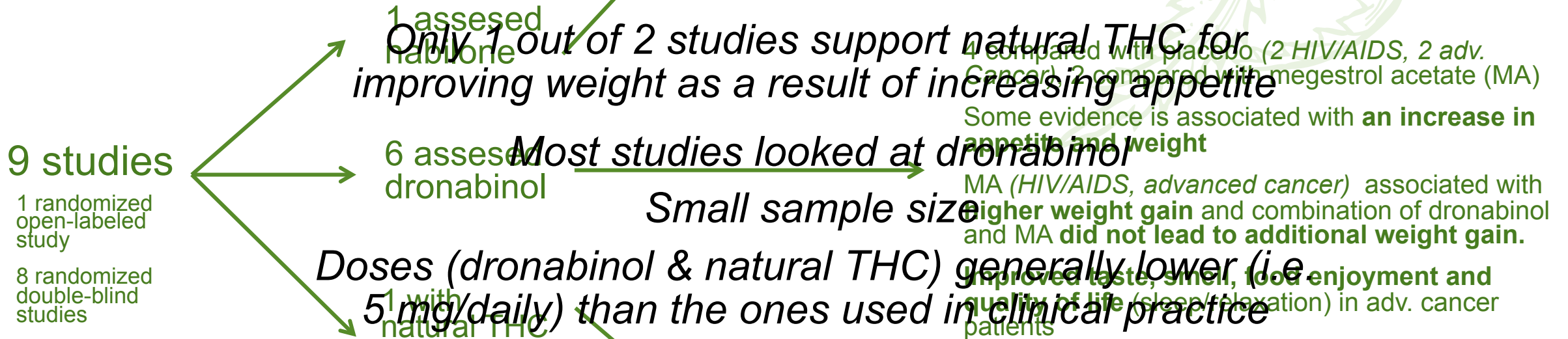
INTRODUCTION

LITERATURE

HIV/AIDS and Cancer Related Anorexia-Cachexia Syndrome



Increased caloric intake and improved quality of life (role/emotional/social functioning, pain, insomnia) in advanced lung cancer patients on nabilone vs. placebo



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Large Phase III trial (adv. cancer) found no significant improvement for appetite and quality of life

Smoked THC or oral dronabinol (HIV) associated with significantly greater weight gain vs. placebo

INTRODUCTION (cont.)

NATURAL CANNABIS

THC and **CBD** = Primary phyto-cannabinoids

“Entourage” effect with 450 compounds!
in relation to appetite...

CBD

Non-intoxicant	Anxiolytic
Anti-epileptic	Reduces spasticity
Anti-inflammatory	Anti-psychotic
Mild Analgesic	

vs.

SYNTHETIC CANNABINOIDS

Nabilone and **Dronabinol**

1 molecule = no “entourage effect” = less effective

THC

Intoxicant	Anti-inflammatory
Analgesic	Orexigenic
Anti-emetic	Anxiolytic (bi-phasic)
Anti-spasmodic	Sleep Aid (bi-phasic)
Improves taste, smell and food enjoyment	

STUDY OBJECTIVE

To determine the impact of cannabinoids on appetite and weight maintenance in patients with chronic diseases referred to a physician-lead, interdisciplinary and community-based cannabis clinic.

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METHODS

Retrospective chart review

Cancer and Non-Cancer Patients: (18+)
August 2016 - February 2018 at Santé
Cannabis

Treatment Goal: Increase in Appetite

Revised Edmonton Symptom Assessment
Scale (ESAS-r) at baseline and 3-month
follow-up: primary outcome measurement

Edmonton Symptom Assessment System:
(revised version) (ESAS-R)

Please circle the number that best describes how you feel NOW:

No Pain	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Pain
No Tiredness (Tiredness = lack of energy)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Tiredness
No Drowsiness (Drowsiness = feeling sleepy)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Drowsiness
No Nausea	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Nausea
No Lack of Appetite	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Lack of Appetite
No Shortness of Breath	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Shortness of Breath
No Depression (Depression = feeling sad)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Depression
No Anxiety (Anxiety = feeling nervous)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Anxiety
Best Wellbeing (Wellbeing = how you feel overall)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Wellbeing
No _____ Other Problem (for example constipation)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible _____

Patient's Name: _____
Date: _____ Time: _____

Completed by (check one):
☐ Patient
☐ Family caregiver
☐ Health care professional caregiver
☐ Caregiver-assisted



Patient demographic and clinical characteristics

RESULTS

Age (years)		47.3 ± 16.1*	
Gender			
	Males	34 (63.0) **	
	Females	20 (37.0)	
Diagnosis			
	Cancer	23 (43.6)	
	Non-Cancer	31 (57.4)	
Cannabinoid therapy		With synthetic cannabinoid co-treatment†	No synthetic cannabinoid co-treatment
	THC/CBD (1:1 ratio)	2	4
	THC-rich	8	9
	CBD-rich	-	-
			6 (11.1)
			17 (31.5)
			0
Combined therapies			
	THC/CBD and THC-rich	7	10
	THC/CBD and CBD-rich	3	4
	THC-rich and CBD-rich	8	9
	THC/CBD, THC-rich, CBD-rich	0	1
			17 (31.5)
			7 (13.0)
			5 (9.3)
			1 (1.9)
Route of administration			
	Oral	11 (20.4)	
	Inhaled	14 (25.9)	
	Combined		
	Oral and inhaled	29 (53.7)	
Adverse Effects			
	Mild	11 (21.2)	
	None	41 (78.9)	
	Not recorded	2 (3.9)	

*Value expressed as mean ± standard deviation

** All values expressed as number of patients, () indicate percentage

†Nabilone - synthetic cannabinoid product

ORAL → OIL (slow onset and long lasting effect)

INHALED → SMOKED/VAPED (quick onset and short acting)

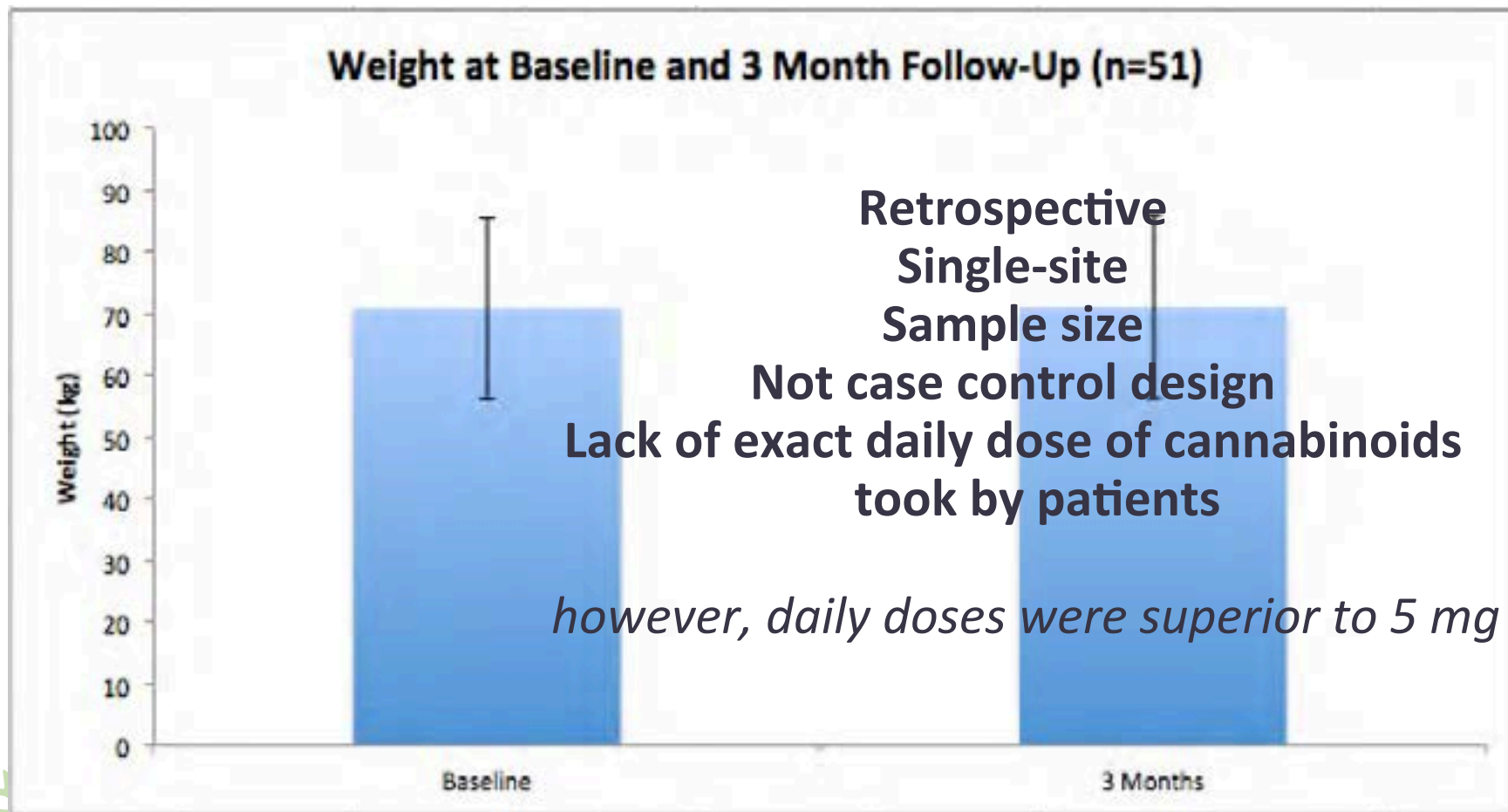
RESULTS (cont.)

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weight gains...



Significantly
Stabilized weight
improved appetite

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CONCLUSION

MEDICAL CANNABIS *is/could...*

**Quite safe: only 20% of the study patients
experienced mild side effects**

Able to significantly improve appetite

**Useful for stabilizing weight in patients with
chronic cancer and non-cancer diseases**

thank you...



2019

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SAN FRANCISCO

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QUESTIONS & ANSWERS

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Acknowledgments



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