



Blood Pressure Status in Cannabis Consumers by Joint, Blunt, and Vape Use: Preliminary Results from the Herbal Heart Study



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BACKGROUND

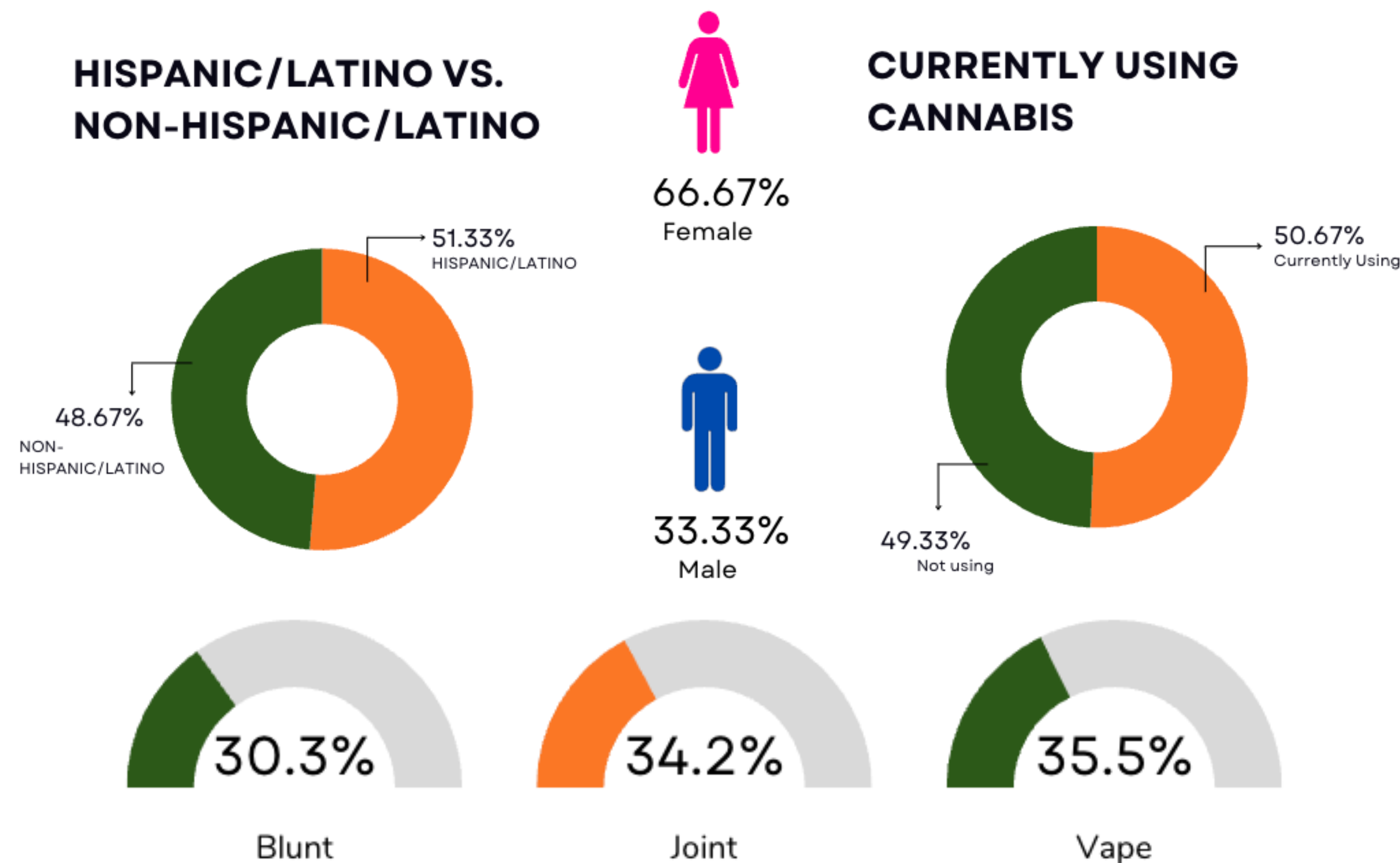
- ✦ Prior studies have reported raised heart rate as an immediate physiological response to cannabis ingestion, typically correlating with dosage.
- ✦ Although evidence suggests that cannabis use may have cardiovascular implications, findings are unclear, especially its effect on blood pressure by routes of cannabis administration.
- ✦ This study aims to explore the association of different routes of cannabis administration on blood pressure among young adult cannabis consumers.

METHODS

- ✦ Data from the baseline visit of the ongoing Herbal Heart Study cohort was used in the research, aiming to investigate the effects of cannabinoids and different cannabis administration methods on subclinical cardiovascular risk in young adults (aged 18-35) residing in South Florida.
- ✦ Cannabis usage was self-reported by participants and verified via rapid urine tests for drug screening.
- ✦ Blood pressure was measured using a digital sphygmomanometer, where three consecutive readings were taken, and the mean value of these readings was utilized for analysis purposes.
- ✦ Descriptive statistics were used to estimate the prevalence of abnormal blood pressure by different routes of cannabis administration: joint, blunt and vape.

RESULTS

SAMPLE DEMOGRAPHICS (N=150)



PREVALENCE OF NORMAL & ABNORMAL BLOOD PRESSURE BY ROUTES OF CANNABIS ADMINISTRATION

BLOOD PRESSURE					
	BLUNT	JOINT	VAPE	NON-USER	TOTAL
Normal	16 (69.57%)	24 (92.31%)	22 (81.48%)	66 (89.19%)	128 (85.33%)
Abnormal	7 (30.43%)	2 (7.69%)	5 (18.52%)	8 (10.81%)	22 (14.67%)
Total	23 (15.33%)	26 (17.33%)	27 (18.00%)	74 (49.33%)	150 (100.00%)

KEY FINDINGS

- ✦ Among the total sample of 150 participants, the mean age was 24.6 years (SD=4.5), with 66.7% being female, 51.3% identifying as Hispanic/Latino, and 50.7% reporting cannabis use.
- ✦ Within the cannabis user group, 30.3% used blunts, 34.2% used joints, and 35.5% used vape.
- ✦ Abnormal blood pressure was observed in 14.7% of the total sample, with 63.6% of those cases occurring among cannabis users.
- ✦ Among cannabis users with abnormal blood pressure, the majority were blunt users (31.8%), followed by vape users (22.7%) and joint users (9.1%).

CONCLUSION

- ✦ The findings indicated a higher prevalence of abnormal blood pressure among cannabis users, with variations observed based on the method of consumption.
- ✦ Further investigation is necessary to uncover potential causal relationships. Overall, future research is required on the method of consumption to gain a deeper understanding of the potential implications for subclinical cardiovascular risk associated with cannabis.

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