

## Background

- Cannabis plants contain over 100 different cannabinoids such as Delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD) that have been studied for their interaction with the endocannabinoid system and have shown to regulate mood, appetite, memory and sensation.
- Cancer patients experience a decrease in quality of life mainly due to chemotherapy induce nausea and vomiting (CINV) and cancer cachexia where cannabinoid treatments can play a role in diminishing these side effects.

## Discussion

- Surveys from volunteers at Texas Oncology in Plano included a total of 40 patients that were receiving treatment with chemotherapy or immunotherapy.
- Majority of the patients included in the survey were female, had normal food intake, some limitations into their activities of daily living, were between the ages of 65-70 years old, had weight loss of at least 2-13 lbs in the last 6 months and were receiving chemotherapy.
- The top three cancers identified in the survey included breast, lung, and others. Additionally, cannabis use was identified in 4 patients with 2 patients reporting daily use to treat symptoms of nausea/vomiting or to increase appetite. Most patients reported no symptoms of decrease appetite followed by hypogeusia/ageusia/dysgeusia and fatigue.
- Bar-Sela et al performed a pilot study to assess weight gain of  $\geq 10\%$  from baseline in cancer patients receiving dosage-controlled cannabis capsules for cancer related cachexia and anorexia syndrome (CACS) and demonstrated a weight increase of  $\geq 10\%$  in 3/17 (17.6%) patients, without significant side effects.
- Johnson et al reviewed 6 randomized control trials that evaluated the use of cannabinoids on appetite related outcomes and found no correlation suggesting improve appetite, weight or quality of life. However, limitations included were small sample sizes, lack of adjustment of confounding variables and lack of placebo-controlled trials.

## Conclusion

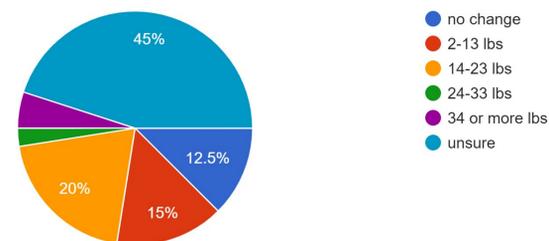
- Limitations include sample size of patient surveys and lack of multiple Texas Oncology locations sites participation.
- The use of cannabinoids in weight management has not been proven in clinical trials.
- Despite the lack of information from recent studies, it can be determined that cannabinoids are currently used in weight management and could have the potential to reduce side effects in cancer patients.
- There is currently no established treatment or nutritional product that is specifically target to cancer patients aid in weight management.

## Objectives

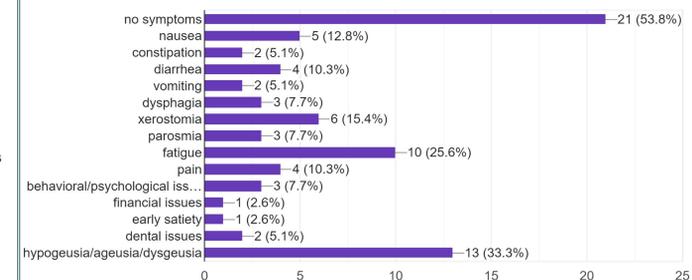
- Identify cannabinoids use in oncology patients and role in weight management
- Determine whether cannabinoids are effective in weight management of oncology patients

## Graphics

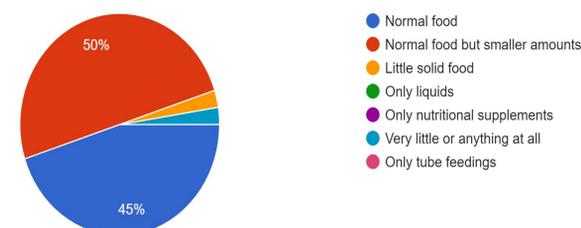
Weight loss in the past 6 months (lbs)  
40 responses



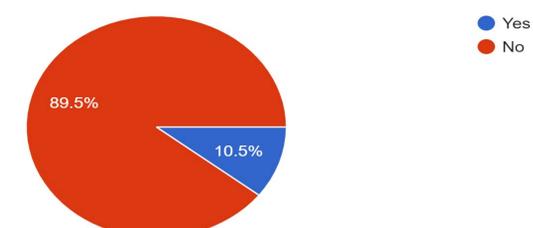
Symptoms that decreased appetite  
39 responses



Current diet  
40 responses



Cannabis use to treat any nausea or to increase appetite?  
38 responses



## Methods

- Databases were used to examine primary literature, secondary literature in addition to drug database search to include relevant data indicating the use of cannabinoids in weight management of cancer patients.
- Prospective analysis from voluntary patient surveys provided by Texas Oncology in Plano were analyzed.

## References

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2. Legare CA, Raup-Konsavage WM, Vrana KE. Therapeutic Potential of Cannabis, Cannabidiol, and Cannabinoid-Based Pharmaceuticals. *Pharmacology.* 2022;107(3-4):131-149. doi:10.1159/000521683
3. Bar-Sela G, Zalman D, Semenyty V, Ballan E. The Effects of Dosage-Controlled Cannabis Capsules on Cancer-Related Cachexia and Anorexia Syndrome in Advanced Cancer Patients: Pilot Study. *Integr Cancer Ther.* 2019;18:1534735419881498. doi:10.1177/1534735419881498
4. Johnson S, Ziegler J, August DA. Cannabinoid use for appetite stimulation and weight gain in cancer care: Does recent evidence support an update of the European Society for Clinical Nutrition and Metabolism clinical guidelines?. *Nutr Clin Pract.* 2021;36(4):793-807. doi:10.1002/ncp.10639