CANNABINOID HYPEREMESIS SYNDROME

Cannabinoid Hyperemesis Syndrome (CHS) is a condition experienced by frequent cannabis users which is characterized by the following symptoms.¹









These symptoms stop when a person stops using cannabis ¹

People with CHS may take hot showers very often to get relief from these symptoms. The hot water redirects pain sensors to the surface of the skin.¹

CHS was recognized as a medical condition in 2016.² With increased accessibility to high-potency THC products, the prevalence of CHS may be on the rise.^{3,4}It is common for people with CHS to be misdiagnosed or underdiagnosed as a result of CHS being relatively uncommon and having many mimics, such as Cyclical Vomiting Syndrome.²

Understanding CHS still requires further research, but these are some of the possible underlying causes of the condition¹

Genes which cause certain people to be prone to toxic build-up of cannabis-derived chemicals. which causes nausea

Overstimulation of receptors by cannabis compounds causes nausea

Chronic cannabis use turns off nausea-reducing receptors

It is widely agreed upon that frequent cannabis use (at least once a week) for a long time can trigger CHS. ¹⁻⁴ Therefore, it is vital for people to disclose their cannabis use to their healthcare provider if they show any CHS symptoms.

RECOGNIZE THE STAGES OF CHS

PHASE⁵ INITIAI (PRODROMAL) **ACTIVE** (HYPEREMETIC) **RECOVERY**

SYMPTOMS⁵

HARM REDUCTION

- Excessive thirst, flushed skin, abdominal discomfort, nausea, and anxiety
- Lasts weeks or months prior to active stage

Recognize the signs, consume lower potency products, take a break from cannabis

- Increased abdominal pain and nausea
- Onset of vomiting and dehydration (risk of kidney failure)
- Lasts until a person has stopped using cannabis for a long time

Stay as hydrated as possible, limit the length and heat of hot showers to reduce risk of dehydration, disclose symptoms and cannabis use to healthcare provider

- CHS symptoms stop gradually
- Restarting use (even after a long time away from cannabis) may cause patients to enter back into cycle

Find healthier alternatives to cannabis use and if you need assistance with avoiding cannabis, seek support from your healthcare provider

References

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