**Edible Cannabis Use May Carry Unexpected Risks**

**食用大麻或存在意想不到的风险**

Experts warn there could be unexpected health risks from eating foods containing the drug cannabis. Those risks include accidental overdose, children eating them accidentally and unexpected effects in older adults.

有专家警告称，食用含有大麻的食物可能会给身体健康带来意想不到的伤害，其中包含意外服食过量、儿童意外进食、对老年人健康产生未知影响。

The commentary by doctors Lawrence Loh and Jasleen K. Grewaland appeared in the Canadian Medical Association Journal.

劳伦斯·洛和贾斯琳·K·格雷瓦兰博士在《加拿大医学会杂志》上发表了这一评论。

Loh is with the Dalla Lana School of Public Health at the University of Toronto. He said, “What we really want the public to know is that legal doesn’t mean safe. People need to know that how they react will depend on the manner cannabis is consumed, the amount that is consumed and the person’s own metabolism...”

劳伦斯·洛就职于多伦多大学达拉拉纳公共卫生学院。他说：“我们真正希望向公众传达的是，合法并不意味着安全。人们需要知道，食用大麻的效果取决于他们的食用方式、使用剂量以及食用人自身的新陈代谢情况……”

Loh said it can take hours for the cannabis high to take effect if the drug is eaten instead of smoked. So, he said, people might eat more of the cannabis as they wait for the high to happen.

劳伦斯·洛还说，如果是进食大麻而非吸食的话，那它需要花费几个小时才能起作用。他表示，由于需要等待它起作用，等待或会导致人们吃进去更多大麻。

While a cannabis overdose will not kill you, it can be unpleasant, Loh said. He added, “We suggest people start with a low dose and go slow.”

劳伦斯·洛表示，虽然过量食用大麻不会致死，但它却能让人难受。他还补充道：“我们的建议是从低剂量开始，慢慢来。”

Loh and Grewaland also advise older adults be extra careful with edible cannabis. They could be at greater risk for falls and injury, especially those who are not used to the drug’s effects.

劳伦斯·洛和格雷瓦兰还建议老年人要格外小心食用大麻。大麻或更容易导致他们跌倒和受伤，特别是那些不习惯这类药物药效的人群。

Loh also warns that adults should be mindful that edible cannabis products might interest children. Loh said the drugs should be stored carefully “to make sure kids can’t get into it.”

劳伦斯·洛还警告称，成年人还应该特别留心可食用大麻产品很有可能会吸引儿童。劳伦斯·洛表示，这类药物应该被小心储存“确保小孩无法接近它们。”

Loh and Grewaland also suggest that doctors add questions about cannabis to those they usually ask a patient, so they can offer education and advice.

洛和格雷瓦兰还建议医生在平时询问病人的问题中增加有关大麻的问题，这样可以达到教育和建议患者的目的。

A warning such as this one “is really important,” said Dr. Michael Lynch. He is medical director of the Pittsburgh Poison Center and with the University of Pittsburgh School of Medicine in Pennsylvania.

匹兹堡毒药中心和宾夕法尼亚州匹兹堡大学医学院的医学主任迈克尔·林奇博士称：这样的警告“真的很有必要”。

Lynch said the risk of dying from an overdose is low. But he added that the risks of medical problems or injury is very real. “The greatest risk is to the young and the old,” he said.

林奇说，虽然死于过量用药的风险很低。但是他补充说，这却能引发很现实的医疗问题或受伤风险。“最容易产生风险的是年纪较小和年纪较大的人，”他说。

Lynch said those who overdose would be at risk for falls, vomiting and weakness.

林奇还表示，那些服用（大麻）过量的人或会面临跌倒、呕吐和抵抗力下降的风险。

An increase in heart rate and blood pressure could also be more of a problem for older people, Lynch said.

对老年人来说，更易引发心率和血压升高的问题，林奇说道。

He added, “People need to be educated about the risk so these outcomes can be avoided.”

他还补充道：“人们需要接受相关的风险教育，这样才能避免这些后果。”

I’m Caty Weaver.

凯蒂·韦弗报道。

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