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CARDI•OH
Ohio Cardiovascular and Diabetes Health Collaborative

Cardi-OH Update

Summer
AUGUST EDITION



The Ohio Cardiovascular & Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

Tune in to Cardi-OH Radio

Podcast 59 - Beyond Statins: Practical Approaches to LDL Management

Listen to Wesley Milks, MD, from The Ohio State University.

Moderated by T.M. Ayodele Adesanya, MD, PhD, The Ohio State University.

Cardi-OH Radio podcasts highlight national, state, and local leaders discussing timely topics for primary care clinicians.

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**Cardi-OH
RADIO**



Wesley Milks, MD

Pearls for Clinical Practice

Capsule 58 - Cannabis and Associated Cardiovascular Risks

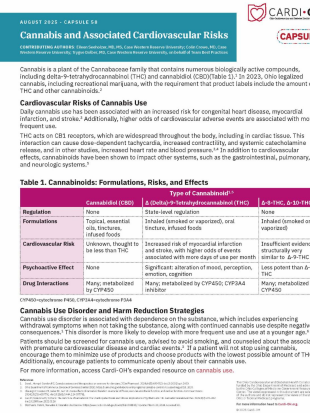
Did You Know?

Daily cannabis use has been linked to higher risks of congenital heart disease, heart attack, and stroke.

Cardi-OH

CAPSULE

Capsules provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.



August 2023 - CAPSULE 54
Cannabinoids and Associated Cardiovascular Risks
 Cannabinoids are a plant of the Cannabaceae family that contains numerous biologically active compounds, including delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD) (Table 1).¹ In 2023, Ohio regulated cannabis, including recreational marijuana, with the requirement that product labels include the amount of THC and other cannabinoids.²
Cardiovascular Risks of Cannabis Use
 Daily cannabis use has been associated with an increased risk for congenital heart disease, myocardial infarction, and stroke.³ Additionally, higher odds of cardiovascular adverse events are associated with more frequent use.⁴
 THC acts on CB1 receptors, which are widespread throughout the body, including in cardiac tissue. This interaction can cause dose-dependent tachycardia, increased contractility, and systemic catecholamine release, and in other studies, increased heart rate and blood pressure.^{5,6} In addition to cardiovascular effects, cannabinoids have been shown to impact other systems, such as the gastrointestinal, pulmonary, and neurologic systems.⁷

	THC vs. CBD	
	THC (delta-9-tetrahydrocannabinol)	CBD (cannabidiol)
Regulation	None	State-level regulation
Formulation	Flavored, medicinal oils, lozenges, infused foods	Inhaled (smoked or vaped)
Cardiovascular Risk	Increased risk of myocardial infarction and stroke, with higher odds of events associated with more days of use per month	Decreased risk of myocardial infarction and stroke, with lower odds of events associated with more days of use per month
Psychotropic Effect	None	Significant alteration of mood, perception, attention, cognition
Drug Interactions	Many, metabolized by CYP450	Many, metabolized by CYP450

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Cannabis Use Disorder and Harm Reduction Strategies
 Cannabis use disorder is associated with dependence on the substance, which includes experiencing withdrawal symptoms when not taking the substance, along with continued cannabis use despite negative consequences.⁸ This disorder is more likely to develop with more frequent use and use of a stronger type.⁹
 Patients should be screened for cannabis use, advised to avoid smoking, and counseled about the association with respiratory disease and cancer.¹⁰ If a patient will not stop using cannabis, encourage them to minimize use of products and choose products with the lowest possible amount of THC. Additionally, encourage patients to communicate openly about their cannabis use.
 For more information, access Cardi-OH's expanded resource on cannabis use.

What You Need to Know

The Benefits of Green Space on Heart Health

Access to green space, such as parks and gardens, supports cardiovascular health by promoting physical activity, reducing stress, and improving air quality. Read about the physiological and psychosocial mechanisms linking green space to heart disease risk factors and strategies for increasing green space access in the community and in health care settings.

Articles focus on high-priority topics in cardiovascular and diabetes care designed for primary care clinicians.



Cardi-OH ARTICLES

August 2023
The Benefits of Green Space on Heart Health
 Contributing authors on behalf of Team Best Practices:
 Robert A. Berg, PhD, Case Western Reserve University
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 Carolyn Kremenek, PhD, MS, Case Western Reserve University
 The built neighborhood environment is an important driver of cardiovascular health.¹
 Access to green space—such as parks, gardens, and natural areas—is a vital factor in urban planning and public health. These spaces support cardiovascular health by encouraging physical activity, reducing stress, and improving air quality. Their role in promoting physical and mental well-being makes them essential in efforts to create healthier communities.^{2,3} Accordingly, disparities in access that lead to diminished exposure to green space can be detrimental to cardiovascular health.^{4,5}

Mechanisms Linking Green Space Exposure and Cardiovascular Disease Risk Factors
 There are three interconnected pathways through which green space may benefit health (Figure 1).⁶

Figure 1. Pathways of Green Space Influence on Health

Green space leads to **Reducing harm (mitigation)** (Example: Reducing exposure to environmental stressors—air pollution, noise, and heat), **Restoring capacities (restoration)** (Example: Attention restoration and psychological stress recovery), and **Building capacities (instauration)** (Example: Encouraging physical activity and building social cohesion). These pathways lead to **Health and well-being** (Example: Improved self-perceived health, higher birth weight, lower body mass index, lower risk for depression, and lower cardiovascular and all-cause mortality).

Adapted from: Hopkins, et al. Linking green space to health: Theoretical and methodological guidance. Cardi-OH | The Benefits of Green Space on Heart Health | 1

News You Can Use

Current 53 - Shorter Blood Pressure Protocols Effective to Diagnose Hypertension

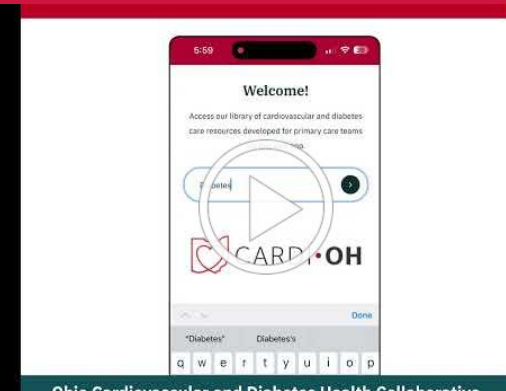
Currents provide brief summaries of the latest advances in medicine or clinical practice related to diabetes or hypertension and include links to additional resources.



Cardi-OH CURRENT

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Visit [Cardi-OH.org](https://cardi-oh.org) to read more about the collaborative and our latest best practices.



Sharing best practices to improve cardiovascular and diabetes health

In partnership with



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