



Mar-Anon Family Groups

Support and Hope For Those
Affected By Another's Marijuana Use.

About Us

Mar-Anon is a fellowship of those affected by another person's marijuana use. Its foundation is the Twelve Steps, adapted from Marijuana Anonymous, which can be a powerful, life-changing tool. We come together to work the steps and offer hope, comfort, and support for other members. We use the steps as a path of self-discovery and personal change.

The words marijuana and cannabis,
are being used interchangeably.



You are not alone.

Mar-Anon.com
maranon.group@gmail.com



Mar-Anon.com

What is CHS, Cannabinoid Hyperemesis Syndrome?



Mar-Anon Family Groups

Support And Hope For Those
Affected By Another's Marijuana Use

Mar-Anon.com
maranon.group@gmail.com

What is Cannabinoid Hyperemesis Syndrome?

A medical condition resulting from overuse of the chemicals (cannabinoids) of the cannabis plant where people experience abdominal pain, nausea, cyclic vomiting or scromiting. This syndrome can occur with the use of CBD products too.

What causes CHS?

The chemical or cannabinoids from the cannabis/marijuana plant overload the endocannabinoid system of the human body.

What are the signs and symptoms of CHS?

- Ongoing nausea
 - Repeated episodes of vomiting or scromiting or other GI problems
 - Belly pain
 - Decreased food/water intake and weight loss
 - **Dehydration**
 - Long hot showers
- (resource: Cedars Sinai)

What is scromiting?

Scromiting is a description of screaming and vomiting associated with CHS, cannabinoid hyperemesis syndrome.

Is there a cure of CHS?

The only cure known at this time is to stop using all cannabis products.

Is CHS fatal?

Yes, if marijuana use is not stopped, CHS can be fatal. Prolonged vomiting may lead to:

- dehydration
- electrolyte problems
- Muscle spasms or weakness
- Seizures
- Heart rhythm abnormalities
- Shock
- In rare cases, brain swelling (cerebral edema)

Please seek medical treatment immediately if you or someone is experiencing these symptoms. Call 911.

How long does it take to recover from CHS?

There is no definitive answer on how long it takes to recover from CHS. Some people start to feel better within a few days and some people report that it can take up to several months to recover.

Why do some people say cannabis helps nausea and vomiting?

There is an FDA-approved medication that is prescribed to some cancer patients to treat symptoms of nausea and increase appetite called Marinol or Dronabinol. It's prescribed in low doses and under the direction of a reputable medical professional.

***We recommend taking medical advice from medical professionals and *not* budtenders.**

How do I help a loved one with CHS?

When a loved one is suffering from CHS it's important that family members get help and support too. We recommend talking to your medical doctor, seeking professional counseling, and attending support meetings like Mar-anon. Also, please encourage medical treatment and support for the person suffering from CHS. **Also, please encourage medical treatment and support for the person suffering from CHS.**

Contact us at:

maranon.group@gmail.com



Mar-Anon.com



The information in this pamphlet has been verified by a professional organization that is not affiliated with Mar-anon.

