

Mayo Clinic Minute: Is CBD safe to use?

Video	Audio
Brent Bauer, M.D. Integrative Medicine Mayo Clinic	"CBD comes from cannabis sativa, which is the plant from which we get marijuana, which has THC, which is the effect that gets people high."
	CBD is being touted to help treat nausea, anxiety, cancer, arthritis and even Alzheimer's. Does it work?
	"We know in animal studies and some test-tube studies, it seems to be pretty good for anti-inflammatory, may have some anti-pain (properties), and it certainly has some effect on mood."
	Patients, such as those being treated with cancer, should talk with their care team before using CBD.
	"It can interfere with the metabolism of some chemotherapy agents."
	Dr. Brent Bauer says there needs to be more research on CBD. Early indicators show it's safe, but many questions remain.
	"If it's strong enough to help you, it's strong enough to hurt you."
	Dr. Bauer tells his patients to do their homework and be sure to talk with their health care provider.
	"I'm very optimistic that there will be something beneficial there. I don't think it's going to be magic."
	For the Mayo Clinic News Network, I'm Jason Howland.