



## BONUS ARTICLE

### Delta-8: A risky way to cope with stress

When you're under stress, it's natural to look for a way to ease the strain. A product that has become more prominent in the past year is a risky way to relax, however.

Delta-8 tetrahydrocannabinol, also called delta-8 THC, is one of the chemicals found in the cannabis plant. It is very similar to delta-9 THC, the chemical in marijuana that causes the high feeling.

Delta-8 THC is made from hemp, and is touted for calming or anxiety-relieving effects. Because hemp is legal nationwide, delta-8 is in a legal gray area.



That does not mean delta-8 THC products are safe to use, however. The Food and Drug Administration (FDA) notes that:

- Delta-8 is only found in small amounts in the hemp plant. Because of this, it is usually made from cannabidiol (CBD) that is synthetically converted into delta-8 THC using solvent, acid, and heat. This process may create harmful by-products.

- Marketing for delta-8 products may be misleading. They have not been approved for therapeutic or medical uses.
- Using a delta-8 product may result in a bad reaction, including vomiting, hallucinations, trouble standing, and loss of consciousness. This could lead to a trip to the hospital.
- National poison control centers received 660 exposure cases of delta-8 THC products between January 1, 2021, and July 31, 2021. Of these, 18 percent required hospitalizations, including children who required intensive care unit admission.
- Delta-8 products include gummies, chocolates, and candies, which may appeal to children.
- Animal poison control centers have noted a sharp increase in accidental exposure of pets to these products.

Turning to delta-8, or any drugs or alcohol during times of stress, has the potential to cause health problems. When stress builds, look for healthier ways to cope, including meditation, yoga, deep breathing, or physical activity.

Talk to your doctor or contact your employee assistance program if you're feeling overwhelmed, or if you would like more information on healthy ways to manage stress. ♦