



## Across

1. CBD (cannabidiol) is not completely \_\_\_ to use.
4. Cannabis is a \_\_\_ that can interfere with other medications.
5. At first, cannabis increases blood pressure and heart rate making this a risk.
8. Myth or Fact: Medical cannabis advice is the same for everyone.
9. # 1 injury for older adults. Cannabis reduces coordination increasing risk of a \_\_\_.
10. Don't drink this and use cannabis at the same time.
11. A body part cannabis permanently changes causing memory issues.

## Down

- 2 To reduce your risks, only use a maximum of this many day (s) a week.
3. A less harmful way to consume cannabis other than smoking.
4. Talk to a \_\_\_ before trying cannabis.
5. A low risk slogan: start low and go \_\_\_.
6. Taking cannabis this way causes lung problems such as bronchitis or infections.
7. You can't do this safely if using cannabis
9. Myth or Fact: If you have a history of mental health issues don't use cannabis.

For more information: [Ottawapublichealth.ca/Newsletter](http://Ottawapublichealth.ca/Newsletter)