

International Conference on

# Complementary & Alternative Medicine

October 17-18, 2018 | Las Vegas, USA

## Cannabis and sexual health: Identifying unknowns through quantitative and qualitative inquiry

**Regina Nelson**

Integral Education & Consulting, LLC, USA

The internet is rampant with claims tying cannabis use to sexual enhancement, but its longtime status as a controlled substance has inhibited serious scholarly investigation of the physiological connection between cannabis and sexual health. Among those few scientific studies performed, study methodologies – participant pools limited by stigma associated with an illegal drug; the lack of studies examining biphasic effects (those that vary widely) reported by cannabis users; overreliance on studying only heterosexuals, to the exclusion of LGBTQ individuals; and, perhaps most notably, studies that measure only or predominantly smoked cannabis products – have led to findings that are limited in their scope and relevance, as well as unsupportable claims of health benefits. Now, as cannabis use evolves into the mainstream and widespread medical and commercial use, the health benefits/risks of cannabis products and their relation to sexual health are particularly important to public health officials and consumers alike. The presenter, a co-principal investigator in a mixed methods study investigating how cannabis products designed for sexual enhancement and health for all (specifically those ingested through means other than traditional smoking: lubes, oils, etc.) affect sexual behaviors and performance will provide a broad overview of this new research and methodological approach, including the study's design, research questions, and initial data. This presentation will include how this study proposes to explore sexuality using explorative questions in addition to quantitative data collection, allowing participant narratives to expand to broader contexts than past studies have allowed.

Regina@myecstherapy.org