



## CBD

Hosts: Rebecca Gillett, MS OTR/L and Julie Eller  
Guest Speaker: Kevin Boehnke, PhD

Everybody is talking about CBD these days. We are, too! Whether it's health and beauty products, or foods, or even your local coffee shop, it seems everyone is getting in on the act. People take it for everything from anxiety and depression to pain and sleeplessness, even migraines. A growing number of people with all types of arthritis — from osteoarthritis to rheumatoid and psoriatic arthritis or fibromyalgia — say they've tried it or plan to.

In this episode, we interview Kevin Boehnke, PhD. Dr. Boehnke is a research investigator at the Chronic Pain and Fatigue Research Center at the University of Michigan School of Medicine. He is leading several studies examining the effects of cannabis and cannabinoids as an analgesic and opioid substitute in chronic pain. He'll separate fact from fiction and give valuable advice and guardrails for trying CBD products for arthritis pain.

"I think there's a lot of promise for CBD to be helpful for people with arthritis, and the more we view it in a thoughtful and judicious way, as a tool opposed to a panacea, the better." —Kevin Boehnke, PhD

Together, Rebecca and Julie, the podcast's co-hosts, who are also patients living with arthritis, ask questions about known research, benefits and risks. Dr. Boehnke provides tips for setting treatment goals, tracking symptoms and monitoring any benefits. You'll also hear tips for savvy shopping and the how the Arthritis Foundation has reached out to the FDA to establish regulations that protect consumers.

[Listen today!](#)

**Some additional Arthritis Foundation resources on the topic of CBD:**

[Arthritis Foundation CBD Guidance for Adults With Arthritis](#)

[Arthritis Foundation Survey of CBD Use Among Arthritis Patients](#)

[Arthritis Foundation statement to FDA](#)

[Breaking the Pain Chain Toolkit](#)

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