

# MEDICAL MARIJUANA FOR PARKINSON'S DISEASE? WHAT YOU SHOULD KNOW.

EDUCATIONAL SERIES:  
HEALTH CONDITIONS

Updated 2025

## FLORIDA LAW FORMALLY RECOGNIZES PARKINSON'S DISEASE AS A QUALIFYING CONDITION FOR MEDICAL MARIJUANA.

### WHAT IS PARKINSON'S DISEASE?

- Parkinson's Disease is a type of movement disorder that effects nerve cells in the brain and nervous system. Parkinson's Disease gets worse over time.
- People with Parkinson's Disease may experience symptoms such as shaking (called tremors), muscle stiffness (called rigidity), muscle spasms (called dyskinesia), slow movement (called bradykinesia), balance problems, pain, speech changes, difficulty swallowing, bladder and bowel problems, fatigue, and memory problems.



### CAN MEDICAL MARIJUANA HELP PARKINSON'S DISEASE?

- Studies to date suggest that medical marijuana may not help some movement-related symptoms (such as balance and slow movements) associated with Parkinson's Disease, but may potentially help muscle spasms.
- Studies to date suggest that medical marijuana might help with certain symptoms, related to Parkinson's Disease, most notably pain relief.
- Studies to date also caution that medical marijuana use may be associated with risks such as confusion, dizziness, and these effects may be higher risk for people with Parkinson's Disease.



### WHAT SHOULD I ASK MY HEALTHCARE PROVIDER?

1. Discuss if you are experiencing problems with balance or have a history of falls.

Patients who are experiencing falls or risk for falling, and/or problems with balance, may experience worsening problems with balance if using medical marijuana.

2. Discuss if you are taking any prescription medications to treat other conditions, such as pain, depression, cancer, or for an autoimmune disorder.

Certain compounds found in medical marijuana can interact with medications for those conditions and may require further dosing adjustments that should be guided by a physician.

3. Report and discuss any concerning effects of medical marijuana with your physician.

There are many possible interactions between medical marijuana, diseases, medications, and other substances. Therefore, regular communication with your healthcare provider can assist in identifying risks.

1. The 2020 Florida Statutes. Title XXIX, Chapter 381, section 381.986: Medical use of marijuana.  
2. National Institute of Neurological Disorders and Stroke. National Institutes of Health. Parkinson's Disease. Updated March 5, 2025.  
3. Urbí B, Corbett J, Hughes I, Owusu MA, Thoming S, Broadley SA, Sabet A, Heshmat S. Effects of cannabis in Parkinson's disease: A systematic review and meta-analysis. *Journal of Parkinson's Disease*. 2022 Feb 15;12(2):495-508.

4. Varshney K, Patel A, Ansari S, Shet P, Panag SS. Cannabinoids in treating Parkinson's disease symptoms: a systematic review of clinical studies. *Cannabis and Cannabinoid Research*. 2023 Oct 1;8(5):716-30.  
5. National Academy of Sciences, Engineering, and Medicine. 2017. The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research. Washington, DC: The National Academies Press.

For more information, please visit the Consortium for Medical Marijuana Clinical Outcomes Research at [mmjoutcomes.org](http://mmjoutcomes.org).

Please note: this document is for informational purposes only, but is not medical or legal advice and should not be used to make healthcare decisions. Please consult your healthcare provider to find out what treatment options are available for you.

# ABOUT THE CONSORTIUM

Established in June 2019, the Consortium for Medical Marijuana Clinical Outcomes Research conducts, shares, and supports research on the effects of medical marijuana on health conditions and symptoms in Florida.

Composed of eleven universities across the state and led by a leadership team at the University of Florida, the Consortium works to contribute to the understanding of medical marijuana use on health conditions and symptoms.



## MEMBER UNIVERSITIES

## CONTACT US

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