

# MEDICAL MARIJUANA FOR MULTIPLE SCLEROSIS? WHAT YOU SHOULD KNOW.

**EDUCATIONAL SERIES:  
HEALTH CONDITIONS**

Updated 2025

## FLORIDA LAW FORMALLY RECOGNIZES MULTIPLE SCLEROSIS (MS) AS A QUALIFYING CONDITION FOR MEDICAL MARIJUANA.

### WHAT IS MS?

- Multiple Sclerosis (MS) is a disease of the central nervous system and is considered an autoimmune condition. There are several types of MS and symptoms differ by type, but usually begin to appear in young adulthood.
- People with MS experience symptoms differently, but common symptoms include: weakness in muscles, rigid muscles (called spasticity), difficulty controlling muscles, painful muscle spasms, tingling, numbness, dizziness, vision problems, fatigue, mood changes, changes in memory, bladder control problems, and problems with balance.



### CAN MEDICAL MARIJUANA HELP MS?

- Many studies have examined the effect of medical marijuana as treatment for symptoms of MS, most commonly symptoms of spasticity (meaning stiff muscles or challenges with muscle control) and pain.
- Studies to date suggest that medical marijuana might help with certain MS symptoms, including: certain types of pain relief, the severity of spasticity (rigid muscles) and/or muscle spasms.
- Studies to date also caution that medical marijuana use may be associated with risks such as confusion, dizziness, and feeling sick (e.g., nausea).

### WHAT SHOULD I ASK MY HEALTHCARE PROVIDER?

1. Discuss if you experience dizziness or have a history of falls.

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

2. Discuss if you are taking any prescription medications, such as medications to treat pain, depression, cancer, or for an autoimmune disorder (including MS).

Certain compounds found in medical marijuana may possibly interact with common 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. Multiple Sclerosis. Updated January 31, 2025.  
3. Torres-Moreno MC et al. Assessment and Tolerability of Medicinal Cannabinoids in Patients with Multiple Sclerosis: A Systematic Review and Meta-Analysis. JAMA Network Open. 1(6):e183785.

4. Jugl S et al. A Mapping Literature Review of Medical Cannabis Clinical Outcomes and Quality of Evidence in Approved Conditions in the USA from 2016 to 2019. Med Cannabis Cannabinoids 2021. 4(1):21-42.  
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.

# 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

Questions? Email: [mmj.outcomes@cop.ufl.edu](mailto:mmj.outcomes@cop.ufl.edu)

For more information, please visit our website at [mmjoutcomes.org](http://mmjoutcomes.org)



Consortium for  
Medical Marijuana  
Clinical Outcomes Research