



# Cannabis smoking is associated with advanced epigenetic age

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**Current cannabis smoking is significantly associated with faster peripheral blood epigenetic age acceleration; interestingly, cannabis smoking cessation is shown to normalise this age acceleration signal.** <https://bit.ly/3x7s2CU>

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*To the Editor:*

Cannabis use has been controversial, largely having been designated a controlled substance over the past century. While certain studies have linked cannabis smoking with harmful effects such as increased respiratory symptoms and faster lung function decline in older adults [1, 2], these findings have not been fully replicated by others [3]. The link between cannabis and disease pathogenesis may best be explored through DNA methylation. This mechanism consists of the addition or removal of a methyl group at a cytosine–guanine residue (CpG), can be influenced by exposures, and can modify transcription. Methylation changes can accumulate over time in patterns that are highly associated with age, leading to the development of epigenetic clocks that can estimate biological age [4].

