



This occasional section within the journal surveys visions and achievements, often not on the main track of the developing biomedical sciences, but all relating to discoveries and developments of medicinal – both ancient and modern. What they have in common, in one way or another, is providing further background and glances around the edges of the core discipline of pharmacognosy, as it has been and continues to evolve within our times.

## Medical Cannabis *sativa* L. Use Improves Quality of Life for People with Chronic Illnesses

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The use of medicinal cannabis in patients with chronic illnesses has risen significantly in recent years globally, particularly in people suffering from chronic illnesses. A recent study Published in PLOS One examined the long-term effects of cannabis use on health-related quality of life metrics, including pain, fatigue, sleep, anxiety, depression, and motor function in a large Australian cohort.<sup>1</sup> The patients suffered from a variety of chronic conditions, including musculoskeletal pain, neuropathic pain, insomnia, anxiety, as well as missed depressive and anxiety disorder. Interestingly, the authors reported significant clinical improvements in nearly all of the quality-of-life metrics assessed. The only exception was that not significant differences were

reported for motor function in individuals with movement disorders. The long-term maintenance of these improvements over a 12 month period supports the use of medical cannabis in people with chronic conditions.

### CONFLICT OF INTEREST

The author declares that there is no conflict of interest.

### REFERENCE

1. Tait MA, Costa DS, Campbell R, Warne LN, Norman R, Schug S, *et al.* Improvements in health-related quality of life are maintained long-term in patients prescribed medicinal cannabis in Australia: The QUEST Initiative 12-month follow-up observational study. PLoS One 2025;20(4):e0320756.



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# Fish Oil Use Lowers Blood Lipid Levels in People Genetically Predisposed Towards High Blood Cholesterol Levels

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High blood lipid levels is a biomarker for cardiovascular disease, which is the leading cause of mortality globally.<sup>1</sup> A study published in The American Journal of Clinical Nutrition examined the effects of fish oil supplementation on the levels of cholesterol, low-density lipoprotein (LDL) cholesterol, high-density lipoprotein (HDL) cholesterol, and triglycerides in people genetically predisposed to high blood lipid levels.<sup>2</sup> The authors reported that fish oil supplementation substantially reduced blood concentrations of cholesterol, LDL cholesterol, and triglycerides in people genetically predisposed to high blood lipid levels, whilst increasing the levels of HDL-associated cholesterol.

## CONFLICT OF INTEREST

The author declares that there is no conflict of interest.

## REFERENCES

1. Cock IE, Orchard A, Boo L, Van Vuuren SF. Southern African traditional herbal medicinal plants used to treat cardiovascular disease and related medical conditions: Traditional use and scientific evidence. *South African Journal of Botany* 2024;173:1-8.
2. Sun Y, McDonald T, Baur A, Xu H, Bateman NB, Shen Y, *et al.* Fish oil supplementation modifies the associations between genetically predicted and observed concentrations of blood lipids: a cross-sectional gene-diet interaction study in UK Biobank. *The American Journal of Clinical Nutrition* 2024;120(3):540-9.