

Supplementary 2. Recommendations for Clinical Practice

We support and encourage the rigorous documentation of lifestyle habits such as cannabis use—not merely as part of routine medical history, but as a medical act grounded in ethical commitment to patient health. This type of record should serve as a key tool for patient education, health awareness, and, when proper, cessation strategies.

The first step is to avoid approaching cannabis use from a place of stigma. Although cannabis consumption is becoming increasingly accepted in many cultures, patients may initially feel judged or uncomfortable discussing their use. Avoiding value-laden language allows for a more open, honest dialogue and fosters trust during the consultation.

Clinicians may ask guiding questions such as:

- Why do you use cannabis?
- Is it medicinal or recreational?
- What circumstances typically prompt you to use it?
- How often do you consume cannabis?
- What methods do you use (smoking, oil extracts, sprays, vaporizers, edibles)?
- Assess whether there are added relevant risk factors: Do you engage in other habits such as tobacco smoking, alcohol use, or oral sex practices?

If cannabis dependence is suspected and beyond your clinical scope, consider referring the patient to psychological or medical services—with their consent—especially in cases where their well-being may be compromised.

From a clinical perspective, conduct a comprehensive oral and systemic evaluation:

- Assess the patient's overall systemic and psychological health: Are they stable enough to undergo invasive dental procedures?
- In patients using cannabis-based medications or recreational cannabis, it is imperative to verify potential drug–drug interactions before prescribing any new medications (you may use an interaction checker such as Drugs.com or another reliable source).
- Examine all seven subsites of the oral cavity in detail.
- Assess mucosal hydration, salivary flow rate, and saliva quality.
- Check for carious lesions, periodontal disease (gingivitis or periodontitis), and stomatitis.
- Assess oral hygiene and educate the patient on proper oral care.
- Observe for any mucosal changes suggestive of oral potentially malignant disorders (OPMDs). If there are signs of mucosal alterations potentially associated with cannabis use, consider using a "Cannabis Smoke Exposure Calculator" (several tools are available online).
- Perform a thorough and integrative oral health assessment, documenting all relevant clinical findings in detail.

Finally, always educate the patient about the potential oral and systemic risks of cannabis use. Just as clinicians must be well-informed, patients also have the right to access right information. This education should be delivered in an empathetic and pedagogical manner, without trying to coerce the patient into cessation. The goal is not to persuade but to

empower—by equipping the patient with sufficient knowledge and resources so they can make an informed decision about their own health, including whether they wish to reduce or cease cannabis use.