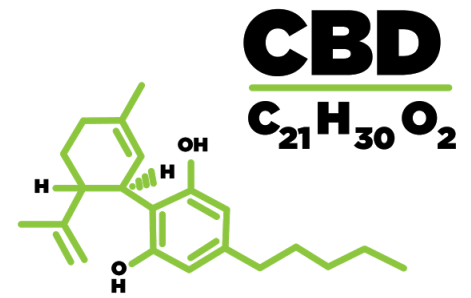


MEDICAL CANNABIS BASICS



- ✦ Cannabis is a species of plant. Hemp and marijuana are both cannabis and we only call them different things because of the legal definition that says hemp has less than 0.3% THC.
- ✦ Cannabis has many compounds. The raw cannabinoids include THCA, CBDA, etc. These raw acid forms have medicinal value but when they are heated they become the forms we are most familiar with THC & CBD.
- ✦ Cannabis also has terpenes which are what give each strain (or type) its distinctive smell and taste and terpenes can also change how the cannabis affects someone. For example, myrcene tastes peppery and is sought by people using cannabis to help them sleep.
- ✦ CBD is non-psychoactive but sometimes it makes people sleepy. On the other hand, many people say it helps them awaken in the morning. Everyone is different which is an important thing to remember with all cannabis products (as well as with any medication or supplement).
- ✦ THC is considered psychoactive (causes the high feeling) but many people take low doses that does not cause a high feeling but still has positive effects such as anti-nausea, appetite stimulation, seizure control, etc.
- ✦ While some children with seizures are able to use CBD only, many need THC or THCA in addition to CBD. Most people need to adjust their dosage to find the right amount and right ratio of CBD to THC.
- ✦ There are many methods to consume medical cannabis.
 - Smoking—Smoking cannabis in a joint or a bowl is the most commonly seen way
 - Vaping – people vape concentrates which are made by extracting the cannabinoids from the cannabis plant and then heating it up until a vapor is produced. While vaping got a bad reputation because of additives that were causing damage to lungs, the Maryland concentrates are tested to make sure there are no additives. Some experts believe that vaping is safer than smoking because a lower heat is used and the plant material has been removed so there is nothing being burned.
 - Sublingual – Putting an oil tincture under the tongue allows the cannabinoids to be quickly absorbed into the blood stream

- Edibles – The famous brownie is a cannabis oil cooked into a brownie but capsules, gummies, etc are all edibles. This is the slowest way for cannabis to get into the bloodstream as it has to be digested and go through the liver first.
- Suppositories – Likely the least common method, suppositories can be used for seizure control, menstrual pain, or when someone cannot orally consume cannabis.
- Topical/patches – topical application can help with seizures (applied to the feet) and can help with pain and inflammation where the cannabis topical is applied.
- ✿ There is not lethal dosage of cannabis because there are no receptors for cannabinoids in our brain stem and there is no known amount to cause liver toxicity. So, while you can overdose on Tylenol, you cannot overdose on cannabis.
- ✿ Just like with any medication, there is a lot of experimentation to find the right dosage and combination of cannabinoids and terpenes to achieve the optimum result.
- ✿ The average “joint” contains 100 mg of THC. Most children use less than 5 mg per dosage which is why they do not feel a psychoactive high. Adding CBD to the dosage often mitigates any high feeling.
- ✿ As someone uses cannabis, a tolerance will develop and they can often use more to get the desired medical effect without feeling the high.