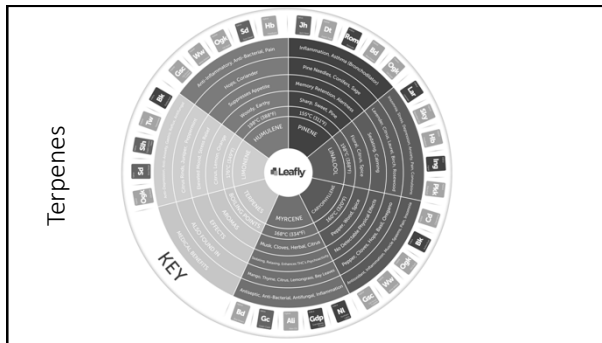
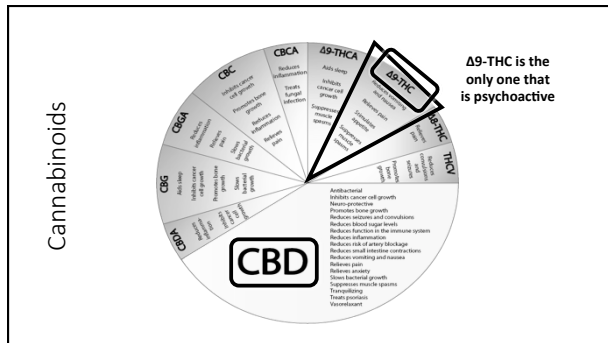




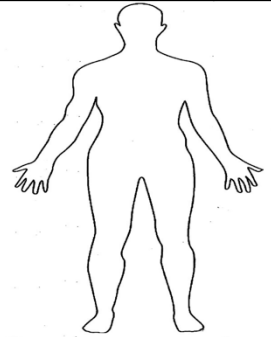
Questions Patients Ask Me

What's in cannabis?

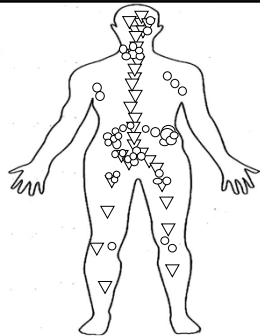


Why does cannabis work?

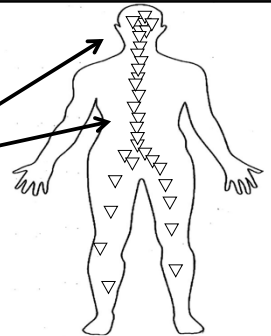
Humans have an Endocannabinoid System in their bodies



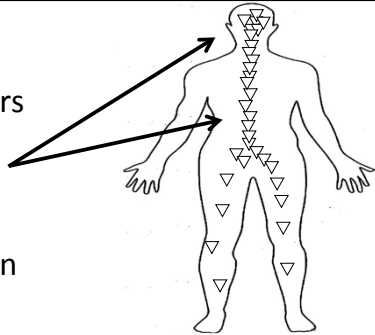
Receptors for these endocannabinoids can be found all over our bodies



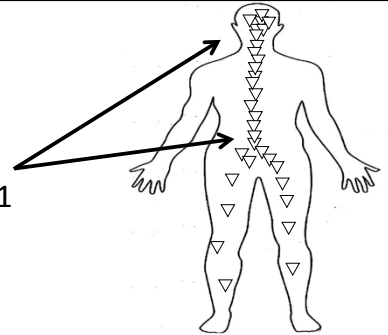
CB1 Receptors are found in the brain, spine and nerves

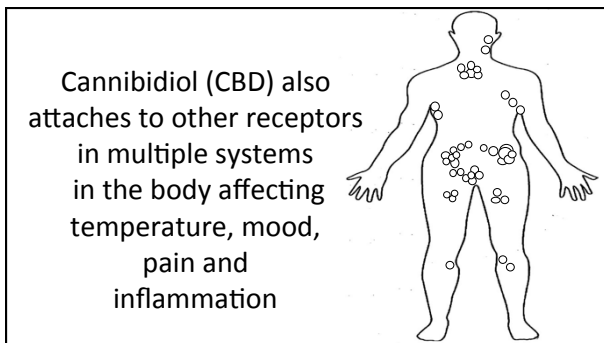
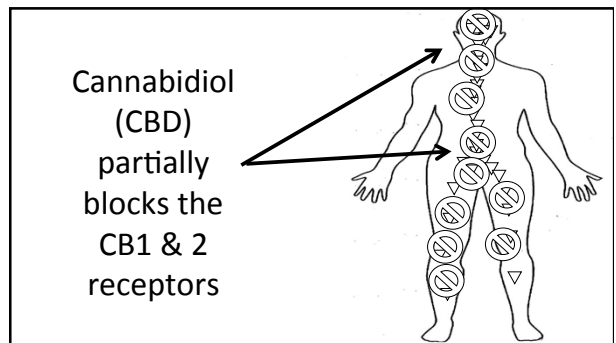
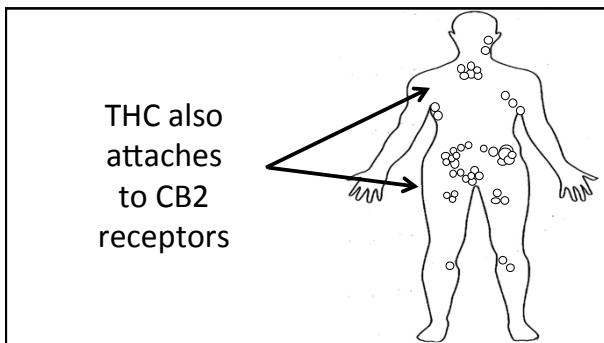
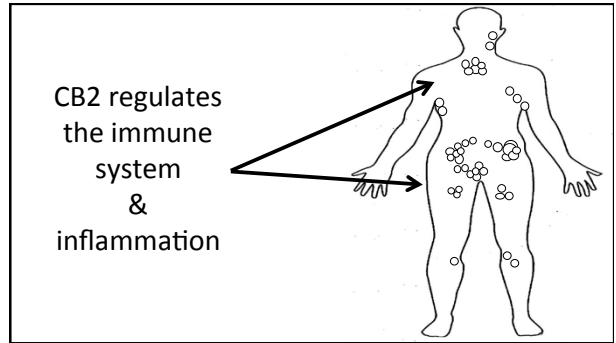
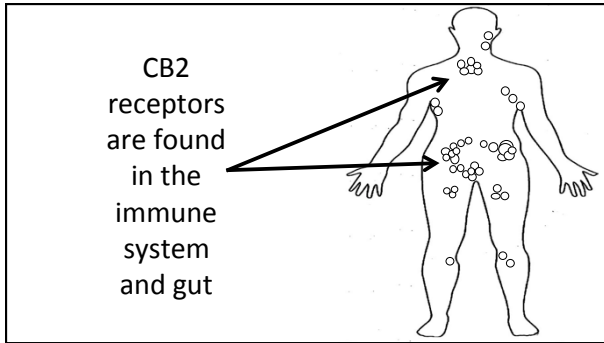


CB1 receptors regulate Memory, Pain and Coordination



THC attaches to the CB1 receptor





What are the side effects?

Common Side Effects

- Dizziness
- Dry mouth
- Drowsiness
- Anxiety
- Red eyes
- Nausea
- Fast pulse & Low BP
- Cognitive slowing

Uncommon Side Effects

- Panic attacks
- Paranoia
- Psychosis

How do I use it?

Using Medical Cannabis

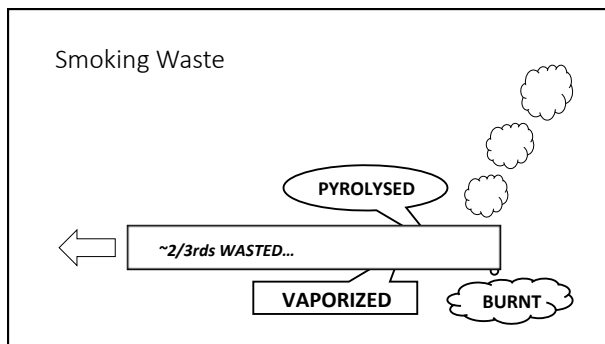
Don't smoke it!

Using Medical Cannabis

Vaporize or Take by Mouth

Smoking vs. Vaporizing

- Smoked:
- Prominent smell
 - Products of combustion
 - Wastage...



Smoking vs. Vaporizing

Vaped:

- Heated – not burned – no POCs or smell
- Wastes less
- Safe around home O2 or *in hospital setting...*

Edible Oils

- Already cooked – ready for consumption
- Easy to use – few drops
- Capsules are coming!

Is cannabis legal?

Legal cannabis

ACMPR Aug 2016:

- Authorized by a Doctor
- Purchased from a Licensed Producer.

Illegal cannabis

- Street
- Friend / Family
- Dispensary
- Compassion club
- Grow-op.

Do I have to use a Licensed Producer?

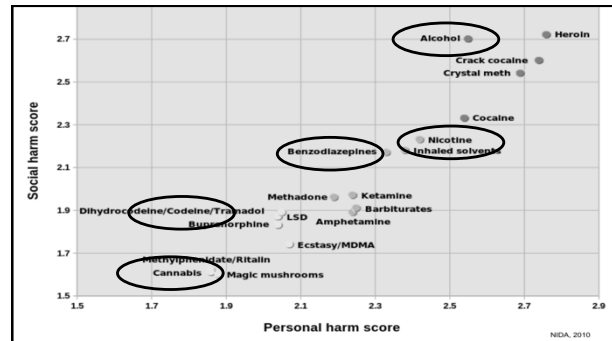
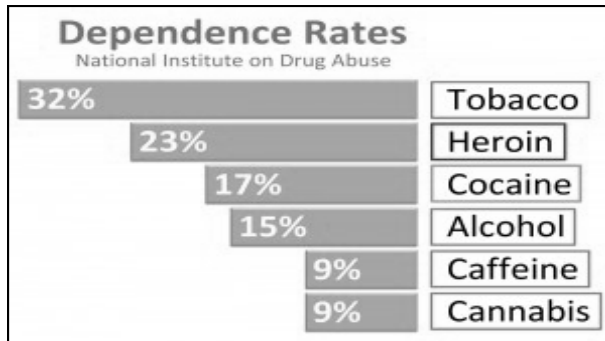
Licensed Producers

- Very high standards
- Regularly inspected
- Consistent
- Safe.

Grow-Ops

- No standards
- Not inspected
- Inconsistent
- Risky.

Is cannabis addictive?



Risk of Addiction

9% overall but:

- ↑ risk if previous addictions
- Worse if young
- Much less after 21.

How do I tell my kids
I'm using pot?

- "I'm using this to treat my pain, not to get high"
- "I'm prescribed it by my doctor"
- "Why don't you come in and speak with my doctor at my next appointment to learn more about it"

Isn't cannabis much stronger
now than it was in the 60s?

Stronger – not Worse



Does cannabis help with
Pain? Sleep? Anxiety?
Other stuff?

Cannabis: Literature

Looking just at Google Scholar:

The screenshot shows a Google Scholar search interface. The search bar contains the text "medical marijuana OR medical cannabis". Below the search bar, it indicates "About 3,110 results (0.06 sec)". A filter dropdown menu is set to "Since 2017".

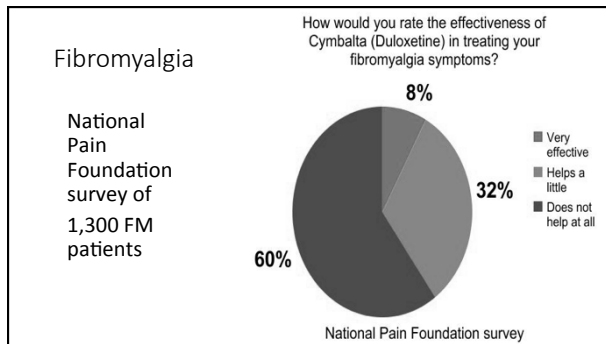
- ### Evidence for Cannabinoids
- Chronic pain
 - Neuropathic pain
 - Migraine
 - As an opioid sparing agent
 - MS spasticity, pain, urinary dysfunction
 - Spinal cord injury pain
 - Tourette’s Syndrome
 - Treatment resistant epilepsy
 - Insomnia in chronic pain, FM and MS...

- ### Some Evidence for Cannabinoids
- Non specific chronic abdominal pain
 - Behavioural and psychiatric symptoms of dementia (BPSD)
 - Dyskinesias in Parkinson’s and Huntington’s
 - Anxiety
 - PTSD
 - Rheumatoid Arthritis
 - Inflammatory bowel disease
 - Chemotherapy nausea
 - Palliative care management...

- ### Evidence Not To Use Cannabinoids
- Acute pain
 - Depression (Medical Cannabis)
 - Glaucoma.

- ### Insufficient Evidence for Cannabinoids
- | | |
|------------------------------|--------------------------|
| • Non-migraine headaches | • Cancer treatment |
| • Phantom limb pain and CRPS | • SUDs |
| • ALS | • Type 1 Diabetes |
| • Parkinson’s | • Asthma |
| • Depression | • Cardiovascular disease |
| • Autism | • Fibromyalgia. |

- ### Insufficient Evidence for Cannabinoids
- | | |
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| • ALS | • Type 1 Diabetes |
| • Parkinson’s | • Asthma |
| • Depression | • Cardiovascular disease |
| • Autism | • Fibromyalgia. |



Doesn't cannabis cause schizophrenia / psychosis?

Cannabis and Psychosis

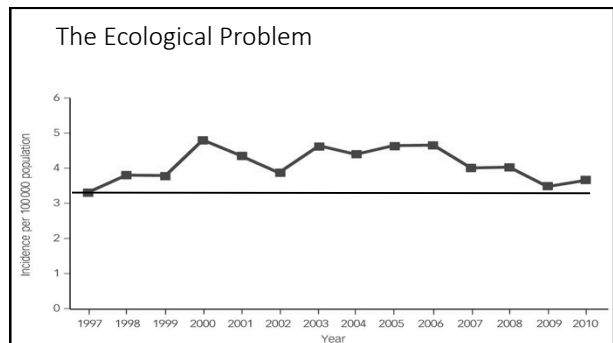
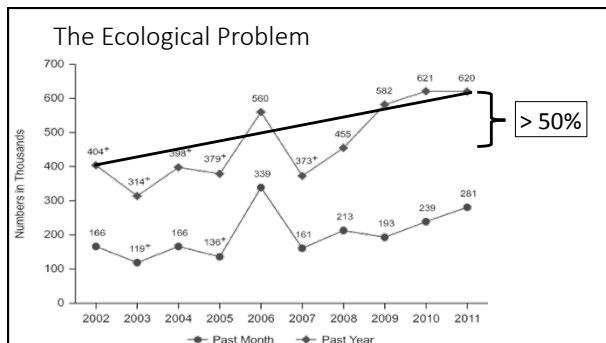
A controlled family study of cannabis users with and without psychosis
Schizophrenia Research, Volume 152, Issue 1, Pages 283–288, January 2014

“...having an increased familial risk for schizophrenia may be the underlying basis for schizophrenia in cannabis users and not cannabis use by itself.”

Cannabis and Psychosis

Chronic Adolescent Marijuana Use as a Risk Factor for Physical and Mental Health Problems in Young Adult Men.
Bechtold J. Psychology of Addictive Behaviors, Vol 29(3), Sep 2015, 552-563

“...chronic marijuana users were not more likely than nonusers to experience mental health problems in their mid-30s.”



What about driving?

Cannabis and Driving
Marijuana, driving, and accident safety
Journal of Psychoactive Drugs Gieringer, D 1988 20: 93-101.
"... The results to date of crash culpability studies have failed to demonstrate that drivers with cannabinoids in the blood are significantly more likely than drug-free drivers to be culpable in road crashes."

Cannabis and Driving
Ninth Report, UK House of Lords Select Committee on Science and Technology London: United Kingdom. 1997 Chapter 4: 4.7.
"Intoxication with cannabis leads to a slight impairment of psychomotor function. ... [However,] the impairment in driving skills does not appear to be severe, even immediately after taking cannabis...."

Cannabis and Driving
Cannabis: Summary Report. Canadian Senate Special Committee on Illegal Drugs. 2002. Ottawa. Chapter 8: Driving Under the Influence of Cannabis.
"Cannabis alone, particularly in low doses, has little effect on the skills involved in automobile driving."

Cannabis and Driving
Drugs and alcohol: their relative crash risk.
J Stud Alcohol Drugs. Romano E. 2014 Jan;75(1):56-64.
In fatal accidents:
Marijuana was not found to contribute significantly to crash risk.

National Highway Traffic Safety Administration Traffic Safety Facts Research Note February 2015
TRAFFIC SAFETY FACTS Research Note
Drug and Alcohol Crash Risk
Background and Introduction
While the reported use of alcohol for recreation and recreation by drivers has been well known for many decades, marijuana use has become more prevalent in recent years. The use of marijuana while driving has recently become an issue of national and international public health concern.
Background to the issue: Marijuana, alcohol, and driving
Marijuana is the most commonly used illicit drug in the United States. It is a psychoactive drug that is derived from the cannabis plant. The use of marijuana while driving has recently become an issue of national and international public health concern.
Challenges in Estimating Crash Risk from Drug Use
Conducting observational studies to estimate the risk of crash involvement from drug use presents many difficulties. The most significant challenge is the difficulty of measuring drug use accurately.
Epidemiological Studies
Epidemiological studies have been conducted to estimate the risk of crash involvement from drug use. These studies have generally found that the risk of crash involvement is higher for drivers who use drugs than for those who do not.
References
Romano E. (2014) Drugs and alcohol: their relative crash risk. J Stud Alcohol Drugs, 75(1):56-64.
Gieringer D. (1988) Marijuana, driving, and accident safety. Journal of Psychoactive Drugs, 20:93-101.
Canadian Senate Special Committee on Illegal Drugs. (2002) Cannabis: Summary Report. Ottawa: Canadian Senate.

Dangers of intoxication

- Same for any medicine
- Best to wait a few hours if unsure.

How do I talk to my doctor about Medical Cannabis?

First – Be Proactive

- Book the right kind of appointment
- Use your “therapeutic relationship”
- Get your doctor onside
- Use medical terms
- Don’t do this...

Second – Be Prepared

- Do some research
- Bring in relevant studies
- Have a Licensed Producer already picked out
- Have all the LP paperwork prepared

Third – Be Helpful

- Have SMART Goals ready
- Offer to sign a Treatment Agreement
- Be prepared to offer a urine drug test
- Make your doctor more comfortable
- Resistance...

Getting Past “No.”

- Be patient...
- Use your “therapeutic relationship”
- Negotiate:
 - Ask for a trial of only cannabis oils
 - Agree to use only low THC strains
 - Agree to only a 3 month trial
- If all else fails: ask for a referral.

SUMMARY

- Long history
- Low risk
- Legal
- Vape or eat
- Start low, and go slow.