

Safe Use of Medical Cannabis

Medical Cannabis Facts

- Endocannabinoids are chemical compounds that interact with receptors in the brain and body to produce an array of effects. Our nervous system produces two on demand; Anandamide and 2-AG. Two of the most well-known phyto-cannabinoids (cannabinoids found in plants) are:
 - THC – common effects include euphoria (makes you feel “high”), muscle relaxation, eases pain, short term memory impairment and appetite stimulation
 - CBD – is non-psychoactive (doesn’t make you “high”) compound that can decrease THC effects and eases anxiety, inflammation and pain.
- Medical access can be obtained by registering with a licensed producer using medical documentation (called RCMP form) obtained through Health Canada and signed by a health practitioner (MD or NP). This form needs to be renewed once a year similar to pharmaceutical prescriptions.
- Legal for Recreational use in Canada Oct 17th 2018
- All Cannabis sold in Canada in dispensaries are from a licensed and regulated producers. Most dispensaries now sell CBD products.
- Salves/Ointments can be safely used with other medications and herbs. Eating or vaporizing Cannabis is not recommended if you are on blood thinners like Warfarin or Coumadin and/or you have a cardiac issue history. Also not recommended with a history of psychosis or schizophrenia. To be clear, cannabis does not cause these mental disorders but it can exacerbate the disorder. Talk to your doctor.

Consumption Methods

- Topicals – creams, ointments, salves and oils (oils are ideal for oral use and expensive and not recommended to use topically) rubbed well on the skin or effected area. Not psychoactive.
- Edibles – tinctures, oils, food or beverages infused with cannabis. Can be high in CBD or high in THC.

- Flower – dried herb usually smoked or vaporized. Can be high in CBD or high in THC (smoking is NOT recommended).
- Extracts – not recommended due to health concerns issued by Health Canada.

Best ways to use for Arthritic Pain

1. Ointment, salve or oil applied directly to affected area. Re-apply as needed. Consider persistent and consistent application for best results.
2. Tincture or oil drops under the tongue that is high in CBD and low in THC. Ideally take on a full stomach 20 minutes after taking any pharmaceuticals.
3. If using a flower, use a vaporizer. Ideally choose a flower with high CBD to THC ratio. Don't smoke it; smoking is toxic to the lungs. Extracts are NOT recommended.

Safe Use

1. Start small when vaporizing or ingesting any Cannabis with significant THC content i.e. one drop under the tongue or one puff from a vaporizer.
2. Once consumed, cannabis effects can take hours to wear off. Do not drive 4-8 hours after consuming (oral or inhaling) cannabis with THC.
3. Go slow with Cannabis with THC– inhaling can take a few minutes before effects are noticed while ingestion can take an hour. Wait, see how you feel and repeat should you need to.
4. Be patient – if you have had too much THC...relax, this will pass. You cannot fatally overdose on cannabis but this doesn't mean you can't overdo it. Cannabis high in CBD and low in THC can have fleeting effects of relaxation and euphoria.
5. Choose a safe and private place to use, especially for the first couple of times of inhaling or ingesting cannabis with higher amounts of THC.
6. Please note that cannabis high in THC is addictive when used frequently over an extended period of time and the beneficial effects of CBD are reduced with the higher percentages of THC. Always choose products with CBD in it.

Resources

- Health Canada – www.canada.ca – search Cannabis
- www.projectcbd.org – up to date CBD research
- <https://arthritis.ca/support-education/online-learning/medical-cannabis-and-arthritis> for further cannabis education
- Medical Clinics in Vancouver that will prescribe Cannabis
 - Canadian Cannabis Clinic – www.cannabisclinics.ca
 - Medical Cannabis Resource Centre Inc.- www.mcrci.com
 - Concord Medical Clinic – www.concordmedicalcentre.com
 - Green Leaf Medical Clinic – www.greenleafmc.ca
 - Apollo Online Medical Clinic – www.apollocannabis.ca
- Medical Cannabis Dispensaries
 - Shoppers Drug Mart – www.cannabis.shoppersdrugmart.ca
 - The Medical Cannabis Dispensary – www.cannabisdispensary.ca
 - For CBD only products – www.cbdprime.life