

# Safe Use of Medical Cannabis

## Medical Cannabis Facts

- Cannabinoids are chemical compounds that interact with receptors in the brain and body to produce an array of effects. Two of the most well-known cannabinoids are:
  - THC – common effects include euphoria (makes you feel “high”), muscle relaxation, short term memory impairment and appetite stimulation
  - CBD – is non-psychoactive (doesn’t make you “high”) compound that can decrease THC effects and ease anxiety, inflammation and pain.
- Currently medically legal if you are registered with a licensed producer using medical documentation (called ACMPR form) obtained through Health Canada and signed by your 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 17<sup>th</sup> 2018
- All legal Cannabis sold in Canada is from a licensed and regulated producer. If using a dispensary for recreational use, ideally ask for organic products.
- Salves/Ointments can be safely used with other medications and herbs such as Tylenol, Ibuprofen and Turmeric. Use with caution if you are on a blood thinner such as Coumadin and eating or vaporizing cannabis daily. Talk to your doctor.
- If you garden, you can legally grow your own cannabis.

## Consumption Methods

- Topicals – creams, ointments, salves and oils (oils are ideal for oral use and expensive and not recommended to use topically) rubbed on the skin. 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 a couple of hours. 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.

## Resources

- Health Canada – [www.canada.ca](http://www.canada.ca) – search Cannabis
- [www.projectcbd.org](http://www.projectcbd.org) – up to date CBD research
- Medical Clinics in Vancouver that will prescribe Cannabis
  - Canadian Cannabis Clinic – [www.cannabisclinics.ca](http://www.cannabisclinics.ca)
  - Clarity Medical Centre – [www.claritymedicalcentre.com](http://www.claritymedicalcentre.com)

- MCRCI- [www.mcrci.com](http://www.mcrci.com)
- Concord Medical Clinic – [www.concordmedicalclinic.com](http://www.concordmedicalclinic.com)
- Apollo Online Medical Clinic – [www.apollocannabis.ca](http://www.apollocannabis.ca)
- Medical Cannabis Dispensaries
  - Shoppers Drug Mart – [www.cannabis.shoppersdrugmart.ca](http://www.cannabis.shoppersdrugmart.ca)
  - The Medical Cannabis Dispensary – [www.cannabisdispensary.ca](http://www.cannabisdispensary.ca)
  - For CBD only products – [www.cbdprime.life](http://www.cbdprime.life)