

Medical Marijuana Treatment

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Thank you.

Classifying Cannabis

- To assist you in making a decision what to purchase based on my prescriptions, I recommend that you initially classify your cannabis based primarily on the **ratio of THC to CBD (THC:CBD)**.
- **CAUTION:** Some dispensaries reverse the ratio of THC:CBD to CBD:THC, therefore **read the label carefully** and determine which is the THC and which is the CBD in that ratio.

Know your Cannabis

Classification by *RATIO OF THC TO CBD*

- **Remember the primary effect of THC vs. CBD:** THC is psychoactive/euphoric/high, CBD is not. If you want to minimize the “euphoric highs” then take more of the CBD over the THC.
- A primarily CBD strain can reverse the euphoric effect of a THC dominant strain.

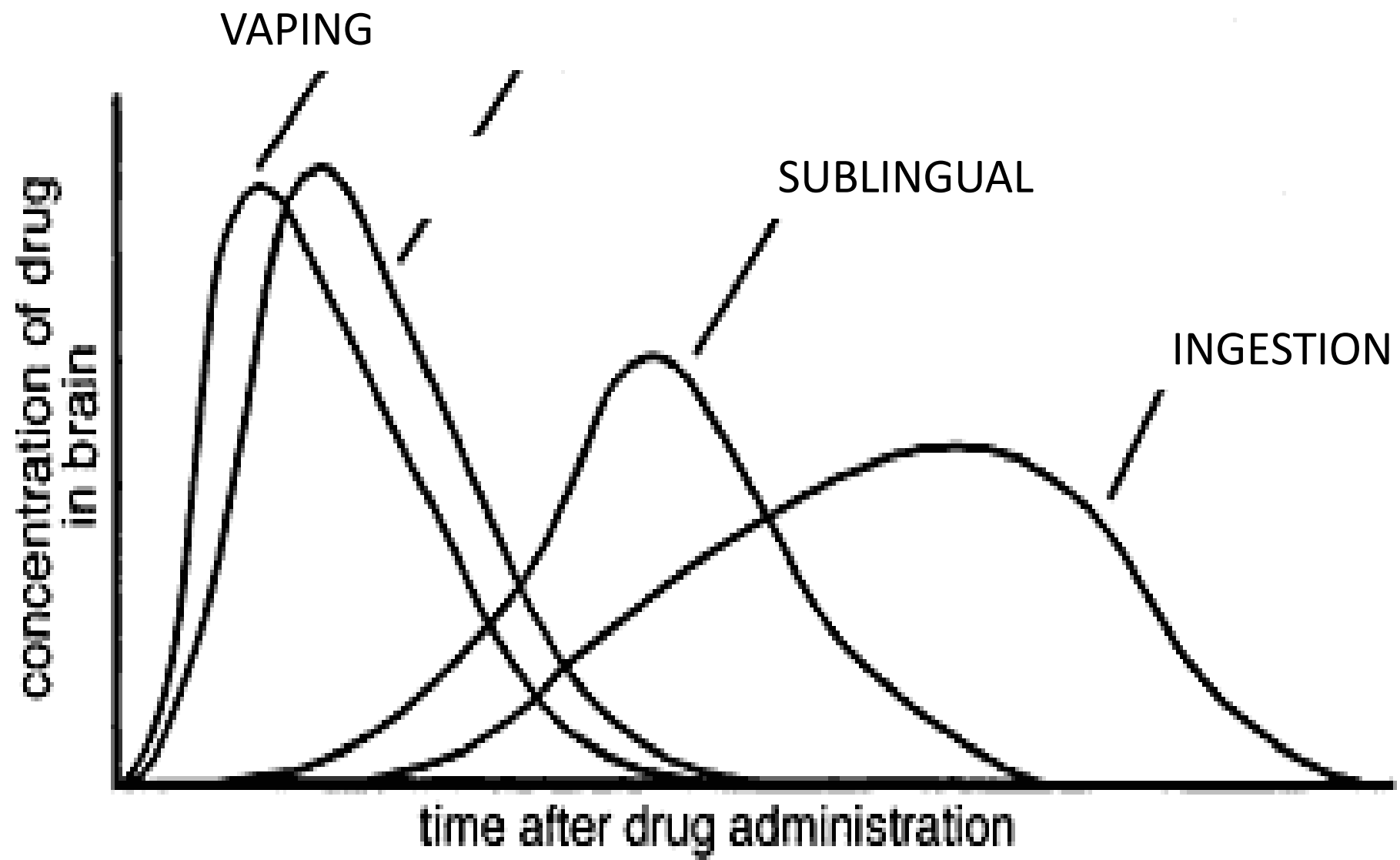
Know your Cannabis

- 1. CBD dominant: Low ratio THC:CBD, 1:11-1:45:** non psychoactive and non-sedating allowing for daytime use for many; *Epilepsy, cancer, inflammation e.g. RA, pain, mood.*
- 2. Balanced: THC:CBD; 1:1-1:10:** balanced effect from THC and CBD; *Pain, inflammation, mood, sleep, nausea*
- 3. THC dominant: High ratio THC: CBD e.g. 8:1-60:1:** psychoactive, sedating. *Nausea, appetite, pain, mood.*
- 4. Low THC cannabis:** It is *primarily CBD* and similar to #1 but THC is less than .8%

Know your Cannabis:

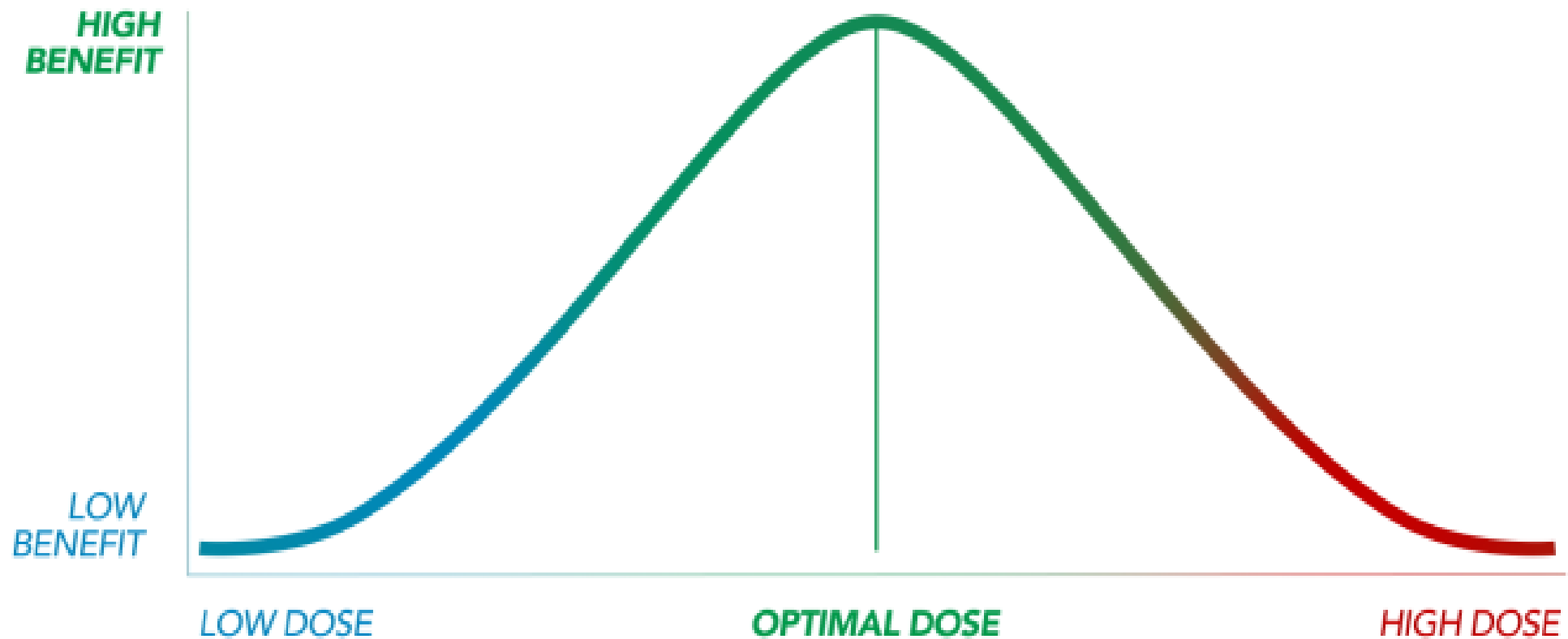
Classification by *SPECIES*

- 1. Sativa:** mental-high: for *depression, fatigue, ADHD; preferably for daytime*
- 2. Indica:** body-high; relaxing; sedating: for *anxiety, insomnia, chronic pain, muscle spasm, inflammation, nausea; preferably for night time*
- 3. Hybrid:** Mix of Indica and Sativa
 - ❖ Difference between Sativa and Indica is not due to the levels/ratio of THC to CBD but may be due to level of terpenes.



Route	Onset	Max Effect	Duration	Absorption	Good for
Vaporizer	90 sec	15-30 min	2-3 hrs	Up to 60%, less combustion, easier to titrate	Acute symptoms: Anxiety, pain
Capsules (oral)	90 min	2-3 hrs	4-12 hrs	15% absorbed. Better compliance, costly, difficult to titrate	Chronic symptoms
Sublingual (oral)	30-60 min	Between vape and capsule	Between vape and capsule	>15% absorbed. Bypass liver and GIT; easier to titrate	Chronic symptoms
Topicals (creams)	15-20 min	Local effect	1-2 hrs	Minimal systemic absorption	Joint pain, cramps, psoriasis, migraines, neuropathy

Titrate slowly to find your “Sweet Spot”



****Keep dose below your sweet spot****

When can I repeat a dose?

- **With oral, slower response, longer effect, wait for 3-4 hours** to gauge your response before dispensing another dose.
- **With vaping, faster response, shorter effect, wait for at least 3-4 minutes** to gauge your response before dispensing another dose
- **Oral:** Every 3 days may titrate up the dose by 50% as tolerated.

Start Low and Go Slow

- *A patient-determined, self-dosing*, considering the variables and the low toxicity of cannabis. There are variations in the products and personal metabolism, changes in the endocannabinoid system in response to disease and exposure. For example, **start ¼ dropper every 8 hours, then every 2-3 days, if tolerated and needed, may titrate up the dropper and so forth as needed.**
- When changing strain, resume titration at **LOW dose.**