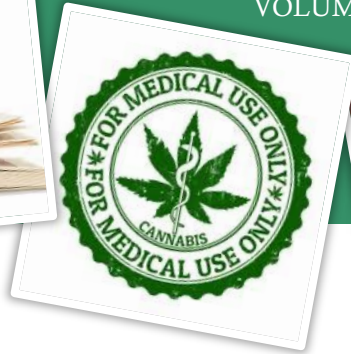


# Medical Cannabis Fact Sheet

Patient Edition

VOLUME 1 ~ 2023



## What is Cannabis?



- ~ Cannabis refers to dried leaves, buds, flower, stems and seeds of the Cannabis Sativa plant
- ~ The plant contains about 540 chemical substances cannabinoids and non-cannabinoids
- ~ The two main cannabinoids are THC (delta-9-tetrahydrocannabinol and CBD (cannabidiol)
- ~ THC most psychoactive and works primarily on the CB1 receptors
- ~ CBD acts on CB2 receptors and does not have significant psychoactive affects that THC has.
- ~ May mitigate psychoactive effects of THC
- ~ Hemp and Marijuana from same species of plant- Significant variation though

➤ Hemp contains .03% or less THC

## What are the potential benefits of Cannabis?

There are several Mind & Body benefits where cannabis may be helpful



- No restrictions in growing and cultivating since Farm Bill of 2018
- Used mostly in textiles, paper, building materials and body care. Some food products.

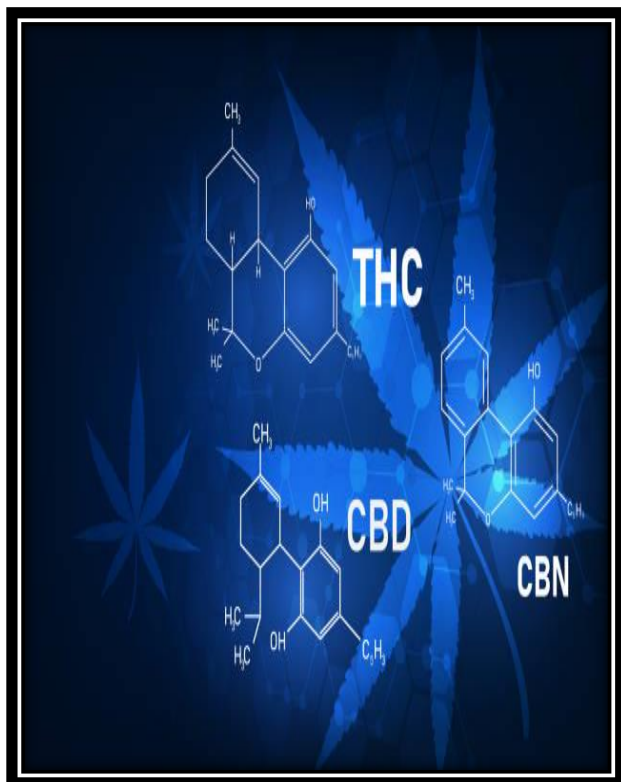
## What are other Cannabinoids and non- cannabinoids?

~ 70+ cannabinoids including THC, CBN, CBD, CBC, CBG, THCV.

~ Terpenoids (oils) and Flavonoids (phenols) also have therapeutic properties.

~ Antioxidant, antimicrobial and anti-inflammatory properties

~ Must understand the entourage effect: theory that full spectrum of plant provides additive benefit



## Is it Legal?



- Cannabis is not federally legal (Schedule 1 Drug)
- In 2014 the State of Maryland HAS legalized Cannabis for medical use for patients certified with the MMCC
- Cesamet, Epidiolex, and Marinol are prescription cannabinoids and are FDA approved and available in all states.

## How can I obtain a Cannabis Card in Maryland?

~ You may qualify if you live in Maryland and suffer from one of the qualifying conditions:

~ Cachexia, anorexia, wasting syndrome, chronic pain, severe nausea, seizures, persistent muscle spasms, glaucoma, PTSD, or other medical conditions which are severe and other treatments have been ineffective.

~ You must register through the Maryland Medical Cannabis Commission. (MMCC.org)

~ Be assessed and referred by a qualified registered health care provider.

~ Visit a licensed dispensary to purchase the cannabis



### Cost:

~ Insurance companies do not cover the cost of medical cannabis at this time.

~ Dispensaries may offer discounts to veterans and seniors.

~ Costs vary among dispensaries so compare prices!

~ Cost also varies as to the type of cannabis purchased



## Routes of Administration:

Many options are available to ingest cannabis. Discuss the option in detail with your referring health care provider.

Options include buds for smoking, vaping devices, nebulizers, oils, tinctures, ointments, variety of gummies and other edibles.

\*\* Caution should be taken to keep any cannabis product locked in a safe location and out of the reach of children

## Potential Harm and Caution!

- Do not drive or operated heavy machinery
- Do not use while pregnant
- Adolescents and young adults may be susceptible to adverse events as their brains are still developing

### 11 Negative Side Effects of Using Marijuana

1. Addiction
2. Memory Loss
3. Social Anxiety Disorders
4. Paranoia
5. Heart Damage
6. Lung Problems
7. Low Testosterone
8. Appetite Irregularities
9. Risk of Greater Potency
10. Decrease in Motor Responses
11. Poor Decisions

## Additional Resources:

Maryland Medical Cannabis Commission:  
<https://mmcc.maryland.gov/Pages/home.aspx>

Americans for Safe Access:  
<https://safeaccessnow.org/maryland>

Leafly: <https://www.leafly.com>

