

MMPR (MARIHUANA FOR MEDICAL PURPOSES REGULATIONS)

- Established by Health Canada to govern the production, sale and use of medical cannabis
- Visit the Health Canada website for more information:
<http://www.hc-sc.gc.ca/dhp-mps/marihuana/index-eng.php>
- Cannabis remains illegal to have in your possession without an authorization (Medical Document) from a doctor in Canada
- According to the MMPR, all cannabis used for medical purposes must be purchased from a Health Canada Licensed Producer (LP)

LICENSED PRODUCERS (LPs)

- LPs follow strict quality control guidelines for their facilities and products
- There are 29 LPs in Canada as of March 2016, all of which are listed on the Health Canada website:
<http://www.hc-sc.gc.ca/dhp-mps/marihuana/info/list-eng.php>
- Patients with a valid Medical Document can purchase medical cannabis from any LP in Canada
- A single Medical Document can be used to purchase from only one LP at a time
- LPs ship medical cannabis directly to patients once an order has been placed

STAYING WITHIN THE LAW

- You can legally carry a 30 day quantity of your prescription to a maximum of 150 grams
- For example: 3 grams a day x 30 = 90 grams
- Keep your cannabis in its original container and/or keep prescription sticker with you
- Do not travel outside of Canada with cannabis
- Do not share your medication with others

DON'T FORGET: FOR YOUR SAFETY AND THE SAFETY OF OTHERS

- Patients using cannabis should not drive or operate heavy machinery within 6 hours
- Impairment of mental alertness and physical coordination may occur
- Impairment may be heightened if other CNS depressants are used (benzodiazepines, opioids, anti-histamines or alcohol)
- Be sure to advise your pharmacist and other medical staff so they can plan your care
- Do not leave where children, teenagers or pets can access

POSSIBLE SIDE EFFECTS

- As with any medication, there are possible side effects
- Common side effects may include:
 - Dry mouth
 - Redness in eyes
 - Dizziness/feeling faint
 - Impairment of motor skills
 - Anxiety
 - Rapid heart beat

UNDERSTANDING CANNABIS

- Cannabis (the cannabis sativa plant) contains a class of compounds called cannabinoids
- Cannabinoids interact with the body's own endocannabinoid system
- The endocannabinoid system is comprised of endocannabinoids and endocannabinoid receptors. These receptors are found throughout the entire human body
- The two most commonly known cannabinoids are Tetrahydrocannabinol (THC) and Cannabidiol (CBD)

CREATING YOUR OWN PERSONALIZED TREATMENT

- It is important to monitor dosage, time, amount, effects and the method of consumption
- There is currently no established uniform dosing schedule for dried cannabis
- Dosing remains highly individualized and relies on titration: finding the right dose where potential effects are maximized while adverse effects are minimized (Health Canada)
- Choosing the optimal strain(s) to manage your condition and/or symptom(s) is best done in consultation with a healthcare professional

NEW TO CANNABIS

- **“Start Low and Go Slow”**
- Dose in a calm location with someone you trust and stop if unpredicted/unwanted side effects occur
- Health Canada suggests proceeding slowly and cautiously by taking breaks between puffs helps to gauge the strength of effects

THERAPEUTIC EFFECTS OF CBD AND THC

- There is increasing evidence to suggest that CBD decreases the psychoactive effect of THC
- Strains with negligible amounts of THC and a high percentage of CBD are less likely to cause alteration in perception (for example: THC less than 1% & CBD: 15-20%)
- Combining strains high in CBD content with strains high in THC content requires a greater ratio of CBD to THC (approximately 4:1)
- This ratio of CBD to THC is most likely to mitigate the psychoactive side effects of THC

VAPORIZING (DRIED CANNABIS)

- Smoking cannabis is not recommended
- Using a vaporizer reduces risks associated with smoking and is less irritating to airways
- Vaporizing involves a process called decarboxylation and does not cause the dried cannabis to burn
- Vaporizing results in rapid onset (30-60 seconds) and shorter duration (30 minutes-4 hours)
- The temperature must be high enough to convert the THC, CBD and other cannabinoids to vapour but low enough so plant matter does not burn
- Cannabis is typically vaporized between 157°C -220°C
- Lower heat settings release more THC (157°C); higher heat settings release more CBD (160°C-180°C)
- Can be cost effective (often able to reduce dose by 30-50%)
- Less odour (compared to smoking)

ORAL INGESTION (EDIBLES AND OILS)

- Felt within 30 to 60 minutes and can last 4-8 hours
- % of THC and CBD is lost through metabolism, digestion, and filtered out through the liver
- THC is fat soluble and will remain in your system for up to 4 weeks

EDIBLES

- Easier to dose once optimal dose has been established, but more likely to cause unwanted side effects due to overconsumption
- More likely to be mistaken and consumed by children
- When taken orally, doses higher than the optimal therapeutic dose are most likely to cause distortion of reality
- Very high oral intake can result in toxic psychosis with visual and auditory hallucinations and may progress to paranoid delusions (these symptoms require medical attention)