



Medical Cannabis and Treatment of MS Symptoms



Medical disclaimer: This presentation is for educational and informational purposes only and may not be construed as medical advice. The information is not intended to replace medical advice offered by physicians.

Overview

- “Cannabis 101”
- Available Products
- Dosing and Usage
- Cannabis and MS Symptom Treatment
- Access



Is Medicinal Cannabis For Me?

- All other treatment routes have been exhausted.
- A desire to improve your overall quality of life.
- Being able to return to activities you enjoy, spending time with family, increased mobility and independence.
- A desire to move away from traditional, invasive and synthetic pharmaceutical products with potential harmful side effects.
- Cannabis is considered safe and having minimal interactions with other pharmaceutical drugs, and little to no potential of negative side effects.

Who Is Using Medicinal Cannabis?

- Individuals of all ages and walks of life are currently using cannabis.
- As awareness increases of the benefits of cannabis, stigma surrounding cannabis use is reduced.
- There are many different types of cannabis products that can be used to suit your needs and lifestyle.
- Cannabis is not a “cure all”, but many patients are using cannabis to treat a number of symptoms.
- These include: Pain management, sleeplessness, muscle spasms, PTSD, anxiety, and seizure control.

Cannabis Plant Basics

- Cannabis plant species can be found growing all over the world.
- The entire plant can be used medicinally, but currently much of medical cannabis focuses on molecules derived from the flower of the plant, or the “bud”.



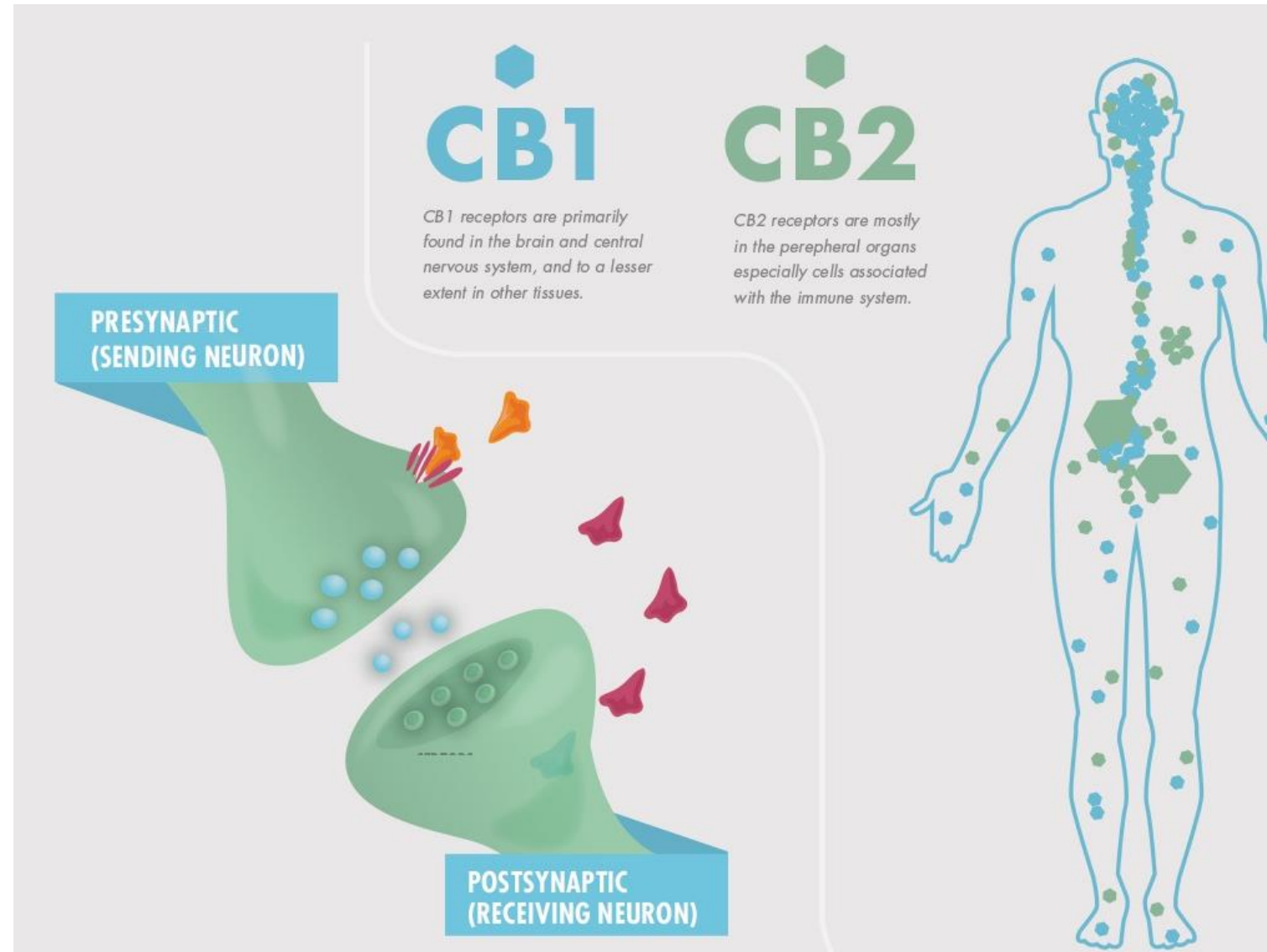
History of Medicinal Cannabis

- Cannabis and hemp was cultivated over 10,000 years ago for a number of uses, including grain and fibre. It has also been documented as being used in traditional medicine to help with a number of ailments.
- Cannabis was also included in many medicinal products in the western world, previous to prohibition in the early 20th century.



How Does Medicinal Cannabis Work?

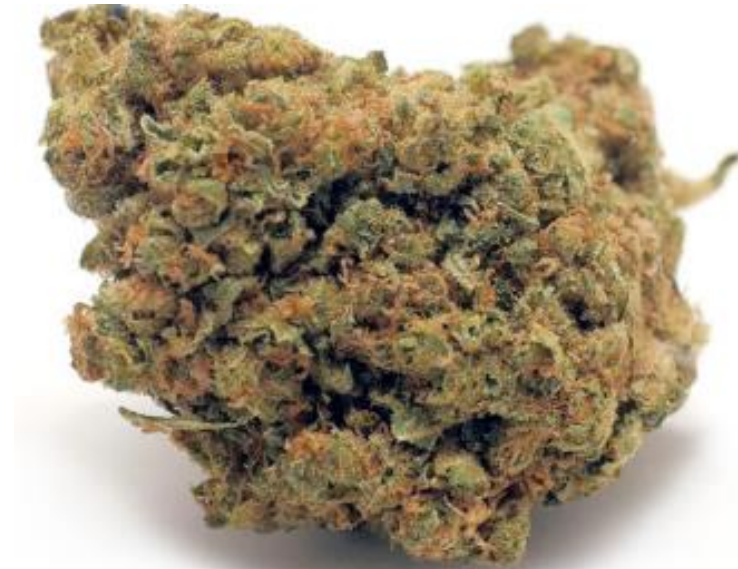
- The endocannabinoid system has receptors throughout the body.
- There are over 140 cannabinoids in cannabis that have been identified.
- When cannabis is consumed, these cannabinoids travel through the bloodstream and connect with these receptors - Like a key into a lock.



Psychoactive vs. Non Psychoactive



“Sour Tangie”
THC strain
Psychoactive



“Charlotte’s Web”
CBD Strain
Non-Psychoactive

THC vs CBD Effects



THC

- Psychoactive
- Feelings of Euphoria
- Feelings of being “high”
- Cognitive Impairment

1:1/BALANCED

- Mild Psychoactive response
- Effects may be felt cognitively
- Effects may be felt physically

CBD

- Non-Psychoactive
- No feelings of being “high”
- Relaxation of muscles/pain
- Little to no impairment

1:1 or “Balanced” Strains

- CBD and THC can be helpful in addressing symptoms when combined.
- This is also known as the “entourage effect”.
- Balanced strains are available in varying ratios and can be ideal for an individualized treatment plan.



The Spectrum - Indica to Sativa

- It's easiest to view the cannabis family as a spectrum.
- On one end we have “Sativa” - generally characterized for its uplifting, energizing properties.
- On the other end we have “Indica” - cannabis users report more of a calming, sedative effect.
- In between we have “hybrids” which may display both Sativa and Indica properties.



Review

- THC and CBD are the two main cannabinoids.
- THC is psychoactive and will produce euphoria or feeling “high”.
- CBD is non-psychoactive with little to no cognitive impairment.
- Sativa strains are generally uplifting and energizing.
- Indica strains are generally considered calming and sedative.
- Balanced, 1:1 strains contain both THC and CBD in varying ratios.



Is Cannabis Safe To Use?

- It is recommended to speak to your doctor before introducing any new medication.
- CBD is considered very safe, with little to no interaction with other medications, overdose risk or abuse potential.
- THC may not be suitable for those with some mental health diagnoses, high blood pressure or heart conditions.
- Due to the psychoactive properties of THC strains, patients are advised to wait several hours before driving after using medication.



Medicinal Cannabis vs. Recreational Cannabis

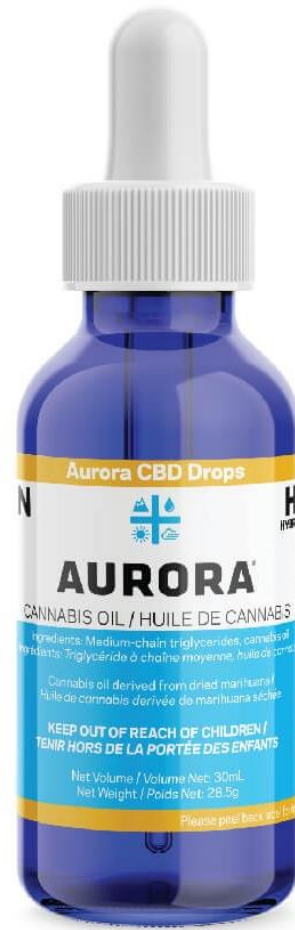
- Recreational cannabis growers focus on growing plants with high THC content to create potent feelings of euphoria and “being high” for its users.
- CBD has generally been considered an undesirable in recreational cannabis, as it does not produce that THC “high”.
- Recreational cannabis is generally purchased at a dispensary, on the street, or from a friend. Currently, these are not considered legal means of obtaining cannabis.
- True “medicinal cannabis” is currently only available in Canada via “Licensed Producers” and the only legal means of obtaining cannabis.

What is a Licensed Producer?

- Licensed Producers are companies that are granted licenses by Health Canada to grow cannabis specifically for medicinal patients.
- Licensed Producers are subject to frequent inspections from Health Canada to ensure that they are growing, packaging and storing medication in an environment that is clean, safe and sterile.
- Products must be lab tested and clearly labelled.
- Benefits of purchasing medication from a Licensed Producer include: **consistency, reliability and safety.**



Medical Cannabis Products



What Is Cannabis Oil?

- Medicinal compounds, THC and CBD are extracted from the cannabis plant then added to a food-grade carrier oil.



How Are They Made?

- Supercritical Fluid Extraction is the preferred method.
- Cannabis flower is first packed in a large cylinder.
- Carbon dioxide is then blasted through the cylinder at extreme temperature and pressure.
- Medicinal compounds are stripped and separated from the plant matter.

Extraction Types

- Isolate: Specific cannabinoids and medicinal compounds are selected and included as part of the final product.
- Whole Plant: All cannabinoids, terpenes and medicinal compounds are used in the final product.
- Both can be effective, depending on the needs of the patient.



How To Use Medicinal Cannabis - Inhalation

- Traditionally dried cannabis flower or “bud” has been rolled into a cigarette or “joint” and smoked.
- Smoking is discouraged for reasons of lung health, due to negative effects of inhalation of smoke and carcinogens.
- Also less effective: a large percentage of medicinal compounds are lost during combustion.
- Use of a vaporizer is safer and more effective.
- Effects of inhaled cannabis can be felt within a few seconds, and last for 2-3 hours.



How To Use Medicinal Cannabis- Ingestion

- As a medical patient, prepackaged oils can be purchased directly from a Licensed Producer. Each dose is measured and administered with a dropper, ensuring consistency and ease of use.
- Some patients prefer to use dried cannabis to create their own oil or “canna butter” that can be ingested on its own or added to food.
- **Effects of ingested cannabis can be felt within 20-90 minutes, with a longer duration of 4-10 hours.**
- Ideal for overnight, or longer term easing of symptoms.
- Ingested cannabis can be also used together with inhaled cannabis to meet your specific needs.



Home Made Edibles

- Creating “cannabutter” at home is an easy, cost effective way to use cannabis as medicine.
- Once created, canna butter is bioavailable, and ready to use.
- A dosage can simply be added to prepared foods, spread on toast, used in baked goods recipes etc.
- As with any edible product, it is important to **START LOW AND GO SLOW**.



What, How Much and When? - Dosing

- Always **start low and go slow**.
- Keep a journal noting how much product was taken, when, and record changes in symptoms and mood.
- Titrate dosages up slowly and conservatively. Finding an optimal dosage can take several weeks. Patience is key!
- When consuming cannabis orally, **DO NOT** take a second dose within an eight hour period, even if no effects are felt.
- Failure to do so may result in an unpleasant experience of consuming too much THC.
- Always consult your Licensed Producer to establish initial product-specific dosing amounts.



How much Oil Can/Should I Take?

- Amounts vary from individual to individual.
- Remember to start low, and go slow!

0.25 ml

0.5 ml

0.75 ml

1 ml

2 ml



Sample Basic Dosing Schedule

- **Check first with your LP for suggested starting dose.**
- Day 1 - 4 0.25 ml 2x daily, morning and evening
- Day 5 - 8 0.50 ml 2x daily, morning and evening
- Day 9 -12 0.75 ml 2x daily, morning and evening
- Day 13 - 15 1 ml 2x daily, morning and evening
- Day 16 -19 1.25 ml daily, morning and evening
- Follow your schedule until you notice a change in symptoms.



Cannabis Is Not a Cure All

- Access to standardized, medical grade cannabis was a barrier for researchers until very recently.
- Many studies are underway with many promising leads, however most are in early stages.
- It has been established that cannabis is helpful in the reduction of seizure activity.
- Cannabis can also help ease side effects from cancer treatment such as lack of appetite and depression.
- CBD is considered to be effective in the reduction of pain due to inflammation.

Cannabis and MS

- Limb spasticity, tremor, and bladder incontinence are among the most common symptoms that may be alleviated by cannabis.
- Cannabis may be a safer, more effective alternative to some prescription medications such as Baclofen.
- Cannabis may also allow patients to rely less on Benzodiazepines for relief.



Cannabis and Spasticity

- Novotna et al. 2011 found a significant reduction in spasticity (~20%) from baseline to 4 weeks, which remained significant at 12 weeks compared to placebo.
- Many patients living with MS report anecdotally that CBD or 1:1 strains are extremely effective in reducing spasm.



Cannabis and Incontinence

- A 2006 study noted patients treated with cannabis extract reported a significant reduction in episodes of urge incontinence compared to placebo.
- Cannabis extract in sublingual spray showed efficacy in the treatment of bladder incontinence, both with a decrease in emptying episodes and an increase in bladder retention volume.



Cannabis and Pain Management

- Pain management and inflammation are arguably the largest group of CBD users.
- CBD is non-psychoactive, and considered safe by WHO, with little abuse potential and interaction with other medications.
- Patients also report that higher THC strains are often effective in masking pain.
- Indica THC strains sedative effects may help to sleep through pain.



Cannabis and Mental Health

- CBD can have a positive effect on dopamine and serotonin levels, and may be a viable option as part of a treatment plan for depression.
- CBD may help to reduce the anxiety felt by people with certain specific disorders including general anxiety disorder, panic disorder, social anxiety disorder, PTSD and OCD.
- THC may exacerbate anxiety and psychosis, and may not be ideal for some individuals.
- It is always highly recommended to speak with your mental health professional before using medical cannabis.



Study Citations

- Marrie RA, Yu N, Blanchard J, et al. 2010
- Kingwell E, Zhu F, Marrie RA, et al. 2015
- Marrie RA, Fisk JD, Stadnyk KJ, et al. 2013
- Brenneisen et al. 1996
- Meinck et al. 1998
- Petro and Ellenburger 1981
- Ungerleider e al. 1987
- Novotna et al. 2011
- Brady et al. 2004
- Freeman et al. 2006
- Reiman et al. 2017
- Amtmann et al. 2004;
- Lahat et al. 2012;
- Woolridge et al. 2005

Legalization and the Medical Patient

- On October 17th, 2018 purchasing and possessing recreational cannabis will be legal.

EXAMPLE OF PROPOSED PACKAGING AND LABELLING REQUIREMENTS



Access and Medical Support

- Physician-supervised care
- Lab tested, quality medical cannabis products
- Ongoing medical support and guidance



Reduced Cost

- Compassionate pricing discounts
- Health care spending accounts
- Income tax refund
- Lower taxes on purchases



Pay for medication
using your HSA!
(Health Spending Account)

Payez vos médicaments (comptes de dépense Santé) en utilisant votre CDS!



..... IF *you* HAVE A

HEALTH SPENDING ACCOUNT

THROUGH YOUR EMPLOYER

your MEDICINE MAY BE COVERED.

SI VOUS AVEZ UN COMPTE DE DÉPENSE
SANTÉ AVEC VOTRE EMPLOYEUR, VOS
MÉDICAMENTS PEUVENT ÊTRE COUVERTS.

SPEAK TO YOUR COUNSELLOR TO ASK HOW.
PARLEZ À VOTRE CONSEILLER POUR DEMANDER COMMENT.

IMPROVED ACCESS

- Licensed Producers will offer priority access and reduced pricing to medical patients, even absorbing the government's excise tax.
- As a medical patient, Medical patients will get priority. **Patients first!**

My Doctor is not on board. Why? What are my options?

- Cannabis is not *prescribed*, it is *authorized* with what is called a medical document.
- Most physicians are not comfortable with authorizing the use of cannabis, due to a lack of training or experience.
- Your physician can instead refer you to a clinic.



How to Get an Appointment

- Access to medical cannabis via a clinic begins with a simple **referral**.
- If your doctor is not on board with you using medical cannabis you still have the right to ask for copies of notes from your chart to submit with what is called a **self referral**.

Fax to:
905-688-2882
 or **888-261-7116**

Referral for Medical Cannabis Assessment

1. Patient Information

FIRST AND LAST NAME _____ HEALTH CARD# (include version code) / K/M/R/UCI # _____
 GENDER (please circle one) Male | Female _____ (HOME#) _____ (MOBILE#) _____
 TELEPHONE _____ Message me with my appointment details
 ADDRESS _____ Can a voicemail be left at this number for an appointment? YES NO
 CITY / PROVINCE / POSTAL CODE _____ Date of Birth (DOB) _____
 Email: _____ Patient Caretaker who can be contacted, if applicable: _____

2. Health Information

Primary Complaint: _____

Treatments/Medications Used: _____

Patient Diagnosis and Symptoms: _____

IMPORTANT: Include recent investigation and consultation reports.
PLEASE FAX ALL SUPPORTING DOCUMENTS TO 905-688-2882 OR 1-888-261-7116
 A consultation appointment will be scheduled once ALL the requested information has been received and reviewed.

4. Select a Clinic

Alberta Clinics:
 Calgary* Fort McMurray
 Edmonton Medicine Hat
 Edmonton (North)* Red Deer

BC Clinics:
 Surrey Vancouver*

Ontario Clinics:
 Burlington Mississauga
 Brampton* Mississauga (Cooksville)
 Brantford* Nepean
 Collingwood* Ottawa
 Etobicoke Peterborough
 Guelph St. Catharines
 Hamilton* Sudbury
 Kitchener Thunder Bay
 Kingston Toronto
 London Whitby
 London (South) Windsor
 Markham


*Affiliated clinics

3. Referring Physician Information

FULL NAME _____
 ADDRESS _____
 BILLING # _____ TELEPHONE _____ FAX _____
SIGNATURE: _____

5. FAX to: 905-688-2882 or 888-261-7116

Your patient will be contacted directly to schedule an appointment.
 A consultation report will be provided after the appointment.



Tel: 888-256-7043
 cannabisclinics.ca

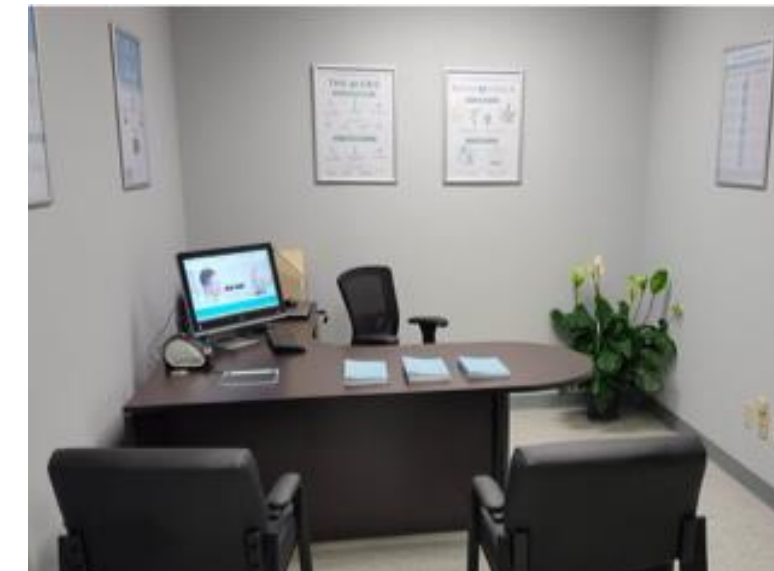
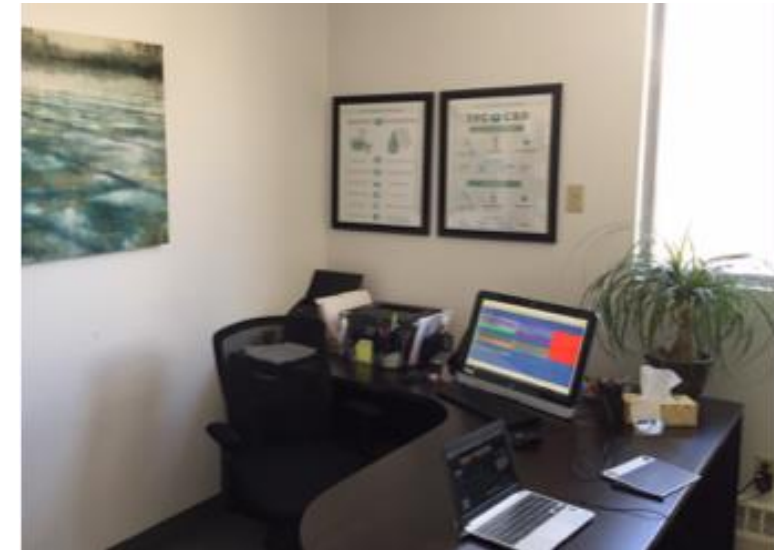
What to Expect From a Clinic Visit

- Greeting and intake at reception.
- Brief medical assessment with the Physician Assistant.
- In-Depth consultation with the Physician.
- 15 minute session with a counsellor for more information and assistance with Licensed Producer application.



LPs and the Registration Process - What's Involved?

- Patients choose the Licensed Producers from which they will buy their medication.
- A cannabis counsellor will be able to help you make this important decision, complete the necessary paperwork and forward it to the Licensed Producers.
- You will receive your welcome email or letter from the LP in 3-10 business days.
- You may then order your medication directly from the LP by phone or online at their website.
- Orders are sent to your home from the LP via Canada Post Expresspost or Purolator.



Cannabis and Your Treatment Plan

- Access to cannabis as medication can be facilitated in four easy steps...
- Visiting a physician/recognized clinic.
- Obtaining a Medical Document.
- Choosing and registering with your Licensed Producers.
- Ordering your medication directly from your Licensed Producer for home delivery.



Q&A Period and Conclusion

- If we didn't get to your question today, please feel free to follow up with by email at hello@cannabisclinics.ca
- You can find more information about Canadian Cannabis Clinics, our locations and access referral forms at www.cannabisclinics.ca
- You can find more webinars hosted by Barb and Johnathan by searching “Canadian Cannabis Clinic Webinar” on Youtube.
- Thank you for joining us today!

