



The 411 on 420: Basics of Medical Cannabis

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Cooperative of American Physicians

Why discuss cannabis?

- Cannabis is being used - medically and recreationally
- Lack of education on cannabis
- Confusion for all
- The future with cannabis

Unconscious Bias Stereotyping



Hippies
Draft card burners
Stoners
Lazy
Couch potato w/ munchies
Low potential
Mental Illness





20 DETOXING FOODS

INFOGRAPHIC



Coconut Oil



Lemon



Lime



Hempseed Oil



Chard



Wheatgrass



Onion



Flaxseed Oil



Arugula



Cabbage



Avocado Oil



Kale



Green Blue Algae



Spinach



Spirulina



Turmeric



Alfalfa Sprout



Olive Oil



Brussels Sprout



Garlic

SUPERFOODS

OMEGA-3

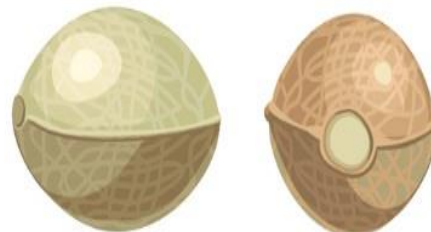
Chia



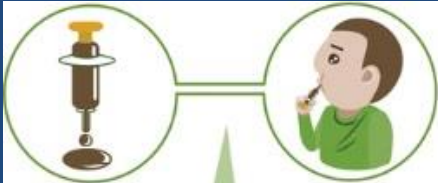
Flax



Hemp



MEDICAL MARIJUANA



Epilepsy Treatment



Insomnia Treatment



Appetite



Relaxation



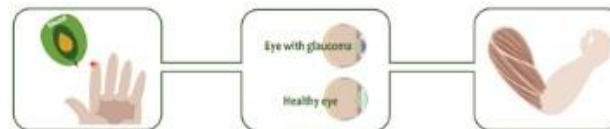
Multiple Sclerosis



Pain Relief



Production of medicines



Inhibit cancer cell

The History of Cannabis

- **2737 B.C.** Ancient China, Egyptians, and Greeks
- **1850-1941:** U.S. Pharmacopeia
- **1970s:** Schedule I drug, War on Drugs
- **1980s:** Synthetic THC , “Three Strikes Act”
- **1996:** Compassionate Use Act
- **2000s:** HHS receives patent
- **2018:** Epidiolex is FDA-approved

Cannabinoids

- Phytocannabinoids
- Synthetic cannabinoids
- Endocannabinoids
- Endocannabinoid System

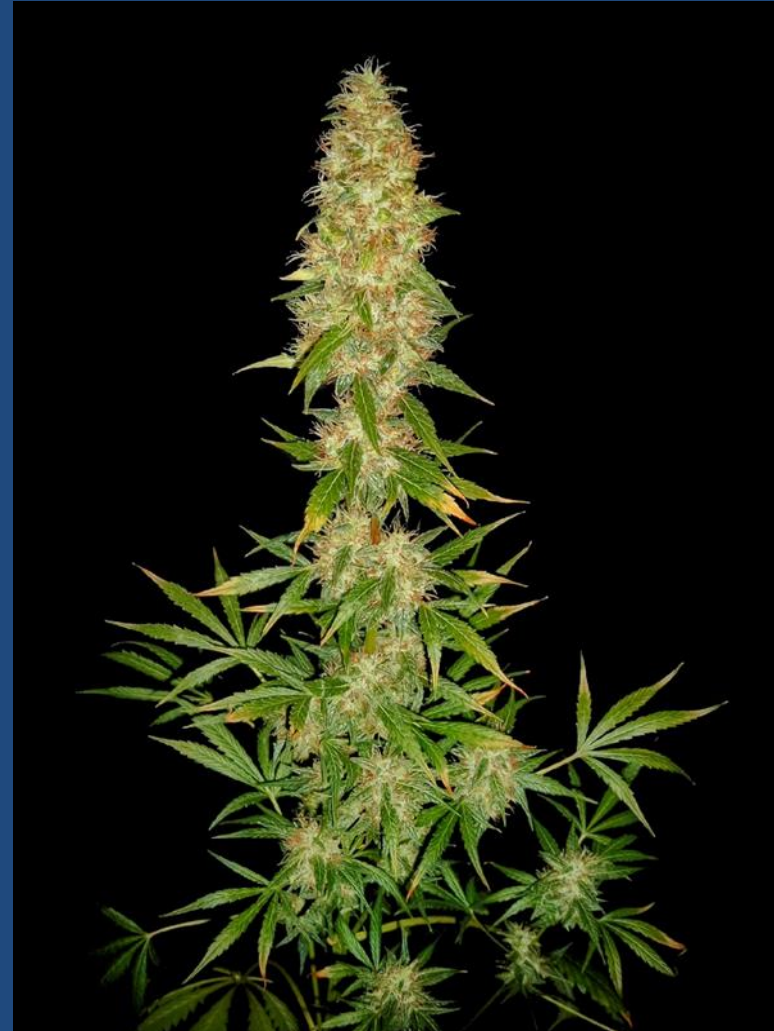
Homeostasis in vertebrates

Receptors

Endocannabinoid deficiency syndrome

THC and CBD

- **Tetrahydrocannabinidiol (THC)**
 - Psychoactive
- **Cannabidiol (CBD)**
 - Nonpsychoactive
 - Combats side effects of THC



Reported Indications

THC

- Anti-inflammatory
- Antispasmodic
- Analgesia
- Neuroprotective
- Anti-emetic

CBD

- Auto Immune diseases
- Neuropathic pain
- Addiction
- Anti-anxiety
- PTSD
- Anti-emetic
- Insomnia

Cannabis Species



Indica



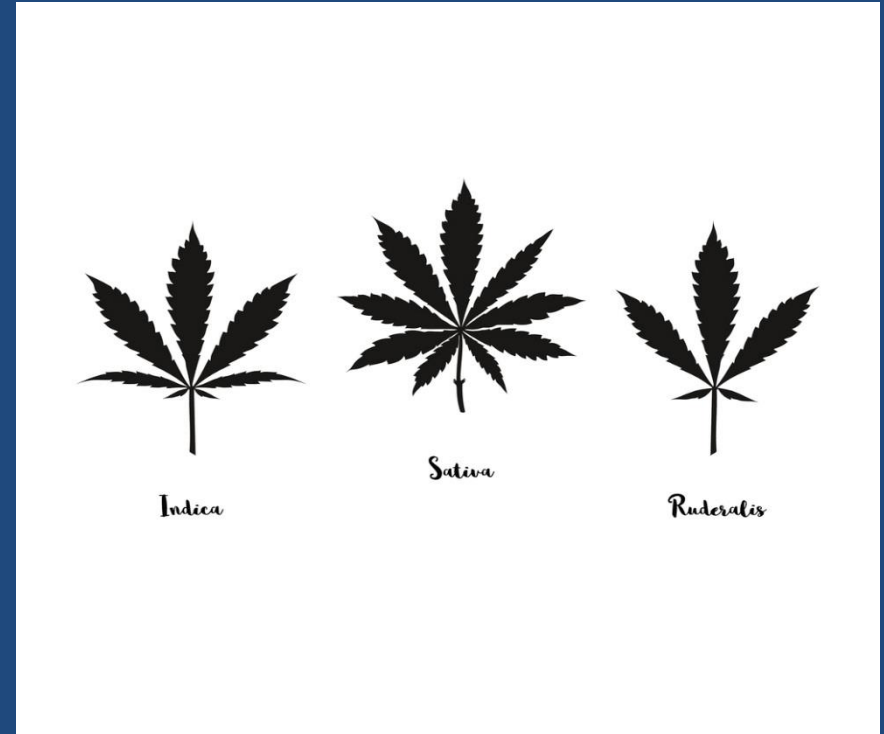
Sativa



Ruderalis

Hemp

- Cannabis Sativa
- Industrial products
 - Fabric
 - Carpeting
 - Textiles
 - Paper
 - Animal bedding



Hashish



Spice

- Labeled as incense
- Synthetic cannabinoids
- High risk
- Many brands

Spice

K2

Blaze

Red X Dawn



Methods of Use

Forms of Medical Marijuana



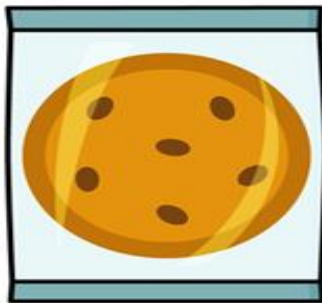
Pills



Patches



Spray



Cookie



Tincture

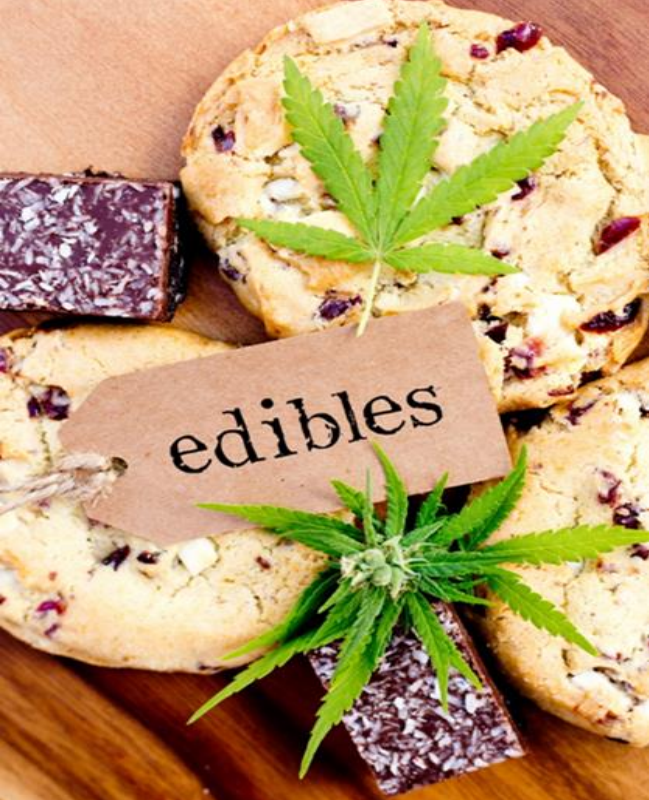


Vaporizer



Bong





Potential Side Effects

- Cannabinoid hyperemesis syndrome
- Tachycardia
- Hallucinations / Paranoia
- Dizziness
- Decreases balance, coordination & reaction times
- Impairs problem solving and memory
- Depression
- Dry mouth
- Low blood pressure
- Muscle relaxation
- Fungal and other contamination

Absence of Research

- Smoke
- Liver disease
- Psychiatric disorders
- Age
- Severe cardiopulmonary disease

Pros and Cons of Cannabis

Pros

- Low abuse potential
- Plant-based
- Severity of side effects
- Respiratory function

Cons

- Tolerance
- Street value
- Insurance coverage
- Denial health/life insurance
- Withdrawal

Pharmaceutical Cannabinoids

- Synthetic
 - 1985: Marinol Scheduled III
 - 1985: Cesamet Scheduled II
- Plant-based
 - Sativex: Not FDA-approved. Spasticity due to MS.
 - Epidiolex: CBD. FDA-approved (4/20/2018) for the treatment of Dravet and Lennox-Gastaut syndromes.

University of Mississippi




U.S. Patent # 6,630,507

- Antiepileptic
- Lowers intraocular pressure - glaucoma
- Protective to the brain from ischemic damage
- Supports the nutritional health of aging bodies
- Antianxiety
- Neuro-protective properties
- Protect against cellular damage
- Powerful antioxidant activity that can be used in the prevention of Alzheimer's, Parkinson's, cancer and autism
- Does not have the toxicity issues or series side effects in large acute doses

MPT Coverage

Prescribing medications that are not FDA-approved?

NO COVERAGE!

A wooden gavel with a gold band, a wooden book, and a blue book are visible in the background. The gavel is positioned diagonally on the left side of the frame. The wooden book is in the upper center, and the blue book is on the right side. The main focus is an open book with the text "FEDERAL AND STATE MARIJUANA LAWS" printed on its page.

**FEDERAL AND STATE
MARIJUANA
LAWS**

Federal

- Distributing, dispensing, possessing & conspiracy
- Physicians get 1st Amendment protection
- “Recommendation” vs “approval”
- No protection for medical Cannabis
- DEA will end its raid on medical Cannabis
- DOJ’s guidance on priorities
- Cole memo rescinded

Professional Organizations

- American Medical Association (AMA)
- California Medical Association (CMA)
- Medical Board of California (MBC)

Actions to Avoid

- Provide cannabis
- Provide location of dispensary or communicate with dispensary
- Caution w/ advice
- Sign forms
- Self-referral



To Do

- Bona fide physician-patient relationship
- Best medical judgement, follow SOC
- Follow the CMA and MBC guidelines
- Document, document, document
- Do your homework

Resources

- DOJ's website at www.justice.gov
- CMA website at www.cmanet.org
- Pub Med or Scholar Google
- Center for Medicinal Cannabis Research at UCSD www.cmcr.ucsd.edu
- GW Pharmaceuticals
- Books

THANK YOU!

Thank You!

On behalf of the Cooperative of American Physicians, Inc., and the risk management and patient safety team, thanks for being here.



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For Your Protection. For Your Success.