

A photograph of green cannabis plants is centered in the upper half of the slide. Overlaid on the right side of the plants is a semi-transparent map of the state of Arizona. The word "ARIZONA" is written in large, white, bold, sans-serif capital letters across the middle of the plants.

ARIZONA

Fundamental Cannabis Education

Every patient is different....

Learn about cannabis and the products that best meet your needs.

The goal is for you to have the information you need as a patient to make good decisions and find products that meet all of your needs.

Table of Contents

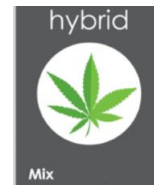
What is Cannabis.....	1
Indica, Sativa, Hybrid.....	1
Terpenes.....	1
Methods of Use.....	2
Topical.....	2
Inhalation.....	3
Oral Ingestion.....	3
Know your Product.....	4
Cannabinoids.....	4
Myths about Cannabis.....	5
Test your Knowledge.....	5
Drug Interactions.....	6

Commonly used strains (Phenotype) of Cannabis

Sativa - Gives an uplifting and energetic feeling

Indica - Gives a relaxing and sedating effect, some say it's a "whole body" experience.

Hybrid - Gives a mix of effects of both Sativa and Indica



Therapeutic Effects of Terpenes

TERPENE BENEFITS

NAME	FOUND IN	EFFECTS	AROMA	STRAINS
MYRCENE		anti-inflammatory sedative muscle relaxant pain relief	musky herbal somewhat citrusy	Chemdawg Grape Stomper Fire Alien Kush Agent Orange
A-PINENE		boosts energy improves focus bronchodilator improves memory	pine fresh mountain air slightly woody	Vanilla Kush Cookie Cross 9lb Hammer Lavender
CARYOPHYLLENE		pain relief anti-depressant anti-inflammatory anti-anxiety	spicy woody pepper	Gorilla Glue #4 Tangerine Dream Sage N Sour Pineapple Express
LIMONENE		improves mood anti-anxiety anti-depressant relieves nausea	citrus lemon orange	GSC (Cookies) Pre-98 Bubba Kush Tangerine Dream Cush / Green Crack
HUMULENE		anti-inflammatory appetite suppressant pain relief anti-tumor	woody earthy herbal spicy	Liberty Haze Gorilla Glue #4 Cush / Green Crack Sage N Sour
LINALOOL		anti-anxiety sedative pain relief anti-bacterial	floral sugar citrus	Bubble Gum 9lb Hammer Sour Diesel Locomotion

3 Common methods of using Cannabis

ORAL INGESTION

Oral delivery through ingestible oils, and infused food & drinks



Oral Ingestion

- **FOOD AND DRINK ITEMS/COOKING ITEMS**
 - Cannabis can be directly extracted in to food items (edibles) or cannabis extracts can be used in cooking as an ingredient to a recipe. These edibles include gummies, hard candies, brownies, cookies, protein bars, and chocolate, among others.
- **SUBLINGUALS**
 - Cannabis extracts are also used to create sublingual products that sit in your mouth or gums in order to provide a slightly faster onset than edibles. These items include tinctures, lozenges, breathe strips and certain hard candies.
- **PILLS/TABLETS/CAPSULES**
 - Cannabis extracts can also be used to make pills/tablets/capsules that have a standardized dose per item, making it easy and discrete to take your medication.
- **RSO (RICK SIMPSON OIL)**
 - RSO is a full plant extract designed for oral ingestion that can be put into capsules or put into a syringe for specific dosing. Instead of having a limited range of cannabinoids such as THC and CBD, RSO allows you to have the full range of medicine found in the cannabis plant.

INHALATION

Oral delivery techniques that are administered through smoking or vaping.



Inhalation

- **SMOKING**
 - Cannabis, like most plants, produces a flower. You smoke cannabis flower in order to medicate. You can purchase whole flowers that you break down and smoke yourself, or use pre-rolled items like joints, blunts, and wraps.
- **VAPING**
 - Vaping is heating a cannabis oil up until begins to vaporize rather than combust. Cannabis oil is extracted from the plant and put in to a small, discrete device called a cartridge that attaches to a battery for quick vaporization and delivery.
- **CONCENTRATES (DABS)**
 - Concentrates are forms of extracted cannabis that come in different consistencies that give their names (shatter, batter, wax, distillate, crumble, rosin, hash, resin). These items are consumed using a different device than a cartridge and battery (called a dab rig), but still follows the principal of vaporization.

TOPICALS

Administered on the skin and is absorbed through your blood stream.



Topical

- **LOTIONS/OINTMENTS/SALVES & BALM**
 - Cannabis can also be put into different items for topical applications such as lotion, burn cream, ointments, lip balms and the like.
- **PATCHES**
 - Cannabis patches have been created that release cannabinoids over time so that you get extended relief in the area of application.
- **LUBRICANTS/SUPPOSITORIES**
 - Cannabis lubricants and suppositories have also been created to address specific needs related to each - cannabis can increase sexual sensitivity and arousal and provide extreme benefit to individuals suffering from GI tract issues.

The cannabis plant contains more than 100 different cannabinoids.

Below is a list of the most prevalent.

Delta-9-Tetrahydrocannabinol (Δ 9-THC):

This is a major cannabinoid and the main psychoactive constituent in the cannabis plant. Medical benefits include anti-inflammatory, pain relief, neuroprotectant, and spasticity reduction.

Cannabidiol (CBD):

This is a major cannabinoid found within the cannabis plant. Medical benefits include anti-inflammatory, pain relief, antioxidant, and treatment of several neurological disorders.

Delta-8-Tetrahydrocannabinol (Δ 8-THC):

Psychoactive. Medical benefits include pain relief, anxiolytic, anti-emetic, and treating insomnia. Also Δ 8 provides more of a body high than Δ 9.

Cannabigerol (CBG):

Non-psychoactive. Medical benefits include antimicrobial and antifungal properties used to fight bacterial infections, treatment of bladder dysfunction, neuroprotection, and pain relief.

Cannabichromene (CBC):

Non-psychoactive. Medical benefits include anti-viral, anti-depressant, pain relief, and treatment of migraines.

Cannabichromevarin (CBCV):

Non-psychoactive. Medical benefits include acne prevention, pain relief, anti-inflammatory, and neuroprotection.

Bonni Goldstein. *Cannabis Is Medicine: How CBD and Medical Cannabis Are Healing Everything from Anxiety to Chronic Pain*. Headline; 2020.

Backes M, Weil A, Mccue JD. *Cannabis Pharmacy: The Practical Guide to Medical Marijuana*. Black Dog & Leventhal Publishers; 2017.

Center for Complementary and Integrative Health. *Cannabis (Marijuana) and Cannabinoids: What You Need to Know*. NCCIH. Published November 2019. <https://www.nccih.nih.gov/health/cannabis-marijuana-and-cannabinoids-what-you-need-to-know>

Myths about cannabis:

- ✓ The higher the THC the higher you get
- ✓ CBD will get you high or is a psychoactive
- ✓ Cannabis use leads to crime and delinquency
- ✓ There is a high risk of addiction to cannabis
- ✓ Cannabis is a gateway drug
- ✓ Cannabis use causes cancer

Test your knowledge...

Read through the pamphlet and scan the QR code to take a quiz at the end to see how much you learned, or go ahead and see how much you already know!



DRUG INTERACTION

Certain medications you are already taking may put you at risk of altered disposition by concomitant use of cannabis therapy. Most psychiatric medications and sleep medications fall into this category, as do blood thinners, allergy, and asthma medications. These medications can slightly increase THC levels in the bloodstream due to interaction with the CYP3A4, CYP2C19, CYP2C9, and CYP1A2 enzymes. Interaction with these enzymes with which the prominent cannabinoids THC and CBD are also metabolized, can shift the metabolism of both the drugs prescribed, as well as the cannabinoids. Extra precautions should be taken if you are currently prescribed these types of medications. Please talk to your doctor or pharmacist to learn if the drugs you are taking interact with the aforementioned enzymes, and make sure to self-monitor with daily logging of symptom relief and any noted side effects especially sedation.

Qian Y, Gurley BJ, Markowitz JS. The Potential for Pharmacokinetic Interactions Between Cannabis Products and Conventional Medications. *J Clin Psychopharmacol*. 2019;39(5):462-471. doi:10.1097/JCP.0000000000001089

Alsherbiny MA, Li CG. Medicinal Cannabis-Potential Drug Interactions. *Medicines (Basel)*. 2018;6(1):3. Published 2018 Dec 23. doi:10.3390/medicines6010003

Frye PC, Smitherman D. List of Drugs by Metabolism. In: *The Medical Marijuana Guide: Cannabis and Your Health*. Lanham: Rowman & Littlefield; 2018