

# Ask the Expert Cannabis Series

## Session 1: How to Use Cannabis Safely

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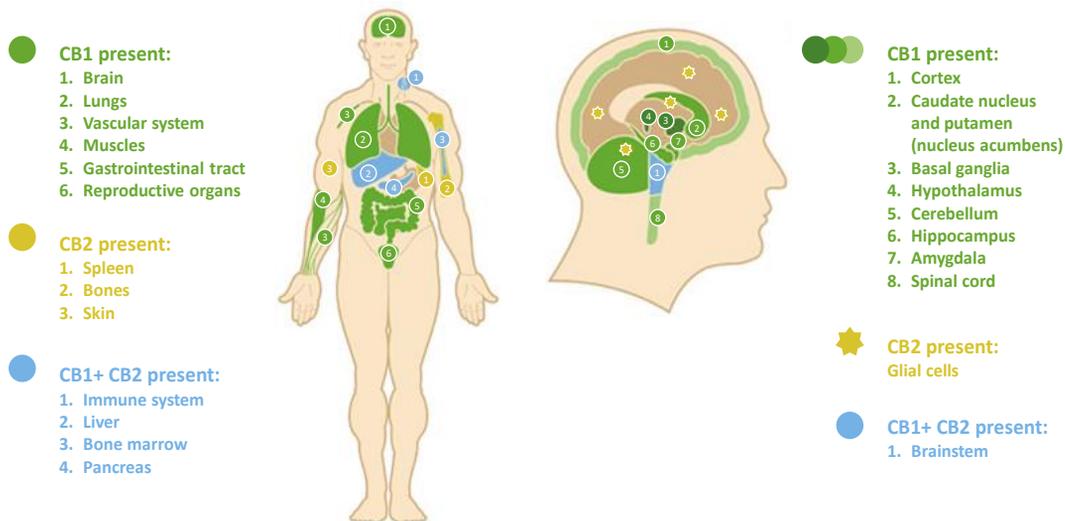
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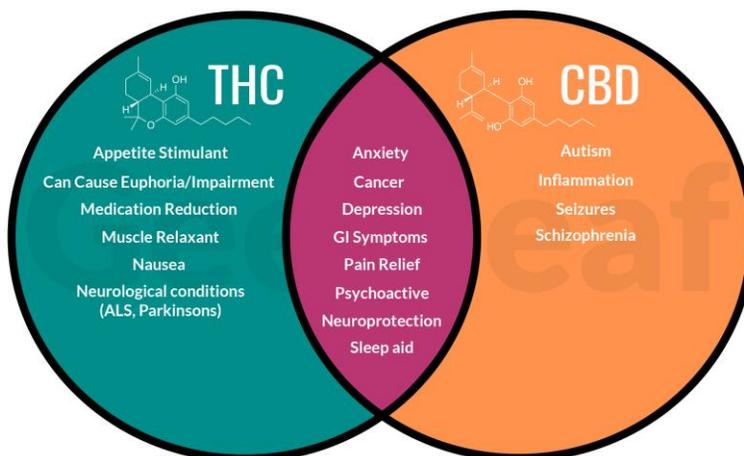
## Post Group Resources:

- Group Summary **handouts** (here!)
- Our website:
  - Resources <https://greenleafmc.ca/>
  - More groups <https://greenleafmc.ca/physician-led-group-classes>
- **Facebook: Greenleaf Medical Clinic Private Facebook Group** to get more cannabis information, engage with other patients & ask Q!
- Dr. MacCallum's website: [www.drcarolinemaccallum.com](http://www.drcarolinemaccallum.com)
  - For lifestyle resources including books and apps recommendations.
- Monthly **Newsletter** is coming soon...so stay tuned

# Distribution of Cannabinoid 1 & 2



# Potential Benefits of Cannabis



## INHALED CANNABIS



Vaporized NOT smoked



Used as a standalone and/or for breakthrough symptom relief between oil doses.



Maximum percentage of THC = 30%



Available in sativa, indica or hybrid varieties



Available in THC, THC/CBD or CBD only strains



Gamma irradiated or non-gamma irradiated



Dried cannabis sold in 5 to 30 gram containers. \$6 to \$15 per gram



Inhaled extracts - vape pens. \$40 to \$60

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## CANNABIS OIL



Taken orally NOT inhaled



Available in sativa, indica or hybrid varieties



Available in THC, THC/CBD or CBD strains



Used as a standalone treatment or with vaporization



Maximum strength of THC = 30 mg/ml



Gamma irradiated or non-gamma irradiated



Sold in 20 ml or 60 ml bottles



Priced between \$90 and \$150 per bottle

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# [www.greenleafmc.ca](http://www.greenleafmc.ca) for upcoming groups!

- ❑ Ask the Expert: The Fine Print Details on Cannabis - 10:00am-11:30am (PST) - April 27th, 2020
- ❑ Ask the Expert Series: How to Use Cannabis Safely - 10:00am-11:30am (PST) - April 29th, 2020
- ❑ Ask the Expert Series: How to Your Dose Cannabis - 10:00am-11:30am (PST) - May 4th, 2020
- ❑ Ask the Expert Series: The Fine Print Details on Cannabis - 10:00am-11:30am (PST) - May 6th, 2020
- ❑ Ask the Expert: How to Use Cannabis Safely - 10:00am-11:30am (PST) - May 11th, 2020
- ❑ Ask the Expert: How to Your Dose Cannabis - 10:00am-11:30am (PST) - May 13th, 2020
- ❑ Ask the Expert: The Fine Print Details on Cannabis - 10:00am-11:30am (PST) - May 18th, 2020
- ❑ Ask the Expert: How to Use Cannabis Safely - 10:00am-11:30am (PST) - May 20th, 2020
- ❑ Ask the Expert: How to Your Dose Cannabis - 10:00am-11:30am (PST) - May 25th, 2020
- ❑ Ask the Expert: The Fine Print Details on Cannabis - 10:00am-11:30am (PST) - May 27th, 2020



## Resources on [www.greenleafmc.ca](http://www.greenleafmc.ca) & [www.drcarolinemaccallum.com](http://www.drcarolinemaccallum.com)

**Practical considerations in medical cannabis administration and dosing**  
Caroline A. MacCallum<sup>1,2</sup>, Ethan B. Russo<sup>3</sup>

**The following 10 recommendations suggest ways to use cannabis more safely, based on the best available scientific evidence.**

- 1 Remember that every form of cannabis use poses risks to your health. The only way to completely avoid these risks is by choosing not to use cannabis. If you decide to use cannabis, follow these recommendations to lower risks to your health.
- 2 The earlier in life you begin using cannabis, the higher your risk of serious health problems. Teenagers, particularly those younger than 16, should delay using cannabis for as long as possible. You'll lower your risk of cannabis-related health problems if you choose to start using cannabis later in life.
- 3 Higher strength or more powerful cannabis products are worse for your health. If you use products with high tetrahydrocannabinol (THC) content, the main mind-altering ingredient in cannabis, you're more likely to develop severe problems, such as dependence or mental health problems. Cannabidiol (CBD), another cannabis ingredient, can counteract some of THC's psychoactive effects. If you use, choose low-strength products, such as those with a lower THC content or a higher ratio of CBD to THC.
- 4 Don't use synthetic cannabis products. Compared with natural cannabis products, most synthetic cannabis products are stronger and more dangerous. K2 and Spice are examples of synthetic cannabis products. Using these can lead to severe health problems, such as seizures, irregular heartbeat, hallucinations and in rare cases, death.
- 5 Smoking cannabis (for example, smoking a joint) is the most harmful way of using cannabis because it directly affects your lungs. There are safer, non-smoking options like vaping or taking edibles that are better for your lungs. Keep in mind that these alternatives aren't risk-free either.
- 6 If you choose to smoke cannabis, avoid inhaling deeply or holding your breath. These practices increase the amount of toxins absorbed by your lungs and the rest of your body, and can lead to lung problems.
- 7 The more frequently you use cannabis, the more likely you are to develop health problems, especially if you use on a daily or near-daily basis. Limiting your cannabis use to occasional use at most, such as only using once a week or on weekends, is a good way to reduce your health risks. Try to limit your use as much as possible.
- 8 Cannabis use impairs your ability to drive a car or operate other machinery. Don't engage in these activities after using cannabis, or while you still feel affected by cannabis in any way. These effects typically last at least six hours, but could be longer, depending on the person and the product used. Using cannabis and alcohol together further increases your impairment. Avoid this combination before driving or operating machinery.
- 9 Some people are more likely to develop problems from cannabis use. Specifically, people with a personal or family history of psychosis or substance use problems, and pregnant women should not use cannabis at all.
- 10 Avoid combining any of the risky behaviors described above. The more risks you take, the greater the chances of harming your health as a result of cannabis use.

**Please note:** These recommendations are aimed mainly at non-medical cannabis use.

**PATIENT GUIDE TO MEDICAL CANNABIS**

**Greenleaf MEDICAL CLINIC**

**Dosing Log**  
Keeping a log of your doses can help determine how effective they are, and what the right dose is for you.

Date	Time	Strain Name	Route Ingested	THC/CBD %	Dose (g/ML)	Onset of Effect (min/h)	Duration of Effect (hr)	Symptoms Improvement % (pain, anxiety, insomnia, mood, appetite, concentration)	Side Effects & Notes
AM									
NOON									
PM									
BD									
AM									
NOON									
PM									
BD									
AM									
NOON									
PM									
BD									

