



# Ask The Expert Cannabis Series

102: Cannabis Follow Up Group

**HANDOUTS**

FOLLOW US ON SOCIAL MEDIA   @greenleafmedicalclinic  @greenleafmed

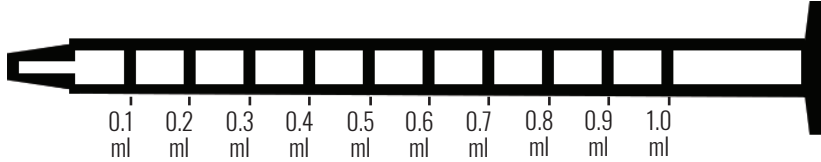
Date: \_\_\_\_\_

Licensed Producer: \_\_\_\_\_ Product/Strain: \_\_\_\_\_

Route of Administration:  Inhalation  Oral Oil  Topical

Dose Consumed: \_\_\_\_\_

If you are consuming oral oil use the illustration below and fill in the dose you consumed.



Time Taken: \_\_\_\_\_ am pm Onset Time: \_\_\_\_\_ Duration of Effects: \_\_\_\_\_

### Positive Effects On Symptoms

- Pain Relief Muscle
- Relaxation
- Energizing
- Motivating
- Inflammation Reduct.
- Improved Sleep
- Other: \_\_\_\_\_
- Tremor Reduction
- Seizure Reduction
- Intestinal Ease
- Appetite Stimulated
- Mental Focus
- Mood Lifted

### Negatives

- Anxiety
- Dizziness
- Drowsiness
- Sleepiness
- Nausea
- Diarrhea
- Other: \_\_\_\_\_
- Headache
- Impaired
- Memory Issues
- Brain Fog
- Fatigue
- Dry Mouth

### How effective was your medication?

Mark an X or circle your overall feeling after taking your medication. Your optimal dose is the dose what gives you the most amount of symptom relief with the least amount of side effects.

-4	-3	-2	-1	0	1	2	3	4
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Much Worse No Change Optimal

### Notes

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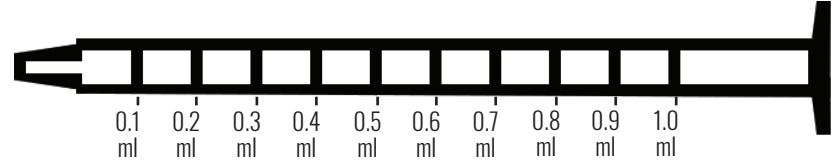
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# 10 Most Common Reported Side Effects



**Dizziness**



**Itch**



**Nausea**



**Diarrhea**



**Headache**



**Anxiety**



**Impairment**



**Daytime  
Fatigue**



**Trouble  
Sleeping**



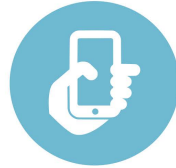
**'Hangover'  
Feeling in the  
Morning**

# How To Manage Side Effects

	Reduce to Previously Tolerated Dose	Change Route of Admin	+/- CBD Dose	+/- THC Dose	Change Carrier Oil	Adjust Time of Dosing	Change Strain Type
Anxiety	✓		✓				✓
Diarrhea	✓	✓			✓		
Dizziness	✓	✓					
Headache	✓		✓				
Impairment	✓						
Morning Fatigue	✓					✓	
Short-Term Memory Loss		✓	✓	✓			
Trouble Sleeping				✓		✓	

# What If You Experienced Side Effects?

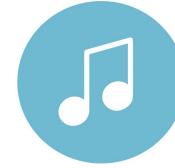
## IF MILD OR MODERATE:



Contact a friend or family member and talk it out



Sit in a quiet place and take some deep breathes to calm you down



Distract yourself with music or a movie



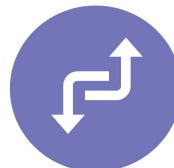
## IF SERIOUS:

Contact a friend or family member to drive you to the emergency room or call 911

## FUTURE DOSING CONSIDERATIONS:



Reduce THC



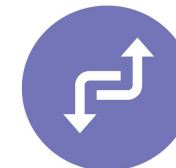
Consider changing the route of administration



Add CBD





Reduce to a previously tolerated dose



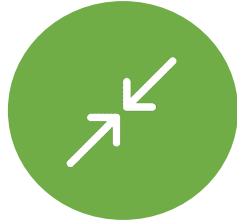
Consider changing strains

# Determine Your Optimal Therapeutic Dose

## Considerations:

- The optimal therapeutic dose is the dose that provides the most symptom relief with minimal or no side effects.
- You do not need to feel “high” or impaired to have symptom improvement
- **CBD**  Used primarily for day-time symptom control. Start as a standalone.
- **THC**  Start at bedtime
- Slow upward dose titration promotes tolerance to psychoactive (high) effects induced by THC
  - Tolerance doe NOT develop to CBD

# Treatment Plan Adjustments Are Common for...



**Reducing or  
Eliminating Side  
Effects**



**To Achieve  
Symptom  
Improvement**

(reduce pain)



**Patient  
Satisfaction**

(producer changes, adding  
new product, changing  
mode of administration)



**Medication  
Changes**



**Strain  
Rotations**



**Duration of  
Effect**



**Cost**



**Other**



### Facebook Community Group

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### Resources:

[Greenleaf Learning Centre](#)

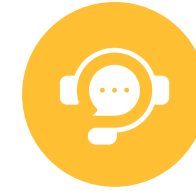
[Dr. MacCallum Resources](#)



### Contact Information:

 1-877-513-4769

 [groups@greenleafmc.ca](mailto:groups@greenleafmc.ca)



**For immediate assistance use the live chat support on our website!**



Ask the Expert Cannabis Series

Dr. Caroline MacCallum  
& Fonda Betts

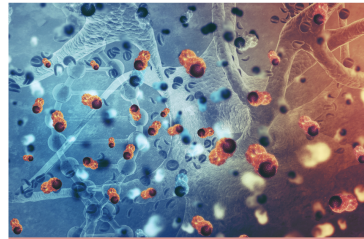
In this series you will learn about: the fundamentals of medical cannabis, vaporization, topical applications, oral cannabis oil, edibles and concentrates. We will also discuss; potential drug interactions, treatment plans and monitoring for optimal symptom control.



The Long Mile:  
Managing Chronic Pain

Dr. Caroline MacCallum  
& Dr. Teresa Clarke

This 10-week series will help you on your chronic pain journey. You will learn how to promote healing through integrative approaches and optimize your physical and mental well-being.



Immune Health & How to  
Optimize Your Immunity

Dr. Teresa Clarke

In this session, you will learn integrative health approaches to promoting immune health. These approaches can be added to public health recommendations to reduce your risk of serious viral illness.



Acupressure for Chronic Illnesses

Dr. Teresa Clarke

In this series of three workshops, you will learn how Acupressure can be utilized in a self-treatment approach to improve wellbeing and symptom management in patients with chronic illnesses.



Osteopathy & Chronic Conditions

Fabio Bocchetti

In this series of four workshops, you will learn how Osteopathy can explain and treat several types of headaches, low back pain, knees or hip pain as well as digestive issues.

[Register Now](#)