

Ask The Expert Cannabis Series

201: Inhaled Cannabis; Dried Flower, Vape Pens & Extracts

GROUP HANDOUTS

Routes of Administration

Issue	Smoking / Vaporization	Oral	Oromucosal	Topical
Onset (min)	5 - 10	60 - 180	15 - 45	Variable
Duration (hour)	2 - 4	6 - 8	6 - 8	Variable
Pro	Rapid action, advantage for acute or episodic symptoms (nausea/pain)	Less odor, convenient and discrete advantage for chronic disease/symptoms	Pharmaceutical form (nabiximols) available, with documented efficacy and safety.	Less systemic effect, good for localised symptoms
Con	Dexterity required, vaporisers may be expensive, and not all are portable	Titration challenges due to delayed onset	Expensive, spotty availability	Only local effects

When to Consider Inhaled Cannabis

Benefits

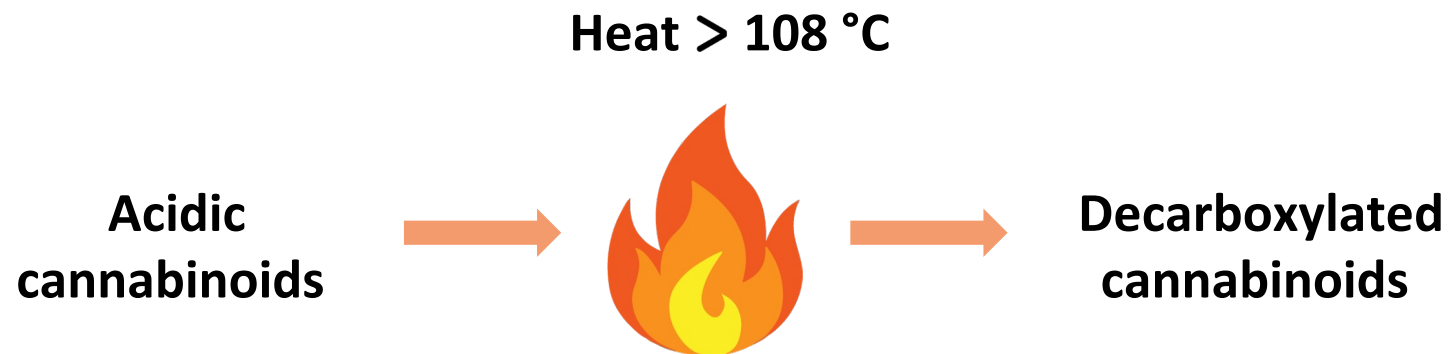
- ✓ Rapid onset
- ✓ Short acting
- ✓ Customization of blends
- ✓ Cost savings
- ✓ Less odor compared to smoking

- Acute and intermittent symptom management
- Breakthrough relief between other medications
- Medication tapering
- Falling asleep and waking up through the night (if not wanting oral preparations)

Decarboxylation

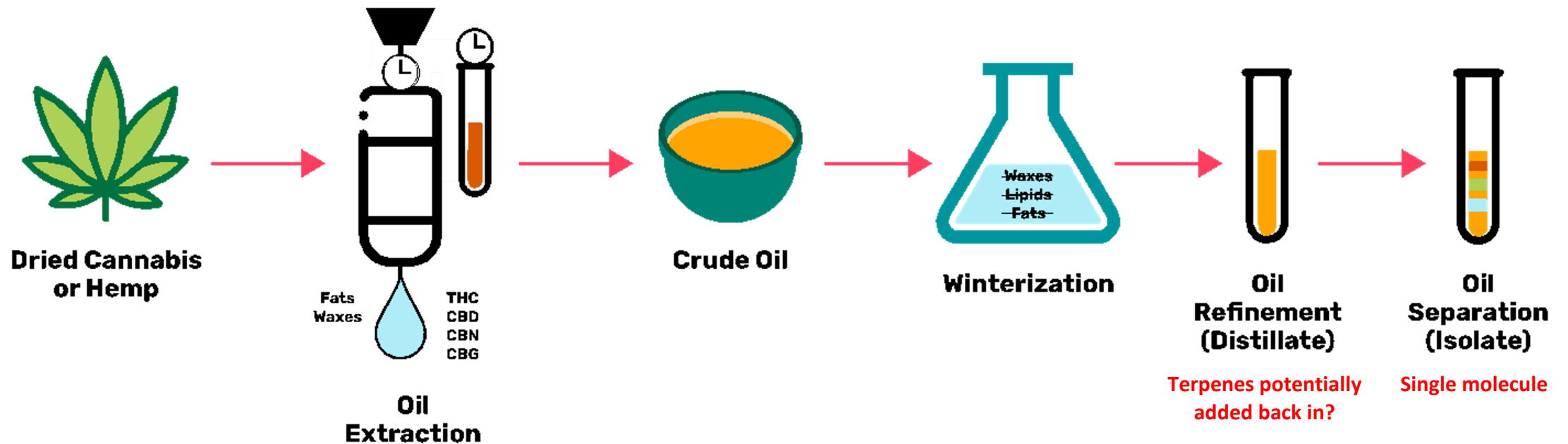
Raw cannabis contains acidic cannabinoids

Most common: THCA, CBDA, CBGA, CBCA



Heat creates a chemical reaction that converts raw cannabinoids from acidic form to activated form.

Solvent-Based Extraction Process



Inhaled Concentrates & Extracts

Solventless (Concentrates)

Mechanical Extraction of Trichomes



Dry Sift/Kief

- Isolated Trichomes



Bubble Hash

- Isolated Trichomes



Rosin

- Live Rosin
- Terpene Separation
- Diamonds
- Shatter
- Wax
- Budder
- Sugar
- Sauce
- Oil

*** Up to 60% THC ***

Solvent Based (Extracts)

Chemicals Used to Dissolve Trichomes



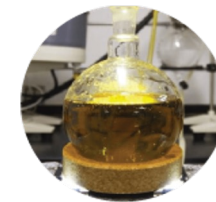
Hydrocarbon

- Live Resin
- Terpene Separation
- Diamonds
- Shatter
- Wax
- Budder
- Sugar
- Sauce
- Crumble



CO2

- Oil



Ethanol

- Oil

*** Up to 90% THC ***

Dried Flower Vaporization Explained



Inhaling dried flower through a vaporizer device



More efficient than smoking i.e., side stream loss



The device heats the product into a vapor



Devices are battery or powered and use conduction or convection heating



Many device options



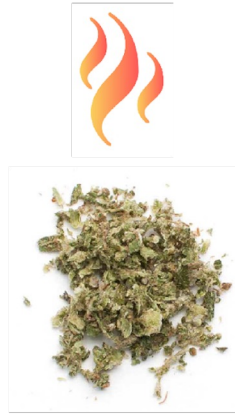
Dried flower delivers full spectrum compounds



Temperature control - check device

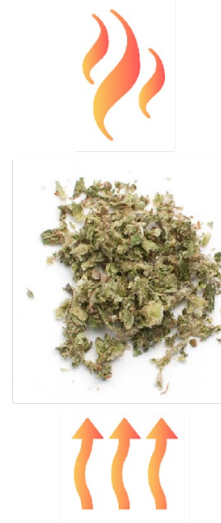


Conduction (Combustion) Vs. Convection



Heat Source

Dried cannabis is in direct contact with heat



Heat Source

Hot air passes through dried cannabis

Pros

- Allows for less complicated designs and cheaper devices
- Allows for very fast warm-up times

Cons

- Higher risk of combustion
- Require stirring/shaking of dried cannabis between draws
- Often harder for novice to operate effectively

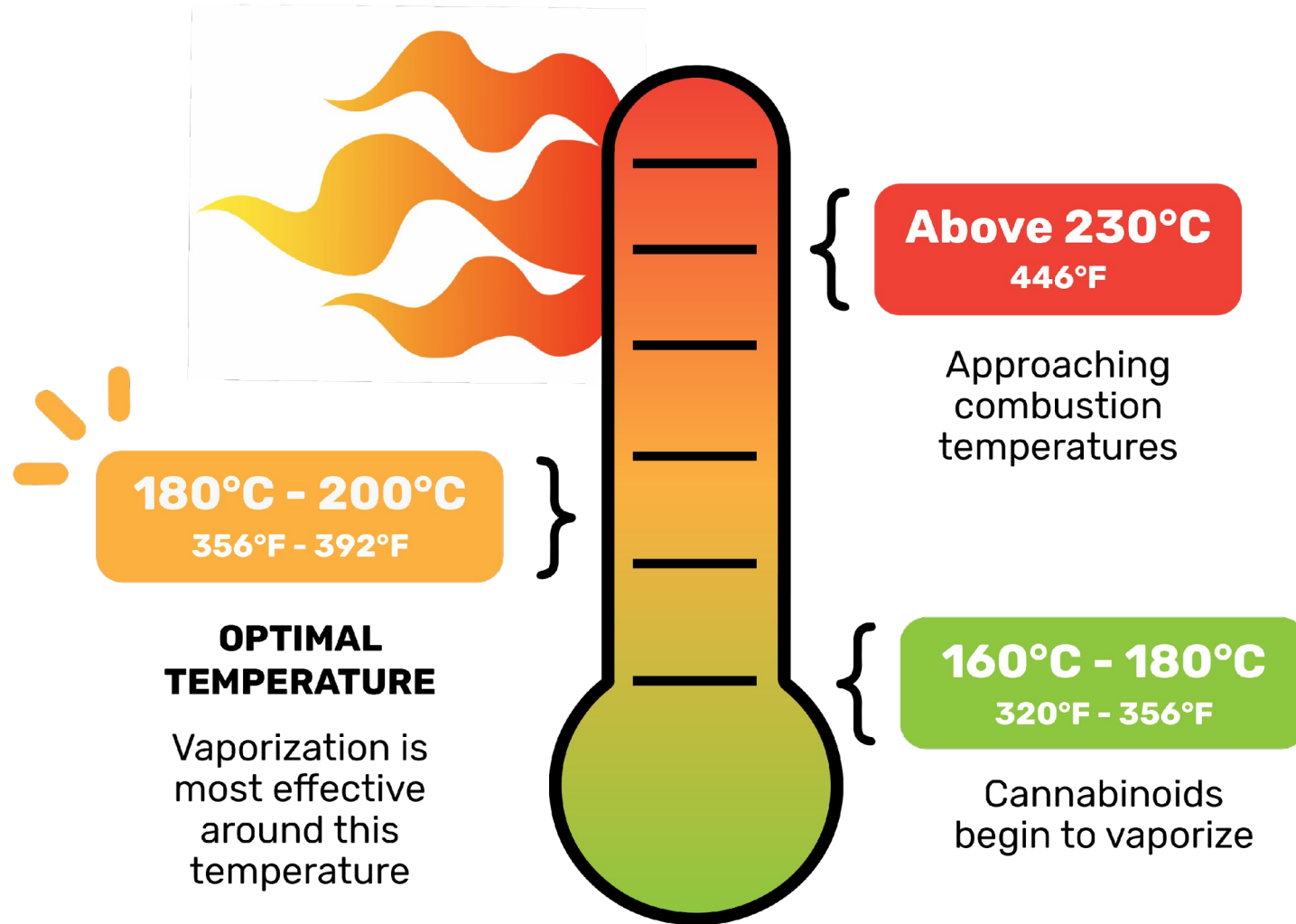
Pros

- More accurate temperature control
- More even heating of dried cannabis
- Lower risk of combustion

Cons








- Usually more expensive
- Slower warm-up times

Vaporizing Temperatures



Average Boiling Points for the Most Common Cannabinoids & Terpenes

Cannabinoids	
CBC	220°C 428°F
CBD	180°C 356°F
CBDa	120°C 248°F
CBG	52°C 126°F
CBN	185°C 365°F
THC	157°C 315°F
THCa	104°C 220°F
THCv	220°C 428°F

Terpenes		
	A-Pinene	155°C 311°F
	β-Caryophyllene	165°C 320°F
	β-Myrcene	168°C 334°F
	Limonene	176°C 349°F
	Terpinolene	185°C 365°F
	Linalool	198°C 388°F
	Humulene	198°C 388°F

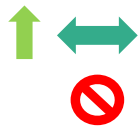
How to Initiate & Titrate Flowers

Available Cannabis Strains:
THC:CBD or THC only or CBD only



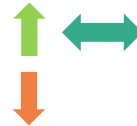
"Mindful vaping":
start with 1
inhalation & wait
3 - 5 mins

How do you feel?



If no improvement
increase by 1
inhalations every
3 - 5 mins

How do you feel?



If no relief/side
effects, consider
changing THC % or
THC:CBD ratio

How do you feel?



Final dose = total
number of
inhalations
Within 1h

How do you feel?

No Difference in Symptom & No Side Effects



Increase dose

Symptoms Are Well Controlled



Stay at dose

Experience Side Effects Such As Impairment,
Increased Heart Rate, etc.



Decrease dose to previous dose

Side Effects at First Dose



Stop product and call HCP for guidance

Dried Flower Considerations



Cost per Gram

\$4.50 - \$12.00



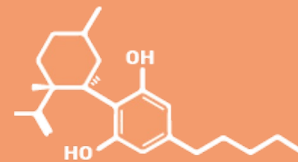
Prescription
Deduction

Equivalent amount



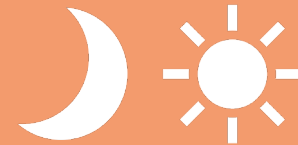
Average
Container Size

5 grams



Cannabinoid
Profile Options

THC, CBD,
THC:CBD, THC-A



Strain Type

Sativa, Indica,
Hybrid






Spectrum




Full spectrum

*** Start low & go slow ***

Solventless – Concentrates (Up to 60% THC)

Kief	Moon Rocks	Hash
		
<ul style="list-style-type: none"> • Powdery accumulation of trichome heads • Solventless – dry sieve • Full spectrum • Cost average \$10.00 / gram 	<ul style="list-style-type: none"> • Buds covered in kief • Solventless • Full Spectrum • Cost average \$10.00 / gram • Do not use in a grinder 	<ul style="list-style-type: none"> • Compressing dry sift kief or ice water extraction from fresh or frozen (bubble hash) • Solventless – Ice water (bubble hash) • Full Spectrum • Cost average \$15.00 / gram

Solvent-Based – Extracts (Up to 90% THC)

Live Resin	Resin	Shatter
		
<ul style="list-style-type: none"> • Extracted using light hydrocarbon solvents such as butane and propane • Solvent Extraction • Average cost / gram = \$42.00 - \$52.00 	<ul style="list-style-type: none"> • Uses hydrocarbon extractors - butane, propane or blended solvents • Solvent extraction • Sugary texture and amber color • Average cost / gram = \$40.00 - \$52.00 	<ul style="list-style-type: none"> • Solid and translucent in appearance • Tends to crack or shatter when broken apart • Solvent extraction i.e, butane (BHO) or other hydrocarbons

Dabbing – Breathing in very hot vapors from heating cannabis concentrates – **NOT RECOMMENDED**

Vape Pens Explained



Breathing in cannabis oil through a vaping device



The device heats the liquid into a vapor



Devices are battery-powered and use conduction heating



Many names including modes, vapes, vape pens, electronic delivery systems



Convenient: Ready to use, no cannabis odor





Disposable or reusable



Limited temperature control (low, medium or high)



Distillate/Isolate Vape Pen

	Or	
Disposable		Reusable
Distillate Vape Pen (0.3 g – 0.1 g)		
Cost	\$30.00 - \$50.00	
Prescription Deduction	2.5 g - 6.5 g	
Concentration	25% - 85%	
Cannabinoid Profile Options (Current)	CBD, THC, THC:CBD, CBN	
Source	Distillate with or without added terpenes	

*** Start low & go slow ***

Dosing Considerations

New to vaping? Look for a product with less than 100 mg/g (10%) THC, with equal or higher levels of CBD.



CBD is not intoxicating and may reduce some of the effects of THC.

Exercise caution when consuming products containing between 100 mg/g (10%) and 200 mg/g (20%) of THC.



Exercise the most caution with products containing more than 200 mg/g (20%) of THC, such as shatter, wax or distillates.

Driving Considerations (THC)



Patients should avoid driving for 4 hours after inhalation, 6 hours after oral ingestion, or 8 hours if euphoric.



Cannabis (THC) intoxication increases the risk of collision by 18%.



Similar to caution with other medications which impair judgment including opioids, muscle relaxants and alcohol.



If using cannabis daily, THC tolerance will develop and there may be minimal impairment (similar to tolerance to prescription opioids).

Travelling with Medical Cannabis

****Transporting cannabis in a vehicle must be in its original, unopened packaging & inaccessible to the driver and occupants.**



**Crossing
international
borders with
cannabis
is illegal.**

**Traverser
les frontières
internationales
avec du cannabis
est illégal.**

Canada

Ask the Expert Cannabis Series

101: Cannabis Counselling & Treatment Plans

By participating you will learn about:

- The endocannabinoid system
- The differences between cannabinoids (THC & CBD)
- Routes of administration (oral oil & vaporization)
- Symptom management using cannabis
- Customized treatment plans
- How to dose your cannabis safely
- How to monitor for symptom improvements
- Potential side effects
- Drug interactions
- Supply options through a Health Canada licensed seller
- Cost of medication & discount programs available
- Extended health benefits & claiming as a medical expense
- Driving & travelling
- How to store your medication

201: Inhaled Cannabis; Dried Flower, Vape Pens & Extracts

By participating you will learn about:

- The difference between smoking & vaporization
- Is vaporization safe?
- When to consider using vaporized cannabis for symptom management
- Finding the right temperature for optimal benefit
- Types & cost of vaporizers
- Choosing the best strain to vaporize (sativa, indica, hybrids)
- How to determine your optimal dose & monitoring effects
- Taking proper care of your vaporizer
- Where am I allowed to vaporize my cannabis?
- Safe storage of vaporizer & cannabis
- Driving & travelling
- Inhaled extracts

301: Cannabis Edibles, Oral Preparations & Topicals

By participating you will learn about:

- The difference between medical & recreational cannabis
- Edibles (mints, baked goods, snacks, candy, chocolates, teas & other beverages)
- Tinctures & sprays
- Creams, salves & liniments
- Differences between onset of actions for various routes of administration
- Risks & side effects
- Choosing a product that is right for you
- Dosing of extracts and edibles; the basics
- Driving & travelling
- How to determine your optimal dose & monitoring effects

REGISTER NOW

Wellness Group Medical Visits



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.

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