

CANNA-PATIENT RESOURCE CONNECTION

Canna Patient Resource Connection (CPRC) was formed to:

- Provide education to communities, businesses, and elected officials with intentions to improve the understanding of phytocannabinoid use as part of an overall treatment plan.
- Help break stigmas surrounding the therapeutic use of cannabis.
- To provide both educational and resource support to the cannabis patient population as the plant undergoes the harsh transition from an illegal drug to having accepted therapeutic and recreational uses.

Through collaboration with a variety of community entities, CPRC hopes to provide education that can save lives, help the therapeutic industry keep its patient needs in mind, and improve the lives of cannabis patients.



In Partnership With:



CPRC of Colorado 

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For more information contact:



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Beginner Therapeutic Cannabis: Tips for Getting Started



This information is not intended as medical advice and none of these statements have been evaluated by the FDA.

Important Things to Know

- ◆ Everyone is different and there is no “one size fits all”. Be willing to experiment.
- ◆ Consistency is key, especially when trying to treat a disease that is moderate to severe.
- ◆ Cannabis has a large amount of documented cannabinoids, not just THC and CBD. Explore THCv, CBG, CBC, or CBDv.
- ◆ Start researching and connect with patients who are using cannabis to treat similar symptoms/illness. They can offer tips and share experiences!
- ◆ Cannabis isn’t an instant fix. Like other therapies, some react extremely well, some get good/okay results, and others see no positive effects.
- ◆ Get ready to use your sniffer! Terpenes are incredibly important in targeting therapy! Use your nose to guide you!
- ◆ Be prepared to incorporate multiple methods through layering!

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Methods



- ◆ **Inhaled** is for acute symptoms and symptom management. Think *immediate release therapy!* It can be extremely helpful with nausea, spasms, headaches, and other symptoms needing something quick. Using an inhaled method while waiting for an edible to take effect can help ease symptoms.
- ◆ **Ingested** cannabis is used primarily for stronger pain and chronic/terminal illness management. Oral cannabis is more like an *extended release therapy*, and lasts longer with stronger effects. **Start low and slow as a general rule, less than 5mg as a first dose, just to see how you react.**
- ◆ **Suppositories/Inhalers/Nasal Sprays** are helpful when larger dosing is needed or other methods are not practical. Nasal sprays are useful in seizure rescue dosing.
- ◆ **Topicals** can be game changers for muscle and joint pains, skin issues, and to help layer your therapy to increase dosing.

The “Indica/Sativa” Debate

The terms “indica” and “sativa” are used in therapeutic cannabis centers to describe specific effects. Indica describes a “pain relieving, sedative” effect, while sativa usually refers to uplifting and energetic effects. See our **Cannabinoids and Terpenes** brochure, or check out our YouTube channel—**CPRC of Colorado**.

Dosing

- ◆ Cannabis can have different effects at different doses. Be willing to experiment and find what is right for you.
- ◆ Start at low doses then work up to your “just right” therapeutic dose. Go slow when trying new strains. It is best to find out it is wrong at low doses!
- ◆ Intoxication doesn’t determine dosing. Your system does build a tolerance, and your “buzz” may disappear with consistent dosing.
- ◆ The “high”, or euphoria, can be an important tool, especially when treating mental illness like anxiety or depression. Don’t discount its usefulness.
- ◆ Know each strain has different effects, and you will most likely need access multiple strains. Also know that strains, even with the same name, can vary greatly in compounds.
- ◆ **Know some strains can cause unwanted effects like anxiety or jittery uneasiness. Many people report sativa strains (high in pinene) increase paranoia.**



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Cannabis is extremely safe, but does have some interactions with pharmaceuticals. Always check with a pharmacist to make sure you properly adjust your medications.