

CANNABIS 101

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CANNABIS IN CANADA

A TIMELINE

- **2000** Landmark case in 2000 (John Conroy on MCRCI's Board)

- **June 2001** Marihuana Medical Access Regulations (MMAR) regulations passed by Health Canada in 2001.

- Marihuana Medical Access Regulations (MMAR) allowed patients to grow their own or purchase from government source.

- Health Canada implemented access program requiring MD authorization.

- **March 31, 2014** MMAR repealed but injunction exists whereby existing patients were grandfathered.

- **April 1, 2014** Marijuana for Medical Purposes Regulations (MMPR) replaces MMAR. (No personal production)

- **August 25, 2016** Access to Cannabis for Medicinal Purposes Regulations (ACMPR) replaces MMPR. (Personal production re-introduced)

TYPES OF CANNABIS



SATIVA



INDICA



RUDERALIS



Sativa

vs



Indica

- energy
- stimulating
- head high
- cerebral
- uplifting
- creativity
- focus
- fights depression

- couch-lock
- chilling
- appetite
- body high
- deep relaxation
- sleep aid
- pain + nausea relief
- stress + anxiety relief

DELIVERY METHODS:

- Smoking
- Oral Ingestion
- Topical Treatment

MEDICINAL USE OF CANNABIS:

- The Endocannabinoid System
 - THC vs. CBD
- The Entourage Effect
- Symptoms & Ailments

The Endocannabinoid System

Brain cells (neurons) communicate with each other by sending chemical messages. The chemicals (neurotransmitters) cross a gap between neighboring neurons before attaching to their specific receptors.

Presynaptic:

The neuron sending a message by releasing a chemical when signaled to do so

Postsynaptic:

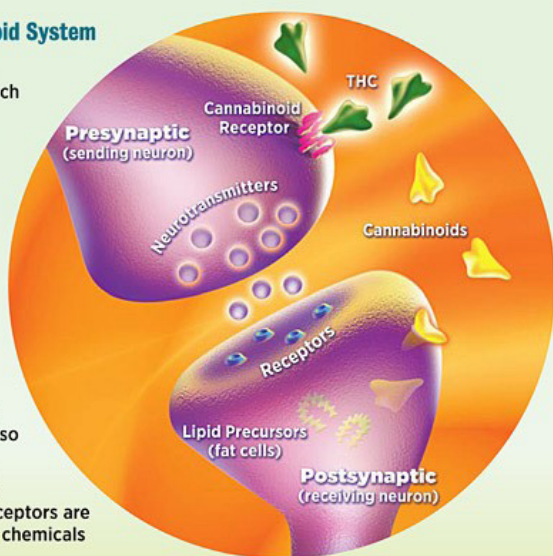
The neuron receiving the message when its receptors are activated by specific chemicals (neurotransmitters)

Neurotransmitters: The chemical messengers that travel from one brain cell to another

Receptors: Activated by neurotransmitters, receptors trigger a set of events that allows a message to be passed along to other neurons

Cannabinoids: Natural chemicals (anandamide and 2-AG) that bind to cannabinoid receptors in the brain and the body

THC: The main active ingredient in marijuana; THC, also a cannabinoid, interferes with the normal functioning of the endocannabinoid system



THE ENTOURAGE EFFECT



- The entourage effect refers to the positive interaction of the almost 480 natural compounds unique to Cannabis sativa.
 - This includes: 66 cannabinoids, 120 terpenes and a whole host of other potentially beneficial substances present in the whole plant which are removed when using isolated "pure" CBD.
- Products using whole plant extract can be almost an order of magnitude stronger than isolated CBD.

10 MAJOR HEALTH BENEFITS OF MARIJUANA

10 MAJOR HEALTH

1 TREATS MIGRAINES

Doctors in CA report that they have been able to treat over 300,000 cases of migraines with medical marijuana.

2 PREVENTS ALZHEIMER'S

THC found in marijuana works to prevent Alzheimer's by blocking the deposits in the brain that cause the disease.

3 SLOWS TUMOR GROWTH

The American Association for Cancer Research has found marijuana works to slow tumor growth in lungs, breasts, and the brain.



4 RELIEVES SYMPTOMS OF CHRONIC DISEASES

Research shows marijuana can help relieve nausea associated with Irritable Bowel Disease and Crohn's.

5 TREATS GLAUCOMA

The use of marijuana has been shown to reduce intraocular eye pressure in glaucoma patients.



BENEFITS OF MARIJUANA

6 PREVENTS SEIZURES

Marijuana is a muscle relaxant, and contains "antispasmodic" qualities which have shown to be very effective in the treatment of seizures.

7 HELPS THOSE WITH ADD&ADHD



Marijuana is not only a perfect alternative for Ritalin, it treats the disorder without the negative side effects of the pharmaceutical.

8 TREATING MULTIPLE SCLEROSIS

Works to stop neurological symptoms and muscle spasms caused by multiple sclerosis by protecting nerves from damage caused by the disease.

9 CALMS THOSE WITH TOURETTE'S AND OCD

Marijuana slows down the tic's in patients with Tourette's, and relieves the obsessive neurological symptoms in patients with OCD.

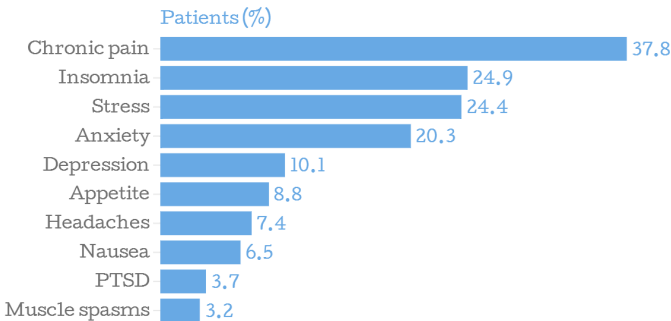
10 HELPS RELIEVE PMS

Anecdotal evidence shows that marijuana may relieve pain in severe cases of PMS.



PATIENT AILMENT PERCENTAGES

Primary Benefit of Using Medical Marijuana



ORAL HEALTH CONCERNS RELATED TO CANNABIS – A CASE STUDY



Figure 5 - Case 2: Anterior view. Note the enlarged and erythematous gingival margins. Maxillary attached gingiva has a nodular or "pebbly" appearance.



Figure 7 - Case 2: Enlarged and erythematous uvula.

ACCESSING MEDICINAL CANNABIS IN CANADA

Medicinal Cannabis Resource Centre Inc. (MCRCI) assists patients by:

- Arranging meeting with qualified practitioner with expertise in cannabis and cannabis-derived medicines;
- Guiding them through process of becoming legal users in accordance with Health Canada's Marihuana for Medical Purposes Regulations (MMPR);
- Providing information and advice and ongoing support and follow-up on marijuana as medicine; and
- Assisting patients in choosing a legal source of medical grade marijuana.

**For more information
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