

Patient Care Guide for the Responsible Use of Medical Marijuana



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INTRODUCTION

The objective of this manual is to give Patient Service Providers all the tools necessary to understand medical cannabis, be able to identify strains, and use this knowledge to better their daily health and wellness.

CANNABIS OVERVIEW:

Cannabis is natural herb that may now be the most studied plant ever worldwide. In the United States, the FDA has been approving numerous studies and the Federal Government has recently authorized NIDA to double its cultivation facilities in order to grow more cannabis to supply the many FDA approved studies currently underway. The effects of cannabis are wide-ranging and substantial in therapeutic value, while physical side effects are very minimal. Cannabis is used to treat symptoms rather than curing diseases. Understanding how cannabis works is the key to utilizing marijuana as medicine. As many patients are new to this experience, we feel a need to explain the reasons why we suggest a certain strain for specific medical benefit. We hope this information helps us build lasting relationships with our well-informed patients.

THE BASICS:

Marijuana consists of 86 known cannabinoids but studies have been done on only a few:

THC (delta-tetrahydrocannabinol)

THC is the most famous cannabinoid, is known for its psychoactive traits. The potency of marijuana is measured by the THC levels. There are glandular, resinous hairs on the inflorescences and floral bracts of female plants (trichomes) that contain this phenol component. These are not generally found on the male cannabis plant. THC is the most potent cannabinoid and is technically an alcohol because it is not an alkaloid and lacks nitrogen. As a result, it is recommended that ALCHOL beverages **not** be consumed with cannabis as this combination can create a disorienting effect. The interaction of a natural compound in the brain called anandamide, attaches to specific receptors in the brain that THC also binds to causing the intoxicating effect felt by the user.

THC has shown to have a wide range of medical benefits associated to it. THC is most associated with the high and Euphoria feeling when using cannabis. THC potency is far higher today than back in the seventies or eighties. Today's medical grade cannabis typically features THC ranging from 5 to 25 percent. ***Over medicating with THC can cause adverse side effects, including disorientation and even hallucinations.*** Although less common, studies have shown additional side effects to include depression, anger, anxiety, and even short term memory loss. We caution all medical users to GO SLOW on dosing themselves if they have not used marijuana in recent years. Think about dose the same way a doctor and pharmacist doses pill medication. Take one or two periodically, and wait to see if it helps. Typically 15 to 20 milligrams of THC (one of two hits off of a pipe or blunt) is all that is required for effective pain relief. **Too strong a dose can actually reduce pain relief effectiveness.**

Studies have shown THC's particular medicinal values:

- Helps with controlling pain
- Helps with relaxation
- Suppresses pain from nerve damage
- Helps reduce risk of nerve damage
- Helps control anxiety
- Suppresses muscle spasms and convulsions
- Helps control certain cancers
- Helps with nausea
- Slows inflammation
- Helps fight free radicals in the blood stream
- Encourages eating and appetite stimulation
- Stimulates new growth in nerve tissue
- Relieves chronic eye pressure and pain caused from glaucoma and other eye disorders

CBD's (Cannabidiol)

Spurred by growing reports of the medical efficacy of Cannabidiol (CBD), the second leading active ingredient in marijuana, patients are increasingly seeking out high-CBD varieties for treatment of conditions ranging from severe epilepsy and multiple sclerosis to anxiety and cancer pain.

CBD has long been overshadowed by delta-9-THC (tetrahydrocannabinol), the primary active ingredient in marijuana, because unlike THC, it does not produce a psychoactive "high." CBD has nonetheless long been known to have useful anti-spasmodic, anti-epileptic, anti-anxiety, and anti-psychotic properties.

Although CBD lacks noticeable effects when taken alone, it has a calming, sedative effect when combined with THC, cutting down on the anxiety, paranoia, and memory impairment that many users find unpleasant or debilitating with regular marijuana. CBD has been found to give the most medical benefits of all the components found in medical cannabis. CBD can also decrease the social isolation characteristics introduced by THC. CBD have low psychoactive characteristics associated to it ranging from 0.1 – 12 percent. CBD-rich strains accordingly have particular appeal to older users and medical patients who are uncomfortable with the THC high.

Contrary to popular misconception, so-called indica varieties are no more likely to have CBD than Sativas. Lab studies by the WercShop, co-sponsored by California NORML, found no relation between chemical profiles, as measured by cannabinoid and terpene content, and varietal types, whether indica or sativa. Breeders have developed special high-CBD hybrids from various genetic stocks. Some have virtually pure CBD, while others typically have THC; CBD ratios ranging from 2:1 to 1:2.

The optimal dosage levels of CBD are uncertain due to a lack of human studies. Chronic high doses of up to 1500 mg per day are well tolerated and produce no noticeable physiological effects. However, there is evidence to suggest that the medical benefits of CBD disappear when dosages become excessive. For inhaled medical use, most users prefer varieties with THC: CBD ratios between 2:1 and 1:2. Extremely low-THC varieties are useful for making CBD extracts and tinctures. Unlike THC, CBD does not show up positive on standard drug tests for marijuana.

Studies have shown CBD's particular medicinal values:

- Helps control certain cancers
- Helps with controlling pain
- Stimulates bone growth
- Stops growth of bacteria
- Suppresses muscle spasms and convulsions
- Slows Inflammation
- Helps with nausea
- Reduces the risk of artery obstructions
- Decreases pressure in the blood vessel walls
- Reduces blood sugar levels
- Assists in controlling epileptic seizures
- Helps reduce risk of nerve damage
- Decreases the social isolation caused by THC

CBN's (Cannabinol)

There is very little CBN present in fresh marijuana plants. The more CBN the less THC, medical cannabis containing high levels can also indicate its age and improper handling of medicine. High CBN levels also have shown undesirable symptoms like confusion, lightheadedness, and acts as a weak agonist of the cannabinoid receptors. CBN have a mildly psychoactive characteristics associated to it.

Studies have shown CBN's particular medicinal values:

- Acts as a sleep aid
- Slows inflammation
- Helps with controlling pain
- Suppresses muscle spasms and convulsions
- helps fight free radicals in the blood stream

CBC's (Cannabichromene)

Very little is known about CBC however research has shown to have valuable medicinal properties. CBC has no psychoactive characteristics associated to it.

Studies have shown CBC's particular medicinal values:

- Helps with controlling pain
- Stops growth of Fungi
- Slows inflammation
- Stimulates bone growth
- Encourages cell growth
- Stops growth of bacteria
- Assists in contraction of blood cells

THCA (Tetrahydrocannabinolic Acid)

THCA is a precursor of THC. THCA is typically the main constituent found in fresh cannabis and will decarboxylate to its active form while drying or when heated. THCA does not have psychoactive effects but can be used as an anti-inflammatory or neuroprotective medication.

Studies have shown THCA's particular medicinal values:

- Slows inflammation
- Help control cancer cell growth
- Suppresses muscle spasms and convulsions

THCV (Tetrahydrocannabivarin)

THCV is an analogue to THC and shares characteristics that help to increase additional benefits of THC in smaller doses. Recently studies have shown THCV in larger doses reduce the medicinal effects of THC. THCV have medium psychoactive characteristics associated to it.

Studies have shown THCV's particular medicinal values:

- Effective in appetite suppressant
- Helps control obesity
- Type II diabetes human testing currently underway

CBG's (Cannabigerol)

CBG are not found too often in medicinal cannabis but more commonly found in higher concentrations of hemp. CBG have no psychoactive characteristics associated to it.

Studies have shown CBG's particular medicinal values:

- Stops growth of bacteria
- Stimulates bone growth
- Encourages cell growth

Understanding the differences between Indica and Sativa Cannabis

SATIVA (DAY CHOICE)

The name Sativa comes from a Swedish scientist Carolus Linnaeus, who was the first to classify the plant. He called it Cannabis Sativa L (for Linnaeus). Originated mainly in Asia, the Americas, and Africa Cannabis sativa is a tall, slower growing and maturing plant that typically has long thin leaves which may vary in color from light green to darker greens. Sativa buds are long and thin and turn red as they mature in warmer environments. In cooler environments the buds may be slightly purple. Sativa plants usually smell sweet, fruity, and floral where the smoke is generally mild.

Sativa plants usually have a high THC to CBD ratio that produces a soaring and energetic feeling. It is said to be focusing, energizing, inspirational, and mostly a cerebral high. Sativas give a feeling of optimism and well-being, as well as providing a good measure of pain relief for certain symptoms. These strains have been found to work well with creative minds and good choice for daytime medication. Sativa is known for treating multiple sclerosis, Tourette syndrome, and glaucoma. Common Sativa strains are: sour diesel, blue dream, silver haze, and lambs bread.

INDICA (NIGHT CHOICE)

The name Indica comes from a French biologist named Jean-Baptiste de Lamarck who discovered a second species of cannabis and named it Cannabis Indica Lam. It is said that he named it Indica because the plant specimen he classified was from India.

Originated mainly in Pakistan and India, Cannabis Indica is a short to moderate height, bushy plant, generally between three and six feet. The leaves have short broad fingers and are generally dark green and are sometimes tinged with purple. This is a very strong pungent plant with dry, acrid, even "stinky" or "skunky" smell. Indicas are more relaxing, sleep-inducing, anti-nauseant, and relieving of stress and pain. Indicas are the traditional source of hashish and the most popular for indoor cultivation as they are seen as hardy and yield a larger harvest.

Having a high CBD to THC ratio, Indicas give calm and relaxing feeling often described as a body "buzz". They are also effective for overall body pain relief and often used in the treatment of insomnia. It is said that Indicas are for treating anxiety, inflammation, schizophrenia, nausea, and convulsions.

There are so many hybrids now that testing is the only real way to know the ratios, but knowing the base strains helps in the development of opinions on the different strains.

TIME EXPECTATIONS

The effects of cannabis are experienced almost immediately (10-15 minutes) after inhaling or smoking. When smoked, the effects are most pronounced for the first hour or two, declining gradually over the next three or four hours. They normally disappear after a good night's sleep and do not produce an unpleasant "hangover" effect, the high just fades away. When digested the effects are delayed an hour or more.

POSSIBLE SIDE EFFECTS

- Anxiety – Most associated with Sativa strains
- Panic Attacks – Most associated with Sativa Cannabis
- Increased chance of lung infection – Smoking related
- Depersonalization – Most associated with over-medicating with Cannabis
- Psychosis –The experience of hearing voices in your head or seeing things that other people don't see, or the feeling of paranoia such as the unwanted notion that "people are after you or are out to get you". (Most associated with grossly over-medicating with Sativa Cannabis)
- Dryness of the throat
- Redness of the eye's outer coating, or conjunctiva, due to dilation of the small blood vessels there.

Despite marijuana's ability to induce these side effects, many suffering from hundreds of diseases have claimed to find therapeutic benefit to its use. In the past few decades the medical and scientific communities have discovered numerous mechanisms by which the components of marijuana can both alleviate and cure certain diseases.

WHY USE MARIJUANA

Marijuana's therapeutic is well documented as effective treatment for those experiencing pain, nausea, and many other condition that caused discomfort. Now legal in 23 states, many patients use medical cannabis as an alternative for FDA approved pharmaceuticals to which they did not find satisfactory results or could not bear the side effects.

MARIJUANA AS A MEDICINE

Marijuana has been used for thousands of years as both a medicine and intoxicant. Cannabis has been known to be relatively harmless; however, there have been some documented cases of users with pre-existing health conditions experiencing harmful side effects. Patients with cardiovascular diseases should take special consideration when trying new medicine, particularly Sativa strains of Cannabis.

CAUTION: different strains of marijuana may contain various levels (6- 28%) of THC, the psychoactive ingredient in medical marijuana. Please use caution while taking medicine.

CAUTION: Do not operate Heavy Machinery or a Motor Vehicle while using medications. The care of children and work performance may be compromised while using medications.

CAUTION: There exists a strong potential for a dangerous drug interaction with alcohol while medicating with cannabis. When one combines the mild herbal drug marijuana with the far more destructive alcohol the combination of the two can be a potentially lethal drug. Alcohol combined with cannabis has the potential to leave the user disoriented and prone to serious injury or death.

DO NOT USE MMJ IN PUBLIC OR ON DISPENSARY GROUNDS

WHAT ARE MY OPTIONS TO ADMINISTER MY MEDICINE?

There are several methods for administering medical marijuana including:

- Vaporization
- Smoking dried buds or extracts
- Transdermal or topical application (i.e. lotion, oil)
- Drinking teas or concentrated extracts
- Eating medicine-infused food products (i.e. candy, brownies, cookies, butter)
- Taking capsules

There are a variety of apparatuses available to deliver marijuana into the body

- Rolling Papers to roll cigarettes
- Pipe
- Water Pipe
- Vaporizer
- Vaporizer Pen

METHODS OF CONSUMPTION

There are several types of ways to consume cannabis; most are some form of smoking or oral consumption:

SMOKING- This is the most common form of cannabis consumption and it is the inhalation of vapors released by heating the flowers, leaves, or extracts of the cannabis plant. Smoking releases chemicals (THC, CBD's etc...) which are absorbed in your blood stream via the lungs. When marijuana is smoked the effects are almost instantaneously. There are several ways in which cannabis can be smoked which are joints, blunts, pipes, bong, and vaporizers.



JOINTS- “Joint” is a slang term used to for a cigarette rolled using marijuana. The papers in which are used for cigarette rolling are usually made from hemp or rice paper. This is definitely a healthier choice in comparison to a blunt.

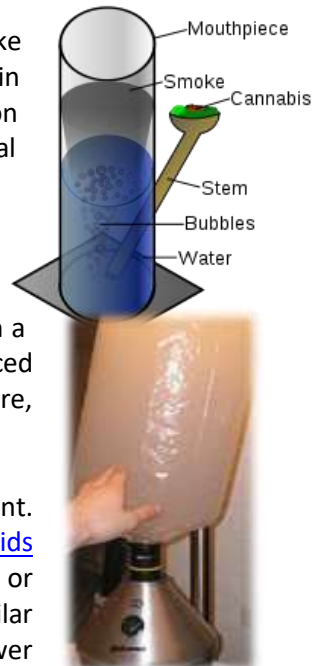
BLUNT- A blunt is cannabis rolled in a tobacco leaf (cigar wrapper). Essentially, as the blunt burns, a mixture of tobacco smoke and marijuana smoke is inhaled by the user.

PIPES- Pipes made for smoking cannabis, sometimes called pieces or [bowls](#), are made of a variety of materials, including [blown glass](#), metal fittings (except aluminum), ceramic, borosilicate, stone, wood, bamboo and other materials. Subtypes of pipes include one-hitters, bubblers, chillums, glass blunts, corn cob pipes.

BONG- A bong is similar to a pipe, only it has a water chamber through which cannabis smoke passes prior to inhalation. Users fill the bong with [water](#), sometimes adding ice in the water in order to cool the smoke. Some bongs have a "choke" or "carb", a small hole usually located on the side of the bowl above water level, used to clear the pipe of smoke or to conserve material by stopping burning when enough smoke has been created.

VAPORIZER- A vaporizer is a device used to extract for [inhalation](#) the active ingredients of plant material. Vaporizing is an alternative to [burning \(smoking\)](#) that avoids the inhalation of many irritating [toxic](#) and [carcinogenic](#) by-products. The extracted vapor may be collected in a jar or inflatable bag, or inhaled directly through a hose or pipe. With little to no smoke produced and cooler temperatures, less material is required to achieve a given level of effect. Therefore, the irritating and harmful effects of smoking are reduced.

EDIBLES- Edibles are food products made with [cannabis](#) in herbal or [resin](#) form as an ingredient. They are consumed as an alternate delivery means to experience the effects of [cannabinoids](#) without smoking [marijuana](#). Instead, the cannabinoids are put into cake, cookie, brownie, or other foods, and are consumed. Oral consumption of cannabinoids can result in a similar psychoactive effect or "high" as smoking marijuana, although it may be delayed due to slower absorption of the THC from the digestive tract.



The EVOLUTION OF THE MMJ COMMUNITY

In November 2010, voters passed the Arizona Medical Marijuana Act. The citizen initiative (Proposition 203) called on the Arizona Department of Health Services to create a medical marijuana program to help patients that desired alternatives from traditional pharmaceutical medications and their potential side effects. Twenty Three (23) states now officially recognize the specific medical benefits of cannabis. As of March, 2014, over 50,000 citizens in Arizona have utilized the program they have voted-in to get a doctor’s recommendation to be certified as an MMJ Patient by Arizona’s Department of Health Services, and to carry a “Patient Card that allows for the consumption of medical marijuana purchased through an ADHS licensed dispensary. Although some patients are still nervous about going into dispensaries, it is our job, through the use of professionalism, friendliness, education, and compassion, to make every patient feel at home and comfortable with the decision they have made to use medical marijuana. This is our expressed goal with every patient visit.

HEALTH CONDITIONAL AND THE BENEFITS FROM CANNABIS (MMJ)

Medical use of cannabis goes back over 3,500 years within several civilizations ranging from China, India, Europe and Africa. These were among the first to widely use several strains of the medicinal plants, but medical marijuana use has now spread worldwide. Treatment for both mental and physical illnesses have been proven effective in relieving many symptoms associated with a variety of health challenges.

Cannabis is a nut-like fruit that contains proteins that provide excellent nutritional balance and bolster the immune system. Marijuana Sativa strains have been shown to have a stimulant effect followed by relaxation and overall stress reduction. It can also enhance ones sense of well-being. Certain cannabinoids found in medicinal marijuana have an analgesic effect that reduces inflammation, pain and sooth joints. Many patients with neurological or movement disorders can benefit from the cannabis to help them relax their muscles, and reduce muscle cramps or spasms. Smoked or vaporized cannabis works as a bronchodilator by dilating the bronchia, alveoli and blood vessels with improved oxygen intake.

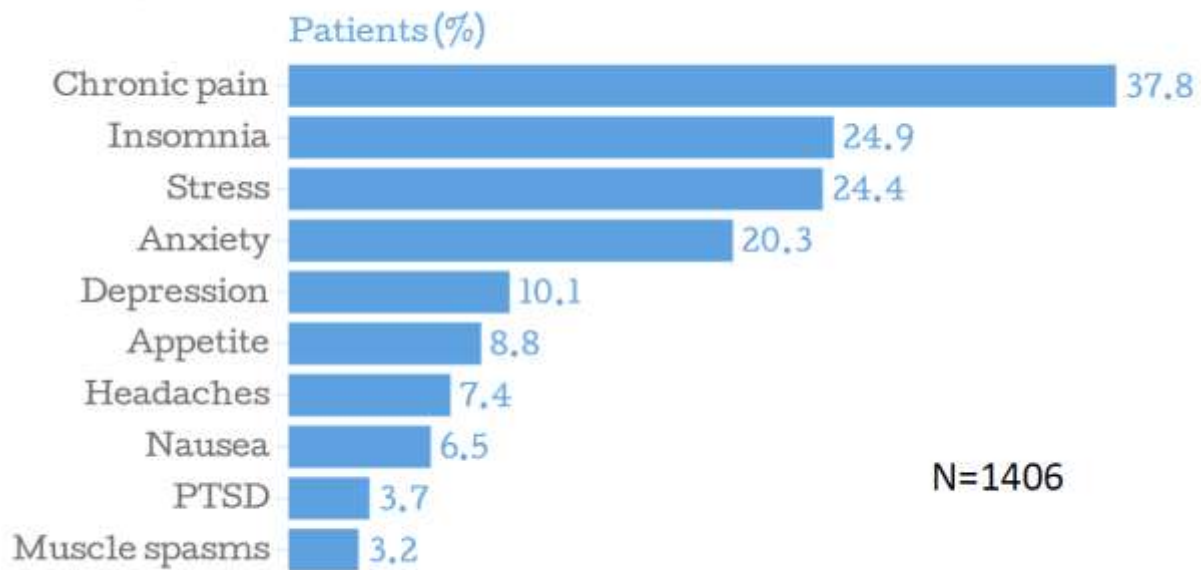
When ingested safely, cannabis is one of the most useful medicines for a range of qualifying conditions approved by The Arizona Department of Health Services including:

- AIDS/HIV: Helps reduce fatigue, appetite loss, and depression.
- Alzheimer's: MMJ acts as a nureoprotector, thus slowing the progression of Alzheimer's
- Anorexia/Cachexia/Wasting Syndrome: Cannabis helps increase appetite as well sooth the stomach.
- Nausea: Symptom relief for lack of appetite.
- Arthritis, MS, Osteoarthritis: An excellent 2 in 1 treatment. Medical marijuana provides relief for pain and joint stiffness as well as act as an anti-inflammatory. MUSEC Trial showed relief from muscle stiffness over placebo was four times (4X) greater. Satieum has now been approved in Canada and throughout most of Europe. FDA testing currently underway in the U.S.
- Cancer, Chemotherapy: Cannabinoids help boost the immune system; in leukemia and breast cancer it inhibits tumor growth. Excellent to help soothe the side effects of chemotherapy. Helps ease nausea and vomiting.
- Crohn's Disease/Gastrointestinal Disorders: Cannabis soothes and settles the gastrointestinal tract and relaxes the colon. Cramping, inflammation and diarrhea are reported to be relieved by use of MMJ.
- Chronic Pain: There are many causes of chronic pain; several medical conditions associated with chronic pain are well managed with the use of cannabis and its analgesic effect. Excellent as an anti-inflammatory and pain reliever, MMJ can truly help improve a pain sufferer's quality of life. Studies have proven MMJ add +27% greater pain relief effectiveness with opioid pain reliever Oxycodone.
- Glaucoma: Helps reduce pressure and pain caused by fluid buildup in the eye.
- Hepatitis C: The effectiveness of hepatitis C therapy is improved by reliving nausea, loss of appetite, fatigue and depression.
- Fibromyalgia: Many symptoms of this condition such as; chronic pain, fatigue, depression, anxiety, and insomnia are alleviated by cannabis use.

- Multiple Sclerosis: MMJ has been known to offer pain relief and help sleeping.
- Muscle Spasms: MMJ has been known to give immediate pain/spasm relief.
- PTSD/Mental Health: PTSD will be added to the qualifying conditions list January 1st, 2015. Research has indicated that Cannabis helps stabilize mood swings. Indica Cannabis strains help reduce nightmares and anxiety caused from PTSD. Indicas have also been reported to be a great treatment for the insomnia often cited by PTSD sufferers.
- Seizures: CDB rich Cannabis can lower seizure rates dramatically.

Here are the results of a recent patient survey regarding the medical benefits of Cannabis:

Primary Benefit of Using Medical Marijuana



Leaf Science

(Data: Bonn-Miller et al., 2013)

KNOW YOUR RISKS

There are legitimate concerns about long-term marijuana use that must be taken into consideration when deciding to use the plant medicinally. The following is a list of research-derived possible side effects for Sativa forms of marijuana:

- **Anxiety/Panic attacks**
- **Exacerbation of schizophrenia in predisposed individuals**
- **Higher heart rates**

Patients with cardiovascular diseases should avoid all sativa forms of cannabis.

Arrhythmia, Congestive Heart Failure, neurocirculatory syncope, orthostatic hypotension, Beta blockers (high blood pressure medications) - stay away from Sativas Cannabis.

MMJ in any form should not be used with systemic Anticoagulants (risk of. Falling), Erectile Dysfunction Agents (risk of rebound hypotension). MMJ is a natural erectile dysfunction medication on its own, so you may get an exaggerated result.

All forms of smoked cannabis may cause:

- **Increased chances of lung infections**

All forms of high potency THC cannabis, if taken in high doses, could cause:

- **Depersonalization, Amotivational Syndrome**

Contact your certifying doctor if contra-indications or side effects occur.

NEVER USE MARIJUANA IF YOU ARE: PREGNANT or SCHIZOPHRENIC

POTENTIAL DRUG INTERACTIONS WITH MEDICAL MARIJUANA

Interactions with Non-Prescription Drugs, Herbs and Dietary Supplements, and illicit drugs.

Marijuana may increase the risk of bleeding when taken with Non-Prescription Drugs, Herbs and Dietary Supplements, and illicit drugs that are believed to increase the risk of bleeding. Multiple cases of bleeding have been reported with the use of Ginkgo biloba, and fewer cases with garlic and saw palmetto. Numerous other agents may theoretically increase the risk of bleeding, although this has not been proven in most cases.

Marijuana may affect blood sugar levels. Caution is advised when using herbs or supplements that may also affect blood sugar. Blood sugar levels may require monitoring, and doses may need adjustment.

Marijuana may cause low blood pressure. Caution is advised in people taking Non-Prescription Drugs, Herbs and Dietary Supplements, and illicit drugs that lower blood pressure.

Marijuana may interfere with the way the body processes certain Non-Prescription Drugs, Herbs and Dietary Supplements, and illicit drugs using the liver's cytochrome P450 enzyme system. As a result, the levels of other herbs or supplements may become too high in the blood. It may also alter the effects that other herbs or supplements possibly have on the P450 system.

Marijuana may increase the amount of drowsiness caused by some Non-Prescription Drugs, Herbs and Dietary Supplements, and illicit drugs

Marijuana may also interact with anabolic steroids, anticancer herbs and supplements, antioxidants, antiseizure herbs and supplements, barbiturates, benzodiazepines, central nervous system depressants, corticosteroids, dopamine antagonists, fertility herbs and supplements, herbs and supplements that may affect blood vessel width, herbs and supplements that may affect the immune system, herbs and

supplements that may be toxic to the liver, herbs and supplements that may improve breathing or treat lung disorders, herbs and supplements that may increase appetite, herbs and supplements that may treat heart disorders, herbs and supplements that may treat nausea and vomiting, herbs and supplements that may treat nervous system disorders, herbs and supplements that may treat psychiatric disorders, herbs and supplements that may treat retrovirus infections (HIV), herbs and supplements that may treat skin disorders, herbs and supplements that may treat stomach disorders, hormonal herbs and supplements, nicotine, nonsteroidal anti-inflammatories, opioid receptor antagonists, pain relievers, p-glycoprotein-regulated herbs and supplements, phytoestrogens, and synthetic cannabinoids.

Sedative Medications (Barbiturates, CNS Depressants, and Alcohol):

Taking marijuana along with sedative medication may cause too much sleepiness.

Theophylline (a Bronchodilator used for asthma & other lung problems):

Smoking marijuana might decrease the effects of theophylline. But there isn't enough information to know if this is a big concern.

Disulfiram (Antabuse, an alcohol antagonist drug):

Taking marijuana along with Disulfiram can cause agitation, trouble sleeping and irritability.

Fluoxetine ([Prozac](#), an antidepressant):

Taking marijuana with fluoxetine (Prozac) might cause you to feel irritated, nervous, jittery, and excited. Doctors call this hypomania.

Warfarin ([Coumadin](#), a blood thinner (anticoagulant)):

Smoking marijuana while taking warfarin (Coumadin) might increase the chance of bruising and bleeding.

Reference: rxlist.com

In Summary, DO NOT use marijuana if:

- You are pregnant or breast-feeding.
- You are schizophrenic.
- You have heart problems or hypertension (high blood pressure).
- You have lung problems, if you are smoking your medicine.
- You have seizures (epilepsy).
- You have immune system problems.
- You are scheduled for surgery in the next two weeks. Marijuana might cause excessive sedation if combined with medications used during and after surgery.
- You have drunk alcohol or plan to be consuming alcoholic beverages.

KNOW THE SIGNS OF SUBSTANCE ABUSE

Please note that we reserve the right to refuse sale of medical marijuana to anyone who we deem to be impaired or who display signs of substance abuse of any kind. Note additionally that this is a reportable offense that may result in the revocation of your marijuana ID card. It is important you review this list of common signs and symptoms of substance abuse.

Common signs and symptoms of drug abuse

- **You're neglecting your responsibilities** at school, work, or home (e.g. flunking classes, skipping work, neglecting your children) because of your drug use.
- **You're using drugs under dangerous conditions or taking risks while high**, such as driving while on drugs, using dirty needles, or having unprotected sex.
- **Your drug use is getting you into legal trouble**, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit.
- **Your drug use is causing problems in your relationships**, such as fights with your partner or family members, an unhappy boss, or the loss of old friends.

Common signs and symptoms of drug addiction

- **You've built up a drug tolerance.** You need to use more of the drug to experience the same effects you used to attain with smaller amounts.
- **You take drugs to avoid or relieve withdrawal symptoms.** If you go too long without drugs, you experience symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, and anxiety.
- **You've lost control over your drug use.** You often do drugs or use more than you planned, even though you told yourself you wouldn't. You may want to stop using, but you feel powerless.
- **Your life revolves around drug use.** You spend a lot of time using and thinking about drugs, figuring out how to get them, and recovering from the drug's effects.
- **You've abandoned activities you used to enjoy**, such as hobbies, sports, and socializing, because of your drug use.
- **You continue to use drugs, despite knowing it's hurting you.** It's causing major problems in your life—blackouts, infections, mood swings, depression, paranoia—but you use anyway.

ALTERNATIVE OPTIONS TO TREAT SYMPTOMS

There are a number of additional options you may consider pursuing either as an adjunct to or entirely in place of medical marijuana therapy. Below is just a brief list:

- Hypnosis
- Acupuncture
- Massage
- Chiropractic
- Non-marijuana-based herbal medicines (Teas, tinctures, and salves)
- Over-the-counter pharmaceutical medications
- Homeopathy
- Bio-feedback
- Psychological Counseling
- Life Coaching
- Support groups

Addiction Resource Guide

Name	Address	Phone	Website
Maverick House	7022 North 48th Avenue Glendale, AZ 85301	(623) 931-5810	www.nova.bz
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less)		
Forms of Payment	Self-payment, State financed insurance (other than Medicaid)		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		
Special Language Services:	ASL or other assistance for hearing impaired		

	Address	Phone	Website
Special Language Services:	Spanish		
Casa de Amigas	1648 West Colter Street Suite 8 Phoenix, AZ 85015	(602) 265-9987	www.casadeamigas.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Halfway house		
Type of Care:	Residential short-term treatment (30 days or less)		
Special Programs/Groups:	Women		
Forms of Payment Accepted:	Self-payment, State financed insurance (other than Medicaid)		
Banner Thunderbird Behavioral Health	5555 West Thunderbird Road Glendale, AZ 85306	(602) 865-5555 Intake: (602) 254-4357 Hotline: (602) 254-4357	www.bannerhealth.com
Primary Focus:	Mental health services		
Services Provided:	Substance abuse treatment, Detoxification, Buprenorphine Services		
Type of Care:	Hospital inpatient, Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders		
Forms of Payment Accepted:	Self-payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA,TRICARE)		
Special Language Services:	ASL or other assistance for hearing impaired		
Youth Evaluation and Treatment Center	4414 North 19th Avenue Phoenix, AZ 85015	(602) 285-5550	www.yetc.org www.valleyclinicalservices.org
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, DUI/DWI offenders		
Forms of Payment Accepted:	Self-payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Special Language Services:	ASL or other assistance for hearing impaired, Spanish		

Self - Assessment Checklist

Date _____

Please indicate below your typical level of severity of the following symptoms:

Symptom	Severity (low to high)					Comments
Pain	1	2	3	4	5	
Cachexia or Wasting Syndrome	1	2	3	4	5	
Nausea	1	2	3	4	5	
Seizures	1	2	3	4	5	
Muscle Spasms	1	2	3	4	5	
Agitation	1	2	3	4	5	
Other	1	2	3	4	5	

Notes:

Copy this page to keep an on-going log of your symptoms
Enigami Systems at enigamisystems.com has symptom tracking software at a nominal cost.

MEDICATION TRACKING CALENDAR

DATE:

Monday

Strain:

Dose: (frequency, amount & method of MMJ used)

Effects:

Tuesday:

Strain:

Dose:

Effects:

Wednesday

Strain:

Dose:

Effects:

Thursday

Strain:

Dose:

Effects:

Friday

Strain:

Dose:

Effects:

Saturday:

Strain:

Dose:

Effects:

Sunday:

Strain:

Dose:

Effects:

Weekly Comments:

Bring this sheet & your symptom tracking sheets to your appointment with your recommending doctor. These will help determine the effectiveness of your medication.

Copy this page to keep an on-going log of your medicine usage.

