

# Key Takeaways:

## CBD and Medical Marijuana for Epilepsy Webinar

**CBD and Medical Marijuana is a drug and should be considered carefully and in consultation with your neurologist / epileptologist.**

- There is medical data that cannabidiol and medical marijuana can help some individuals with epilepsy.
- Currently there are 37 states that have medical marijuana programs and 11 states with low THC, and high CBD programs.
- Cannabis plant (marijuana) comes in different species with chemical compounds such as cannabinoids. Two major cannabinoids are THC and CBD.
- There are Cannabinoid receptors in the brain. CBD has been found to have anti-seizure properties. There have been clinical trials that have shown that CBD reduces seizure frequency.
- Most common side effects of CBD treatment are fatigue, decreased appetite, fever, diarrhea, and elevated liver function.
- CBD is not absorbed well by the body and is absorbed better with food intake. It lasts about 10-17 hours in the body and is metabolized in the liver. It has drug interactions with clobazam, phenytoin, carbamazepine, and valproate.
- Only FDA approved medical marijuana product for treatment of epilepsy is Cannabidiol (Epidiolex) and its used for Dravet, Lennox Gastaut and Tuberous Sclerosis.
- Medical marijuana is not regulated at federal level but it's approved at the state level. State access is different depending on what state you live in.
- At a dispensary it is recommended to request medical marijuana that has greater than 20:1 ratio of CBD to THC concentration. High CBD and low THC is important for seizure treatment.
- Before starting any CBD product it is recommended to get blood count and liver function tests and there should be on- going monitoring.

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