

Cannabis for Medicinal Purposes

Cannabis is also known as weed, pot, and marijuana. It has been studied for years to determine the safety and efficacy to treat multiple medical conditions, but it is until 2018 that the US Food and Drug Administration (FDA) approved a form of cannabis with CBD only, to treat some types of epilepsy.

CBD is one of the compounds found in the cannabis plants and they contain more than 120 chemicals called cannabinoids. Two of the cannabinoids have shown to have medicinal effects. They are cannabidiol (CBD) and tetrahydrocannabinol (THC). THC can get you “high”. Studies report that medical cannabis has potential benefit for different conditions. Therefore, THC has been used to reduce pain, stiffness of muscles known as spasticity and to control nausea and vomiting due to cancer therapies. CBD has been used to control seizures, migraines, anxiety, and vomiting.

Some cannabis products can contain just CBD, THC, or both. When the product has both, it can have different amounts of CBD or THC. THC is a major compound in cannabis affecting how the brain works and causing changes in mood and the way you think. These are defined as psychoactive effects and there is no evidence that THC helps with seizures.

Cannabis itself is not a medicinal product unless it has been studied and approved for medical purposes. Cannabis products can be found in different presentations like capsules, oral solutions, oils, and ointments.

Clinical research has been playing an important role to determine if cannabis can become an effective addition for seizure control in kids and adults with epilepsy, and Epidiolex, an FDA approved cannabis component, it has been used to treat Dravet, Lennox Gastaut and Tuberous Sclerosis Syndromes by reducing the frequency of seizures.

Cannabis is not for everyone. This treatment option should be discussed with your doctor to better understand the potential effects, benefits, and risks for drug-resistant epilepsy.

Along with the medicinal effects, cannabis also may cause problematic side effects including lack of energy, feeling sleepy, loss of or decreased appetite, diarrhea, vomiting, increased heart rate, anxiety, fearful feelings or paranoia and seizures. Also, drug interaction and liver function abnormalities have been reported.

Researchers and healthcare professionals in the epilepsy field continue acquiring knowledge and expertise about the use of different forms of cannabis for drug-resistant epilepsy but more clinical studies are needed to evaluate the preparation, composition, usage and effectiveness of medical CBD and other cannabis products.

Cannabis must be prescribed by licensed doctors who are very familiar with the indications, contraindications, how it works if used with seizure medications and side effects.

Learn more at
[ItsYourEpilepsy.com](https://www.ItsYourEpilepsy.com)

Frequently Asked Questions About Cannabis and Medical Marijuana

Q. Am I a candidate to take medical CBD?

A. Medical CBD has been approved to treat very specific forms of epilepsy. Ask your doctor about your condition and if you are eligible.

Q. Can my doctor prescribe medical CBD?

R. Doctors must complete additional training to become certified in his/her state (in the USA) and be able to prescribe medical CBD.

Q. How can I get medical CBD?

A. You must be evaluated by a licensed doctor to confirm that you are a candidate and register into a prescription monitoring program. If you are a candidate, you must be re-evaluated regularly by your doctor and be recertified in the program.

Q. What is the dose of medical CBD??

A. Medical CBD is prescribed as a preparation with 20 CBD:1THC concentration ratio. Although, other CBD:THC ratios have been used in the treatment of epilepsy.

Q. What are major contraindications to receive medical CBD?

R. Personal or family history of psychiatric disorders and abnormalities in the liver function.

Q. Is medical CBD covered by my health insurance?

R. Epidiolex is a pharmaceutical product that you can get at your local pharmacy, and it is covered by your insurance. Medical marijuana or CBD is not covered by health insurance. It is a cash product at CBD dispensaries.

Q. Where do I get my medical CBD?

A. How and where you purchase medical CBD varies by state (in the USA) and country.

Q. Any recommendations to travel to another country with medical CBD?

A. Marijuana is illegal in most countries. You **MUST** check with the US State Department or with the country authorities you are traveling to, because if you travel to a country where marijuana is illegal with marijuana legally prescribed in the US, you could be arrested.

CONTACT US

Email: Info@ItsYourEpilepsy.com

Web: www.ItsYourEpilepsy.com

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VERSION 1_05/2023