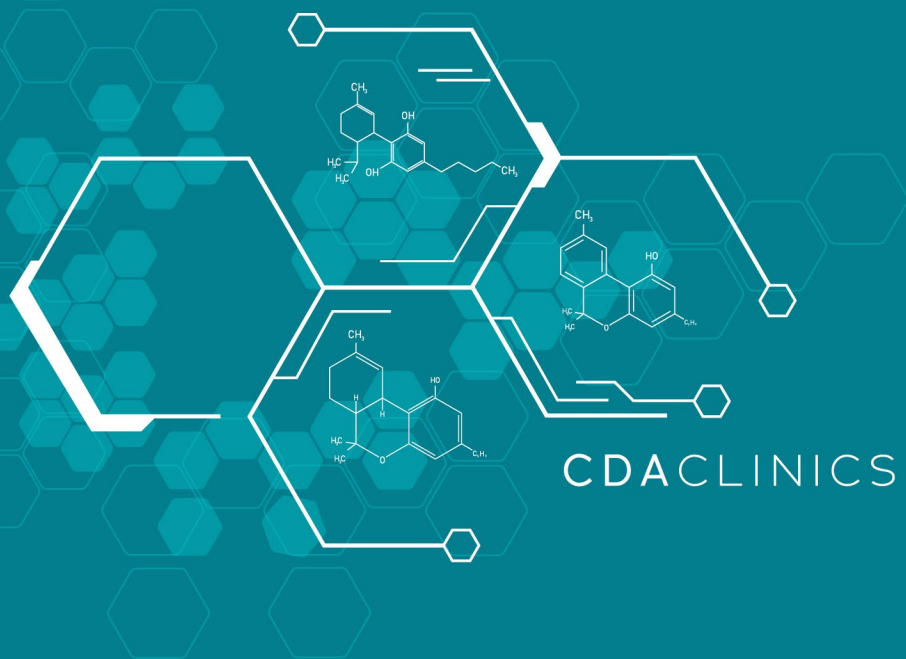


Patient E-Book & Journal



CDACLINICS

About Me

Medical Appointments

Name:	Date	Time	Clinic	Health Professional
Allergies:				
Medical Conditions:				
Primary Doctor Name:				
Contact:				
Specialist Doctor Name:				
Contact:				
Cannabis Doctor Name:				
Contact:				
<p>In case of overdose, contact your Prescribing Doctor for supportive and symptomatic care.</p> <p>For information on the management of overdose, contact the Poison Information Centre on 131 126 (Australia).</p> <p>In case of emergency, contact Triple Zero on 000 (Australia).</p>				

My Medication Log

Bring this with you to any medical appointments or to the hospital in case of emergency.

Dosing

How much & how often?

Name & Dose
of your medication:

This Medicine is for my:



Morning



Midday



Evening



Bed

Introduction

What's Medical Cannabis?

Medicinal Cannabis therapy is a very personalised medicine. Dosing is based on recommendations from your prescribing Doctor and will vary between individuals.

Using the general guidelines of “Start Low and Go Slow” and “Finding the minimum effective dose that provides desired symptom control,” means patients ultimately determine their dose.

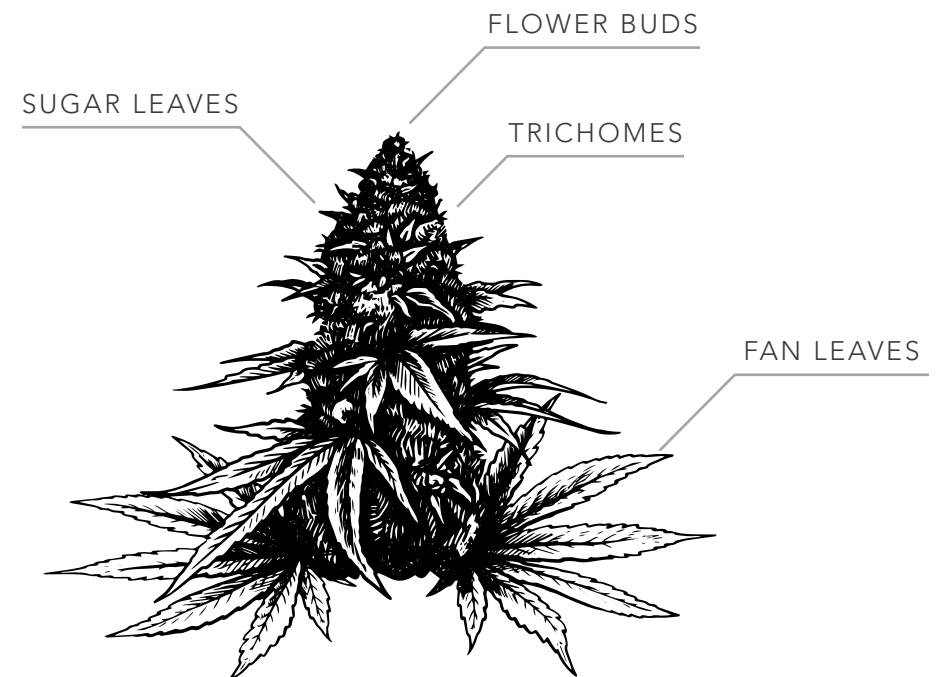
Cannabis is a complex plant, with over 400 chemical entities, 140 of which are naturally occurring chemical compounds known as Cannabinoids. Cannabinoids are found on the female flower of the Cannabis plant in tiny resinous crystal-like structures known as trichomes. These trichomes are the medicine of the plant and produce Cannabinoids that make each Cannabis variety unique in its medicinal and therapeutic properties. Cannabinoids act upon Endocannabinoid system receptors located throughout the brain and body.

The two most common Cannabinoids used in medicine are:

- THC (Delta 9-Tetrahydrocannabinol)
- CBD (Cannabidiol)

This journal is designed to assist you in finding your optimal dose, aka your “sweet spot.” Finding one’s optimal dose can take some time to achieve using the “Start Low and Go Slow” method. This means slowly increasing one’s dose over a period of time. By gradually building up Medicinal Cannabis in the body, we are best able to determine the minimum effective dose.

When searching for your optimal Medicinal Cannabis dose it’s important to take personal inventory often, noting symptoms experienced, response, mood and quality of sleep throughout treatment. Recording symptoms experienced alongside dose and response helps track your progress. The Treatment Tracker in this journal will help guide you in achieving your optimal “sweet spot” on your Medicinal Cannabis journey.



The Endocannabinoid System (ECS)

Humans naturally have Cannabinoid receptors located on cell surfaces throughout the body. Additionally, humans produce Cannabinoids that interact with these cell receptors throughout the body.

The location of the CB1 receptors are primarily found in the brain and CNS (Central Nervous System). CB1 receptors are essential for a healthy functioning brain and are one of the most abundant receptors in the entire nervous system. They moderate memory, mood, motor function, and perception of pain.

CB2 receptors can also be found in the CNS as well as the peripheries, immune system, and organs.

When Cannabinoids interact with these receptors, they produce different effects within the body.

Through stimulation of the Endocannabinoid System, many physiological functions including inflammation, sleep, pain, memory, digestion, immune function, and neuroprotection to name a few, are engaged.

The Endocannabinoid System helps regulate homeostasis by restoring balance within the body. It achieves this through cellular communication of the nervous system.

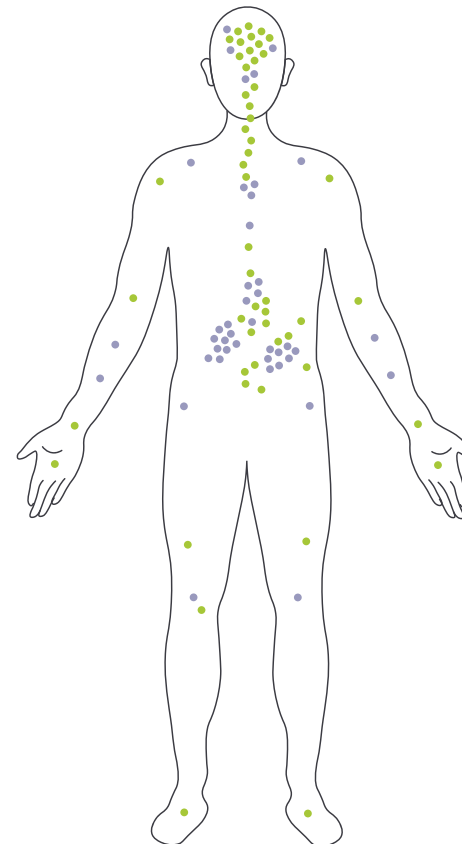
ECS homeostatic roles have been summarised as “relax, eat, sleep, forget, and protect.”

CB1

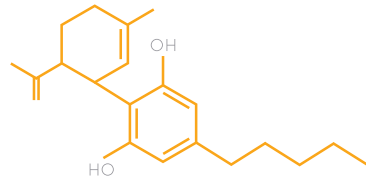
- Motor activity
- Thinking
- Motor co-ordination
- Appetite
- Short-term memory
- Pain perception
- Immune cells

CB2

- Gut
- Kidneys
- Pancreas
- Bone
- Eye
- Tumours
- Skin
- CNS
- Liver
- Reproductive system
- Immune system
- Respiratory tract



What's CBD?



Cannabidiol or CBD is a non-psychoactive Cannabinoid compound with enormous therapeutic potential. CBD is a non-toxic, non-euphoric substance that doesn't make people feel high.

✓ CBD has the following potential properties:

- Reduces inflammation
- Kills or slows bacteria growth
- Inhibits cell growth in tumours
- Stimulates appetite
- Reduced risk of artery growth
- Modifies immune system activity
- Reduces blood sugar levels
- Tranquilising / Psychosis management
- Treats psoriasis
- Relieves anxiety
- Anticonvulsant
- Antioxidant
- Promotes bone growth
- Prevents nervous system degeneration
- Neuroprotective properties

✗ CBD Potential Side Effects

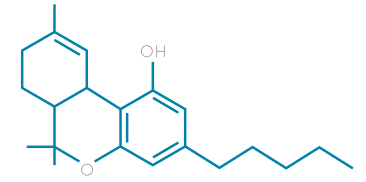
- Dry mouth
- Nausea
- Diarrhoea

Why CBD & THC?

Cannabis isn't a 'one size fits all' therapy.

Many patients benefit from using more than one product. Additionally, scientific studies have shown that CBD works synergistically with THC by increasing each other's therapeutic effects.

What's THC?



Delta 9-tetrahydrocannabinol or THC is a psychotropic Cannabinoid compound with many medicinal benefits.

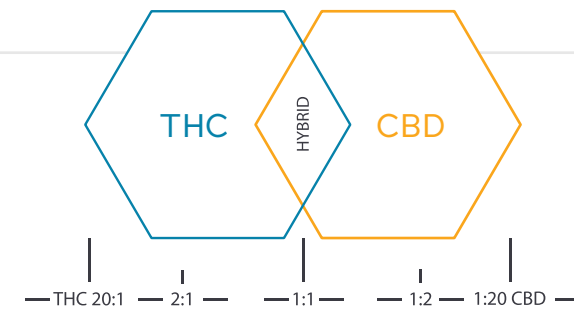
THC is responsible for the euphoric effect, as described by patients. It contains psychoactive properties that can alter one's behaviour, consciousness, mood and perception. THC can cause sleepiness and sedation, hence its restriction with driving.

✓ THC has the following potential properties:

- Pain relief
- Stimulates appetite
- Sedative
- Reducing nausea & vomiting
- Suppresses muscle spasms

✗ THC Potential Side Effects

- Increased appetite
- Uncontrollable laughter
- Increased heart rate
- Drowsiness
- Euphoria
- Dizziness
- Impaired short-term memory
- Anxiety
- Dry mouth
- Nausea



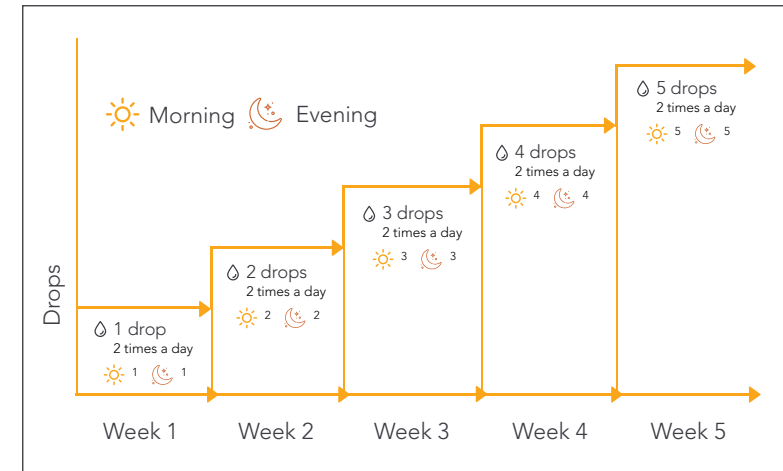
Medical Cannabis Oil Dosing

Administration Technique

1. Start by eating something containing fat (i.e. a spoonful of yoghurt, cheese, coconut oil, avocado).
 2. Place drop/mL(s) in mouth and swirl for 90 seconds, then swallow.
 3. Reassess if desired symptom control has been achieved, noting CBD can take up to a week for full effect and THC can take up to 2 hours for full effect. If the answer's no, continue to titrate as per dosing table. CBD products are increased weekly, whereas THC products are increased daily.
 4. Once desired symptom control has been achieved, you've found your dosing regimen.
 5. Record your optimal dose in dosing diary.
- ★ STOP increasing when you have found your minimum effective dose; please refer to the CDA Post-Consult Handout.



Titration Example: CBD Oil Dosing Schedule



*This is just a guide. Please check dosing with your prescribing Doctor.
*Discontinue use if any undesirable effects occur.

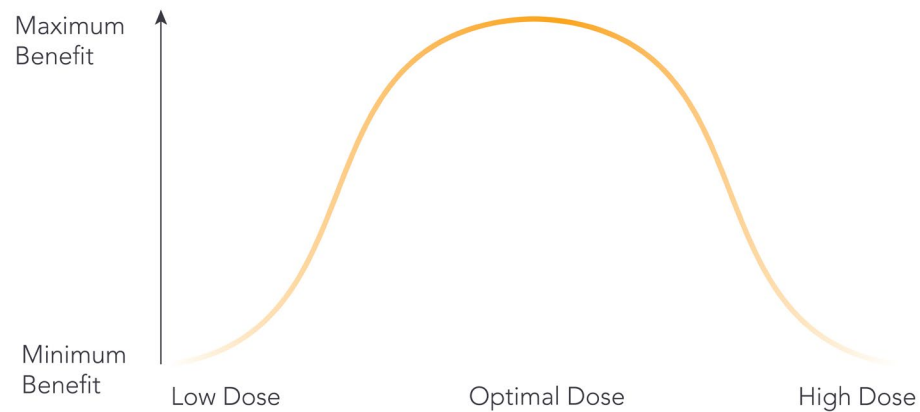
Titration Example: THC Oil Dosing Schedule

Day	1	2	3	4	5	6	7
Morning	1x	2x	3x	4x	5x	6x	7x
Midday	1x	2x	3x	4x	5x	6x	7x
Evening	1x	2x	3x	4x	5x	6x	7x
Bed	1x	2x	3x	4x	5x	6x	7x
PRN (as required)	Additional dose if necessary, waiting 2 hours after previous dose	IF NEEDED	IF NEEDED	IF NEEDED	IF NEEDED	IF NEEDED	IF NEEDED

*This is just a guide. Please check dosing with your prescribing Doctor.
*Discontinue use if any undesirable effects occur.

What's the Biphasic Effect?

Low and high doses of the same substance can produce opposite effects. Small doses of Cannabis tend to stimulate, while large doses tend to sedate.



Prescription Terminology

PRN = As required

BD = Two times per day

TDS = Three times per day

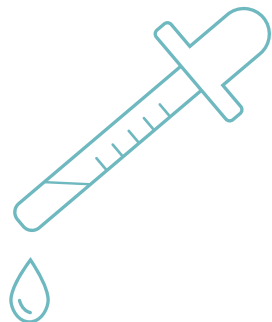
QID = Four times per day

Nocte = Night

Q2H = Every two hours

Q10 Mins = Every ten mins

Titration = Gradually adjust dose to effect



“

THE GOAL
IS TO FIND THE
MINIMUM
EFFECTIVE
DOSE

”

Consumption



Vapourising / Inhalation (Rapid Absorption)

When inhaling, the active ingredients are absorbed almost immediately into your bloodstream through the lungs. The effects usually last 2-4 hours.



Why is Vapourising Recommended Over Smoking?

A variable amount (20-80%) of Medicinal Cannabinoids in Cannabis are lost in side stream & combustion when smoked, making it difficult to estimate the dose of Medicinal Cannabis an individual patient is receiving.

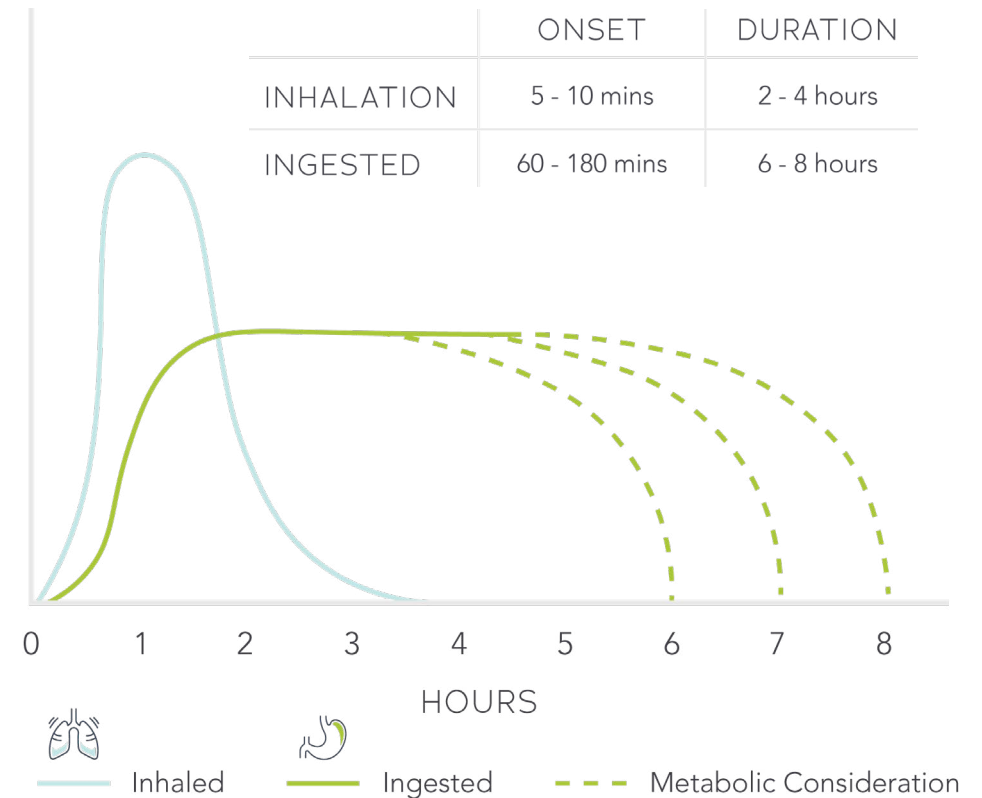
Additionally, there's well-documented evidence that smoking in general is harmful, therefore smoking of Cannabis products shouldn't be supported.



Oral Ingestion (Slow Absorption)

It's important to **"Start Low and Go Slow"** when ingesting Cannabis because the effects can be much stronger and last a lot longer than when inhaled. When ingested, it can take 90 minutes to absorb the active ingredients with a longer effect of 4-8 hours.

Inhaled vs Ingested Onset Graph



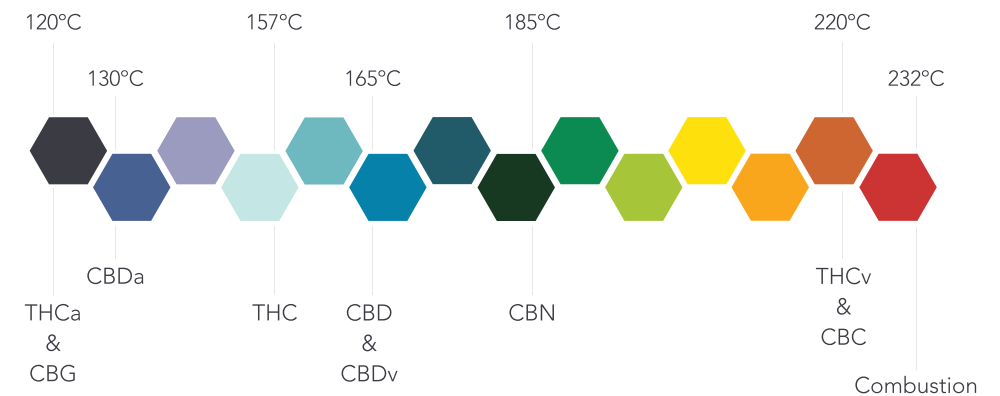
Cannabinoids

Cannabinoids are molecules utilised from the Cannabis plant to formulate plant medicine. Each compound offers its own array of medical applications.

Cannabinoids need to be activated to unlock their therapeutic potential. This activation is done through heating the compounds to their decarboxylation point. Once the Cannabinoids reach this point, their effects are enhanced. Once decarboxylated, Cannabinoids can be vapourised at their boiling point.

Temperature is not the only way to activate a Cannabinoid's healing potential. Time can also influence the different therapeutic properties of Cannabis. For example, in a process known as oxidative degradation, THC is converted to the Cannabinoid CBN. CBN has been known to have a strong sedative effect, useful in treating sleep disorders.

Activation & Vapourisation Temperatures



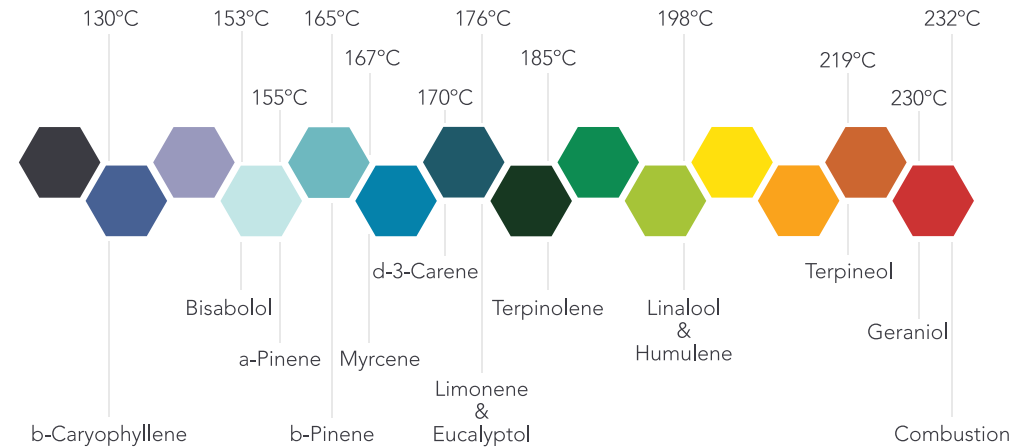
Terpenes

Terpenes are the fragrant oils found in fruits, plants and herbs including Cannabis, that give each strain its unique smell and flavour profile. Research has shown that terpenes can be beneficial to a range of medical conditions.

The Entourage Effect

When Cannabinoids and Terpenoids are combined, they produce what is theorised as the 'EE' (Entourage Effect). This means that when the whole plant is utilised, the therapeutic properties of each strain are maximised.

Activation & Vapourisation Temperatures



Alpha-Bisabolol

Benefits: Anti-inflammatory, antioxidant, pain relief, stress relief
Aroma: Sweet, fruity, nutty



Alpha-Pinene

Beta-Pinene

Benefits: Anti-inflammatory, antibacterial, bronchodilator, aids memory
Aroma: Sharp, piney



Beta-Caryophyllene

Benefits: Anti-inflammatory, anti-anxiety, gastric protective, sleep aid, muscle relaxant
Aroma: Pepper, wood, spice



Delta-3-Carene

Benefits: Alzheimer's treatment, anti-inflammatory, sedative
Aroma: Sweet, pungent, wood, pine, cedar



Eucalyptol

Benefits: Analgesic, anti-inflammatory, antibacterial, anti-anxiety, Alzheimer's treatment
Aroma: Camphor, spice



Geraniol

Benefits: Antibacterial, antioxidant, anticancer
Aroma: Floral, rose, fruity, waxy



Humulene

Benefits: Anticancer, anti-inflammatory, analgesic
Aroma: Wood, earthy



Limonene

Benefits: Anti-inflammatory, anti-depressant, anti-anxiety, gastric protectant
Aroma: Lemon, orange



Linalool

Benefits: Analgesic, anaesthetic, anti-convulsant, anti-anxiety, sedative, anticancer
Aroma: Floral



Myrcene

Benefits: Sedative, muscle relaxant, anti-inflammatory
Aroma: Floral, earthy, citrus



Terpineol

Benefits: Antibacterial, anticancer, antioxidant, sedative
Aroma: Lemon, pine, sweet, woody



Terpinolene








Benefits: Anti-inflammatory, antioxidant, sedative, stress relief
Aroma: Pine, clove

Treatment Tracker

Date: / /

Last night's sleep: 1 2 3 4 5 6 7 8 9 10









































































Before today's
treatment, I feel:



Ecstatic








Neutral

Depressed

 Morning	 Midday	 Evening	 Night
<div>SYMPTOMS BEFORE DOSE</div> <div><div></div><div><div>None</div><div>Neutral</div><div>Severe</div></div></div>	<div>SYMPTOMS BEFORE DOSE</div> <div><div></div><div><div>None</div><div>Neutral</div><div>Severe</div></div></div>	<div>SYMPTOMS BEFORE DOSE</div> <div><div></div><div><div>None</div><div>Neutral</div><div>Severe</div></div></div>	<div>SYMPTOMS BEFORE DOSE</div> <div><div></div><div><div>None</div><div>Neutral</div><div>Severe</div></div></div>
<div><div> CRYSTAL <input type="radio"/></div><div> FLOWER <input type="radio"/></div><div> LOZENGE <input type="radio"/></div><div> CAPS <input type="radio"/></div><div> OIL <input type="radio"/></div></div>	<div><div> CRYSTAL <input type="radio"/></div><div> FLOWER <input type="radio"/></div><div> LOZENGE <input type="radio"/></div><div> CAPS <input type="radio"/></div><div> OIL <input type="radio"/></div></div>	<div><div> CRYSTAL <input type="radio"/></div><div> FLOWER <input type="radio"/></div><div> LOZENGE <input type="radio"/></div><div> CAPS <input type="radio"/></div><div> OIL <input type="radio"/></div></div>	<div><div> CRYSTAL <input type="radio"/></div><div> FLOWER <input type="radio"/></div><div> LOZENGE <input type="radio"/></div><div> CAPS <input type="radio"/></div><div> OIL <input type="radio"/></div></div>
DOSE: _____ DROPS / ML / INHALES / NUMBER	DOSE: _____ DROPS / ML / INHALES / NUMBER	DOSE: _____ DROPS / ML / INHALES / NUMBER	DOSE: _____ DROPS / ML / INHALES / NUMBER
<div>SYMPTOMS AFTER DOSE</div> <div><div></div><div><div>None</div><div>Neutral</div><div>Severe</div></div></div>	<div>SYMPTOMS AFTER DOSE</div> <div><div></div><div><div>None</div><div>Neutral</div><div>Severe</div></div></div>	<div>SYMPTOMS AFTER DOSE</div> <div><div></div><div><div>None</div><div>Neutral</div><div>Severe</div></div></div>	<div>SYMPTOMS AFTER DOSE</div> <div><div></div><div><div>None</div><div>Neutral</div><div>Severe</div></div></div>

Unwanted Symptoms: _____

After today's
treatment, I feel:



Ecstatic

Neutral

Depressed