

01 // Overview



This course is designed to give you useful background information on Medical Cannabis, as well as help align your expectations when it comes to seeking access to treatment.

A useful guide to help you get to grips how medical cannabis relates to the body, and its related conditions.

02 // What is Medical Cannabis?

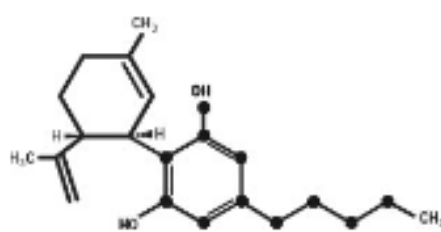
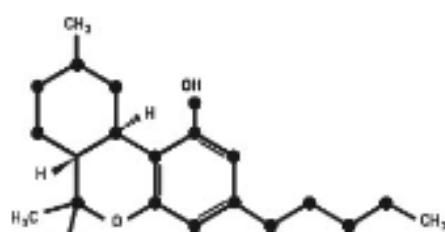


What is Medical Cannabis exactly?

Medical cannabis is a broad term used to refer to any medical products derived from cannabis. There are a number of products that fall into this category, including whole cannabis flower – which can be smoked or vaporised, as well as capsules, oils, and sprays containing cannabinoids.

The main compounds utilised for medical cannabis products are CBD and THC which have been found to have a number of useful therapeutic properties.

Currently, Sativex, Nabilone, and Epidyolex are currently the only licensed medical cannabis products in the UK. However, other products may also be prescribed in cases where first-line therapies have been unsuccessful.



**Tetrahydrocannabinol
(THC)**

Cannabidiol (CBD)

Cannabinoids, THC and CBD

Cannabinoids are compounds that are able to interact with the receptors found in the body's Endo-Cannabinoid System (ECS). There are a large number of cannabinoids found in the Cannabis plant, the most common being THC and CBD.

THC is the main cannabinoid agonist of anandamide, and in low doses can have similar anti-anxiety effects. However, THC is known to overstimulate the CB1 receptors, interrupting the reactions between the natural cannabinoids and receptors. This can actually lead to increased feelings of anxiety.

CBD on the other hand does not directly interact with the receptors in the ECS, it is actually a strong "negative allosteric modulator" of the receptors. This means that it modifies the way that the receptors interact with endocannabinoids and phytocannabinoids. This prevents THC from binding to the receptor. In turn, this can help to prevent the over-stimulation of the CB1 receptors, and reduce the psychotic effects and 'high' feeling caused by THC. The reduced anxiety feeling is a result of the CBD affecting the serotonin receptors.

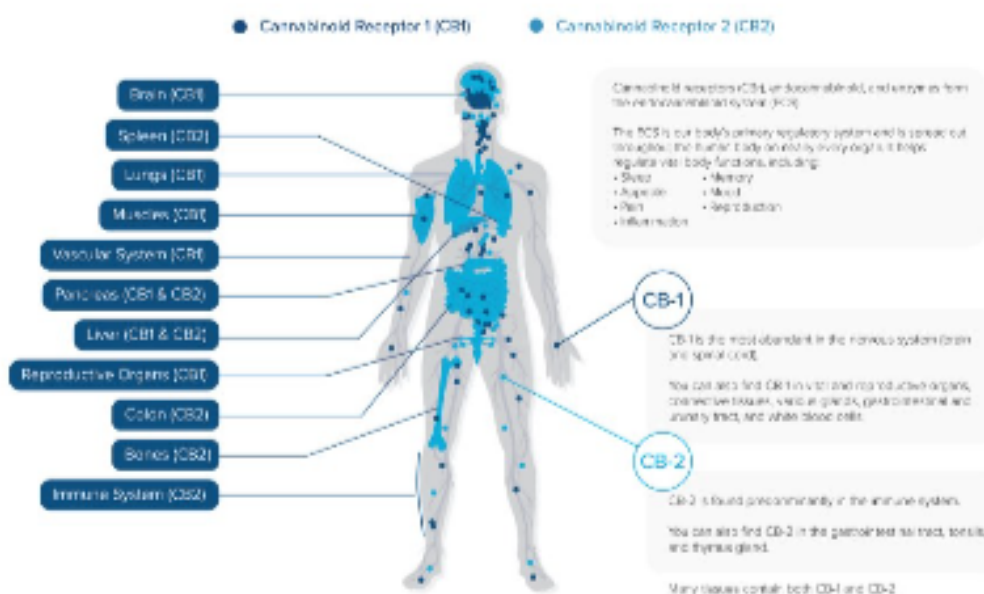
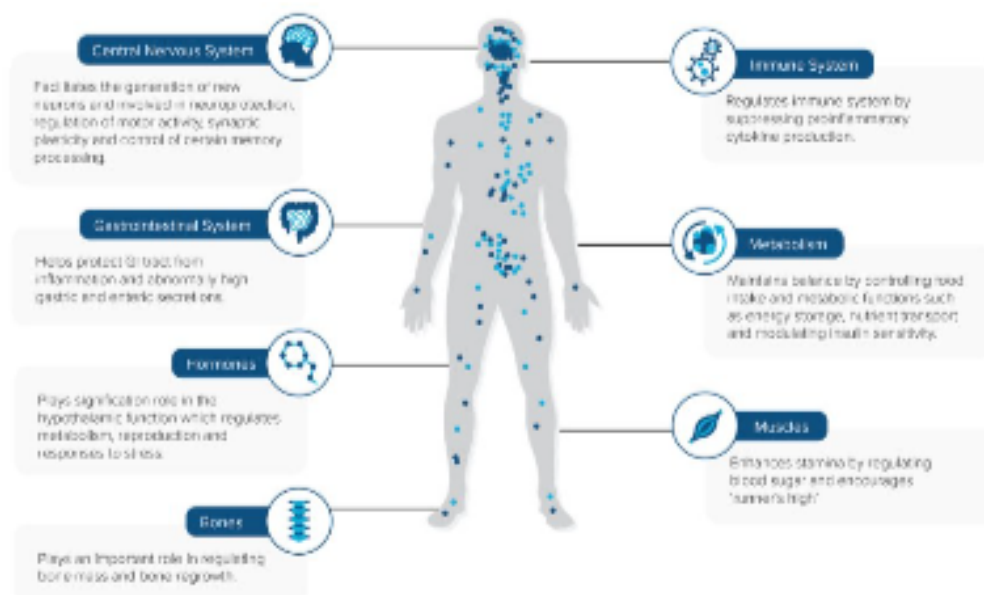
03 // The Endo-Cannabinoid System (ECS)

What is the Endo-Cannabinoid System (ECS)

The endocannabinoid system (ECS) is a neuro-modulatory system expressed throughout the human central nervous system and the immune system. The ECS consists of neurotransmitters (known as endocannabinoids) receptors, and enzymes. Both

endocannabinoids, receptors, and enzymes. Both endocannabinoids as well as cannabinoids derived from cannabis (phytocannabinoids) are able to interact with these receptors (CB1 and CB2).

The endocannabinoid system has been found to play a role in a number physiological and cognitive functions including the regulation of mood, memory, appetite, temperature, and hormone levels as well pain signalling and inflammation.



04 // Conditions where CBPMs may be appropriate



Medical Cannabis may be useful in a number

of conditions

of conditions

Medical cannabis products are currently recommended for use for a number of indications and can be prescribed by a specialist clinician for diagnosed conditions where first line therapies have failed.

Pain Conditions

- Chronic pain
- Fibromyalgia
- Migraine
- Cluster Headache
- Neuropathic pain
- Cancer-Related Pain
- Ehlers Danlos Syndromes
- Palliative Care

Psychiatric Conditions

- ADHD
- Anxiety
- Agoraphobia
- Autistic Spectrum Disorder
- Depression
- Insomnia
- OCD
- PTSD
- Tourette's Syndrome

Neurological Conditions

- Autistic Spectrum Disorder
- Epilepsy
- Migraine
- Cluster headache
- Multiple Sclerosis
- Neuropathic pain

- Parkinson's Disease

Gastrointestinal

- Crohn's Disease
- Ulcerative Colitis
- Irritable Bowel Syndrome (IBS)

Cancer Related Conditions

- Anxiety
- CINV
- Appetite Loss
- Depression
- Palliative Care

Rare and Unresponsive Skin Conditions

- Psoriasis
- Pruritis
- Lichen simplex
- H.Suppurativa
- Acne

Contraindications

Medical cannabis products are currently not recommended for use in patients who are/have:

- Pregnancy/breast feeding
- Ongoing or active psychosis
- Unstable cardiovascular disease
- Allergic reactions to ingredients or excipients

Caution

When prescribing medical cannabis, health professionals should be cautious of:

- Children/adolescents
- Interacting medicines

05 // Current Evidence for Medical Cannabis



General Evidence for Medical Cannabis

Humans have been using cannabis for a number of indications for thousands of years, however, our scientific understanding of the active compounds within the plant has only developed in recent decades. Due to the interactions between cannabinoids and the human endocannabinoid system, medical cannabis may be useful for a large number of indications.

In modern medicine, pain management is one of the most common reasons for the use of medical cannabis, however, there is also evidence that CBMPs can be useful for the treatment of a wider variety of conditions.

Clinical research into medical cannabis is still in its infancy so there remains a general lack of 'high-quality' clinical evidence to either support, or oppose, the use of CBMPs. However, there is a large base of 'real-world' evidence such as case studies and anecdotal evidence.

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06 // Common Side Effects

Common side effects

The side effects of medical cannabis can vary widely depending on the patient and the products used. The existing evidence suggests that side effects can differ from mild to serious and can include:

Very Common

- Drowsiness/Fatigue
- Dizziness
- Dry Mouth
- Cough
- Anxiety
- Nausea
- Cognitive Effects
- Appetite Stimulation

Common

- Euphoria
- Blurred Vision
- Headache

Uncommon

- Hypotension
- Paranoia
- Depression

- Alexia
- Tetrachardia

07 // Take Our Quiz



How much do you think you know about CBD?

Answer ten short questions to find out now →