



HERBAL WELLNESS CENTER

PATIENT EDUCATION

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Patient Information

What medical conditions qualify a patient to be eligible to purchase medical cannabis in Ohio?

In order to obtain a medical cannabis recommendation in Ohio, patients must qualify for the program with one of the following approved conditions:

- AIDS
- Amyotrophic lateral sclerosis
- Alzheimer's disease
- Cachexia
- Cancer
- Chronic traumatic encephalopathy
- Crohn's disease
- Epilepsy or another seizure disorder
- Fibromyalgia
- Glaucoma
- Hepatitis C
- Huntington's Disease
- Inflammatory bowel disease
- Multiple sclerosis
- Pain that is either chronic and severe or intractable
- Parkinson's disease
- Positive status for HIV
- Post-traumatic stress disorder
- Sickle cell anemia
- Spasticity
- Spinal cord disease or injury
- Terminal Illness (6 months of life expectancy)
- Tourette's Syndrome
- Traumatic brain injury
- Ulcerative colitis

What physicians can recommend medical cannabis?

- The federal government prohibits doctors from being able to prescribe cannabis. Instead, patients must have a recommendation from a **Certified Physician**. Physicians interested in recommending the use of medical cannabis for patients must first apply for a **Certificate to Recommend (CTR)** from the State Medical Board of Ohio.
- A physician is not permitted to issue a state of Ohio approved written recommendation to use medical cannabis until the physician has obtained a **CTR** from the State Medical Board of Ohio.
- A physician who has a valid **CTR** may then recommend medical cannabis to a patient, at their discretion, if it is determined that the patient is suffering from one of the 21 qualifying medical conditions for medical cannabis in Ohio.

How does a patient with a qualifying condition obtain a medical cannabis card in Ohio?

- A patient seeking to use medical cannabis or a caregiver seeking to assist a patient in the use or administration of medical cannabis must first apply to the State Board of Pharmacy for registration through a physician who holds a **Certificate to Recommend (CTR)** issued by the State Medical Board.
- The physician with a **CTR** who is treating the patient or the physician's delegate will then submit the application on the patient's or caregiver's behalf to the Board of Pharmacy for approval.
- Upon the application being approved, the patient will create their profile within the Patient Registry before being able to purchase cannabis at a licensed dispensary in Ohio.

What are product purchasing limits for medical cannabis in Ohio?

Minimum Product Limits:

The minimum that a patient and a patient's caregiver may purchase is a 1-day supply of a product form. Products are not required to be sold in exact increments of a 1-day supply unit. A 1-day supply is equal or up to the following delineated amount for each product form:

- One-tenth of an ounce (2.83 grams) of plant material.
- Up to 295 milligrams of THC contained in a patch, lotion, cream, or ointment.

- THC between each day supply increment will be rounded to the next day supply.
 - Example 296mg – 590mg of THC = 2-day supply.
- Up to 110 milligrams of THC contained in an oil, tincture, capsule, or edible for oral administration.
 - THC between each day supply increment will be rounded to the next day supply.
 - Example 111mg – 220mg of THC = 2-day supply.
- Up to 590 milligrams of THC contained in oil for vaporization.
 - THC between each day supply increment will be rounded to the next day supply.
 - Example 591mg – 1190mg of THC = 2-day supply.

Maximum Purchase 90-day Supply:

- A patient and the patient’s caregiver(s) may collectively purchase, within a ninety-day period, **no more** than a ninety-day supply. A ninety-day supply may consist of multiple forms of medical cannabis, but the total ninety-day supply shall not exceed a ninety-day supply whether purchased as a single form or aggregated across forms, for all patients.
 - 90-Day Supply of Plant Material:
 - No more than 9 ounces (2254.7 grams) of plant material.
 - 90-Day Supply of Other Forms of Medical Cannabis:
 - No more than 26.55 grams of THC content in patches for transdermal administration or lotions, creams, or ointments for topical administration.
 - No more than 9.9 grams of THC content in oil, tincture, capsule, or edible form for oral administration.
 - No more than 53.1 grams of THC content in medical cannabis oil for vaporization.
- The allowable amount defined by the 90-day supply differs for patients who have been defined terminally ill by their physician on their state-issued valid registration card showing the medical cannabis recommendation, as defined below.
 - Plant material:
 - No more than 10 ounces (283.5 grams) of plant material.
 - Other Forms:

- No more than 29.5 grams of THC content in patches for transdermal administration or lotions, creams, or ointments for topical administration.
- No more than 11 grams of THC content in oil, tincture, capsule, or edible form for oral administration.
- No more than 59 grams of THC content in medical cannabis oil for vaporization.

Eligibility for Purchase of Medical Cannabis

The following must be presented by a patient/caregiver to be eligible to purchase medical cannabis:

- The patient or caregiver's state-issued identification, such as a driver's license, or United States passport.
- A patient or caregiver registry card with the holder's name and state-issued identification card number that are identical to the name and state-issued identification card number on the state-issued identification card.
 - Reminder: The identification number on the item presented by the patient or caregiver must match the number in the patient's or caregiver's registry record.
 - An expired or damaged ID in any form cannot be accepted.

A patient/caregiver may only be eligible to purchase medical cannabis if it is verified that:

- The patient has not purchased more than a 90-day supply of medical cannabis in the last 45 days. If the individual is a caregiver, that the caregiver has not purchased more than a 90-day supply of medical cannabis for a single patient in the last 45 days.
- That the amount of medical cannabis that the patient or caregiver is requesting would not cause the patient or caregiver to exceed a 90-day supply of medical cannabis during any 90-day calendar period.

Allowed Use of Medical Cannabis in Ohio

Use of cannabis in public places is prohibited.

- Use and/or possession of medical cannabis by anyone other than the prescribed patient with a valid medical cannabis registry card is strictly prohibited and illegal.

- Smoking of cannabis is prohibited by Ohio law; vaporizing is permitted.
 - **Reminder:**
 - Vaporizing devices which place the medical cannabis plant material or extract in direct contact with the heating element are not permitted.
 - Vaporizing devices shall not be capable of being heated to temperatures at which medical cannabis plant material will burn.
- Medical cannabis or medical cannabis products may NOT be consumed on the premises of a dispensary.
 - No outside food or beverages may be consumed on the premises of a dispensary.

Medical Cannabis Composition

Medical cannabis effects are highly dependent on its chemical composition, which can vary greatly between different medical cannabis strains. Medical cannabis contains hundreds of distinct compounds, including cannabinoids, terpenes, flavonoids.

Cannabinoids are a class of diverse chemical compounds that are unique to medical cannabis. These compounds are partially responsible for the therapeutic and/or psychoactive effects. Although there have been over 100 cannabinoids identified to date, the most prevalent and researched cannabinoids include:

- THC (Tetrahydrocannabinol)
- CBD (Cannabidiol)
- CBN (Cannabinol)
- CBC (Cannabichromine)
- CBG (Cannabigerol)

THC and CBD are generally the most prominent cannabinoids of medical cannabis and are known as the MAJOR cannabinoids of medical cannabis. THC is responsible for psychoactive effects. THC can affect perception, mood, emotion, cognition, and motor function. Other cannabinoids, including CBD, are considered “non-psychoactive”, but some have been demonstrated to have other medically useful properties. The medical cannabis plant generally expresses higher concentrations of THC and CBD than other cannabinoids,

but strains can be engineered to express more of other cannabinoids, such as the ones included above.

Other components, aside from cannabinoids, that are responsible for the varying characteristics between medical cannabis strains include compounds such as terpenes and flavonoids, which also exist in many other plants. These compounds play an important role in creating distinguishing characteristics of medical cannabis strains such as flavor, smell, and color. Terpenes and flavonoids have also been shown to have their own therapeutic benefits and are believed to enhance and/or alter psychoactive and medicinal properties of medical cannabis.

Cannabinoids, terpenes, flavonoids, and many other chemical compounds naturally occurring within medical cannabis come together to create hundreds of unique strains that offer different experiences for patients. The method in which medical cannabis is consumed also alters its effects, including strength of overall effect, onset time, and duration of effects. It is important to remember that medical cannabis can cause completely different effects/experiences from one individual to the next. Potency of medical cannabis, with the concentration of each of those components, as well as the physical, mental, and emotional state of the individual can also affect how it makes each person feel.

Administration Methods

Medical cannabis can be consumed through a variety of administration methods, which lead to various effects, onsets, and duration times. The following includes forms and methods of administration that are approved in the state of Ohio:

- Plant Material for administration with the use of vaporizing devices (inhalation)
- Metered oil or solid preparation for vaporization (inhalation)
- Oils, tinctures, capsules, or edible form (oral administration)
- Patches (transdermal administration)
- Lotions, creams, or ointments (topical administration)

Inhalation

When medical cannabis is inhaled it enters the bloodstream through the vascular tissue in the lungs. Smoking of medical cannabis is NOT

permitted as part of Ohio's medical cannabis program. Dried plant material (flower) can be inhaled as part of the medical cannabis program, but it can only be vaporized. Vaporization is performed through applying indirect heat below 451 degrees and inhaling the vapor. Applying heat over 451 degrees is prohibited in Ohio as these temperatures will cause combustion.

Consumption via a joint (pre-roll), pipe (bowl), or water pipe (bong) is not permitted. Vaporizer pens meant for combusting flower are prohibited and must provide metered dosing if used for cannabis concentrates.

Oral Consumption

Medical cannabis can be consumed orally by eating infused edibles or utilizing tinctures under the tongue. Edibles are products that are eaten and are absorbed into the bloodstream through the digestive tract. Medical cannabis from edibles and/or sublingual (under the tongue) tinctures is absorbed through the vascular tissue under the tongue and in the mouth. Oils, tinctures, capsules, and other edible forms are allowed forms of medical cannabis for consumption in Ohio.

Topical/Transdermal Administration

Transdermal patches are designed to holistically administer a specific dose and are applied to a vascular part of the skin, such as wrist or ankle. Transdermal products use permeation enhancers or carriers to deliver the cannabinoids through the skin to the blood barrier, providing an extended, steady release of cannabinoids. Transdermal products can get you alter your mental state and therefore should be used with this consideration.

Topical products are applied directly to an external area of the body, where the skin absorbs the cannabinoids locally. Talk to your recommending physician about whether topical/transdermal products can be used to treat symptoms of your qualifying conditions including inflammation and pain in a specific part of the body. Creams, lotions, ointments, salves, and transdermal patches are allowed medical cannabis products.

Safe Techniques for the Proper Use of Medical Cannabis

Whether you are an experienced medical cannabis user or are trying it for the first time, there are some considerations to ensure that cannabis is used without affecting your safety and the safety of others. Several techniques for safe usage are outlined below.

Start Slow

It is important to remember that every person's unique body chemistry can cause completely different effects/experiences. Differences in amount of sleep, food intake, and hydration can also alter what you experience when consuming cannabis on any given day. Characteristics of cannabis that may cause varying effects include, but are not limited to: dosage, potency, cannabinoid composition, terpene composition, and administration method. If using medical cannabis for the first time or trying a new product, it is always best to start with a low dosage and to wait 1-2 hours before consuming more. Talk to your doctor about the proper starting dosage that is right for you.

Be Aware of Impairment

THC intake has been shown to have an intoxicating effect; research shows clear impairment of tracking ability, attention, and focus. Therefore, do not consume cannabis and drive, or operate any other machinery while under the influence. Additionally, do not perform tasks that require your full attention, or have a higher risk of danger, harm or other consequences if impaired. Be mindful, that intake can also affect your work performance, so consume accordingly.

Avoid Dangerous Drug Interactions

Cannabis and THC have been shown to alter the absorption and elimination of other drugs. Cannabis should not be used in combination with alcohol or other drugs. Interactions of these substances with cannabis may cause or increase potential for adverse effects. Talk to your doctor before consuming medical cannabis about potential interactions with prescribed medications as well as any other substances you may potentially use.

Keep Cannabis Away from Children, Pets, and Others

Medical cannabis is only meant to be in the possession of and used by the patient for which the medical cannabis was purchased. Medical cannabis should **never** be administered to anyone other than yourself, the patient it was prescribed for. It is **illegal and unsafe** for a patient to share their medical cannabis with any other person, under any circumstances.

Medical cannabis should be always stored and kept away from children and pets. At no time should a child or pet be provided unsupervised access to medical cannabis. The safest method to prevent accidental consumption is to store the cannabis in child-proof packaging or in locked, secured space out of reach.

Take Preventative Measures from Unsanitary Use

Unsanitary practices when using medical cannabis can lead to undesired effects, can decrease the efficacy of medical cannabis, and can even make you feel sick. This includes using medical cannabis through unclean paraphernalia and consuming expired or contaminated medical cannabis.

Best practices are to store cannabis products away from extreme heat/cold, humidity, and light. Inspect your products before use to be sure they have not yet reached their expiration date. The expiration date of all products is listed on the label of their packaging.

Ohio Laws/Regulations

Medical cannabis was legalized in the State of Ohio by the passing of House Bill 523, which became effective September 8, 2016. Ohio's medical cannabis program allows patients with certain qualifying medical conditions to be eligible to purchase and use medical cannabis, upon receiving a recommendation to do so from a Ohio-licensed physician certified by the State Medical Board. Patients with a physician's recommendation to purchase medical cannabis can obtain cannabis from dispensaries licensed by the State of Ohio Board of Pharmacy. You can find Ohio's official resource page for the state's medical cannabis program at medicalmarijuana.ohio.gov

“Medical cannabis” means cannabis that is cultivated, processed, dispensed, tested, possessed, or used for a medical purpose. Medical cannabis flower has a maximum THC potency limit of 35% and medical cannabis products in the form of oils, tinctures, capsules, edibles, and transdermal patches have a maximum THC potency limit of 70%.

There are **3 Governing Bodies** in Ohio that have been tasked with developing and running the medical cannabis program, which includes growing, processing, testing, oversight, licensing, and sale in dispensaries.

- The **State of Ohio Board of Pharmacy** is responsible for overseeing medical cannabis retail dispensaries, the registration of medical cannabis patients and caregivers, the approval of new forms of medical cannabis, and coordinating the program’s Advisory Committee.
 - <https://www.pharmacy.ohio.gov/>
- The **Ohio Department of Commerce** is responsible for overseeing medical cannabis cultivators, processors, and testing laboratories.
 - <https://www.com.ohio.gov/>
- The **State Medical Board of Ohio** is responsible for certifying physicians to recommend medical cannabis and maintaining the list of qualifying conditions for which medical cannabis can be recommended.
 - <https://med.ohio.gov/>

The laws and regulations of cannabis programs differ from state to state and are regulated by each state’s government system. It is imperative that participants of cannabis programs in every state understand the laws governing the program in that state and stay educated on changing regulations as programs evolve. The laws governing the Ohio medical cannabis program that patients and caregivers of Ohio should be aware of can be found at this link → [Patient & Caregiver Rules](#)

Rights of a Medical Cannabis Patient in Ohio

Notwithstanding any conflicting provision of [Chapter 3796 of the Ohio Revised Code](#), the laws and rules of the Ohio medical cannabis program, the following applies:

- A registered patient registered who obtains medical cannabis from a licensed retail dispensary in Ohio may do the following:
 - Possess medical cannabis.

- The amount of medical cannabis possessed by a registered patient shall not exceed a 90-day supply.
 - Use medical cannabis; and
 - Possess any paraphernalia or accessories to lawfully consume medical cannabis.
- A registered patient shall not be subject to arrest or criminal prosecution for doing any of the following:
 - Obtaining, using, or possessing medical cannabis.
 - Possessing any paraphernalia or accessories meant to lawfully consume medical cannabis.

All actions relating to medical cannabis, including, but not limited to obtaining, possessing, and consuming medical marijuana must be done in compliance with all the rules of the Ohio medical cannabis program in order to not be subject to criminal action.

Rights of a Medical Cannabis Caregiver in Ohio

Notwithstanding any conflicting provision of [Chapter 3796 of the Ohio Revised Code](#), the laws and rules of the Ohio medical cannabis program, the following applies:

- A caregiver registered who obtains medical cannabis from a licensed retail dispensary may do the following:
 - Possess medical cannabis on behalf of a registered patient under the caregiver's care.
 - The amount of medical cannabis possessed by a registered caregiver on behalf of a registered patient shall not exceed a 90-day supply. If a caregiver provides care to more than one registered patient, the caregiver shall maintain separate inventories of medical cannabis for each patient.
 - Assist a registered patient under the caregiver's care in the use or administration of medical cannabis.
 - Possess any paraphernalia or accessories that are meant or lawful consumption of medical cannabis by the patient.

All actions relating to medical cannabis, including, but not limited to, obtaining, possessing, and consuming medical cannabis must be done in compliance with all the rules of the Ohio medical cannabis program to not be subject to criminal action.

Eligibility for Purchase of Medical Cannabis

The following must be presented by a patient/caregiver to be eligible to purchase medical cannabis:

- The patient or caregiver's state-issued identification, such as a driver's license, or United States passport.
- A patient or caregiver registry card with the holder's name and state-issued identification card number that are identical to the name and state-issued identification card number on the state-issued identification card.
 - Reminder: The identification number on the item presented by the patient or caregiver must match the number in the patient's or caregiver's registry record.
 - An expired or damaged ID in any form cannot be accepted.

A patient/caregiver may only be eligible to purchase medical cannabis if it is verified that:

- The patient has not purchased more than a 90-day supply of medical cannabis in the last 90 days. If the individual is a caregiver, that the caregiver has not purchased more than a 90-day supply of medical cannabis for a single patient in the last 90 days.
- That the amount of medical cannabis that the patient or caregiver is requesting would not cause the patient or caregiver to exceed a 90-day supply of medical cannabis during any 90-day calendar period.

Allowed Use of Medical Cannabis in Ohio

- Use of cannabis in public places is prohibited.
- Use and/or possession of medical cannabis by anyone other than the prescribed patient with a valid medical cannabis registry card is strictly prohibited and illegal.
- Smoking of cannabis is prohibited by Ohio law; vaporizing is permitted.
 - **Reminder:**
 - Vaporizing devices which place the medical cannabis plant material or extract in direct contact with the heating element are not permitted.

- Vaporizing devices shall not be capable of being heated to temperatures at which medical cannabis plant material will burn.
- Medical cannabis or medical cannabis products may **NOT** be consumed on the premises of a dispensary.
 - No outside food or beverages may be consumed on the premises of a dispensary.

Food & Drug Administration Statement

Cannabis is not approved by the FDA (Food & Drug Administration). There are risks and benefits associated with its use. These effects are still being researched. Like any medicine, cannabis has the potential to be misused. Excessive or inappropriate use can contribute to problems including sleeplessness, oversleeping, overeating, and time management issues. Use of cannabis can cause the following side effects:

- Dry mouth
- Nausea
- Vomiting
- Dry or red eyes
- Heart & blood pressure problems
- Lung problems
- Impaired mental functioning
- Headache

Remember that cannabis is not federally legal, and state government systems serve as the regulating bodies over their own states cannabis programs. As with other states, medical cannabis purchased in Ohio cannot be brought across state lines under any circumstances. Additionally, medical cannabis cannot be in possession of anyone on federal land, including all national parks.

Depending on an individual's condition, there are sometimes reasons why use of cannabis may be inadvisable. Cannabis should not be used during pregnancy, lactation, or when planning to become pregnant. Please talk to your recommending physician if you are pregnant or planning to become

pregnant and to determine if there are any issues to consider with medical cannabis use.

Signs and Symptoms of Substance Abuse

As with other prescribed medication, tolerance and dependency can be developed with cannabis usage. Patients using medical cannabis to help with symptoms of their qualifying condition should be aware that the following can be signs of substance abuse:

- Dramatic changes in priorities
- Inability to keep up with normal responsibilities (such as work or chores at home)
- Dramatic weight gain or loss
- Sleeping too much or too little
- Sudden changes in social activity
- The need to use the substance to cope with everyday tasks or to feel “normal.”
- Cravings and anxiety when substance is not available
- Changes in attitude/personality
 - Including increased aggression/ irritability
- Involvement in criminal activity

Additional signs of addiction/dependence include experiencing withdrawal symptoms, such as: anxiety, headaches, trouble sleeping, irritability, loss of focus, anxiety, headaches, cravings, sweating, chills, a depressive state, or insomnia.

If you experience any of the signs of substance abuse, for cannabis or for any other substance, consider an honest conversation with your physician. There are many treatment options and support services available to help individuals break the habit of substance dependence/abuse.

The treatment for cannabis abuse and dependence has many similarities to treatments for addictions to other drugs, including detox, counseling, rehabilitation, inpatient, outpatient, and aftercare programs.

There are many opportunities to participate in Substance Abuse Programs in Ohio. Some treatment facilities near our dispensary that you can call for help include:

- Spectrum Outreach Services in Jackson, Ohio- (740) 288-3767

- Family Addiction Community Trt Servs in Jackson, Ohio – (740)286-1589
- Health Recovery Services in Athens, Ohio – (740) 592-6720
- TASC of Southeast Ohio in Gallipolis, Ohio – (740) 446-6471

St. Peter's Addiction Recovery Center (SPARC) is also a national leader in treatment programs for substance and mental health issues. SPARC's many resources can be found at: <http://www.sphp.com/addiction-sph>

*Herbal Wellness Center does not endorse any addiction treatment program or service provider.