

PATIENT EDUCATION PACKET



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About Uncle Herbs

Mission Statement

Uncle Herbs is committed to creating a safe place where patients can receive high quality medicine created by nature and supported by science, while working alongside our patients, community and the State of Arizona to inspire, educate and drive industry innovation.

Our Vision

We strive to provide a safe and welcoming environment for all of our patients and guests by providing excellent customer service and high quality medication. Our knowledgeable staff is here to help guide you through every aspect of your visit. At Uncle Herbs we believe that education is the key to helping our patients determine the best treatment options for their specific condition, our medical director is on call at all times to assist patients with any specific questions.

In addition to providing to our patients, we also look forward to contributing to our local community, by way of donations, fundraising and volunteer efforts.

Stay In Touch

Stay up to date with our progress, events and specials by liking us on face book, following us on twitter, or by giving us your e-mail address to receive our monthly newsletter. We update our strains and specials weekly. Don't miss out !

Cannabis Compounds

Delta 9 Tetrahydrocannabinol(THC) - THC is the main psychoactive cannabinoid found in the cannabis plant. It is responsible for the “ high” and/or euphoric experience that is associated when consuming cannabis. THC has been found to have analgesic(pain relieving) effects and is often used as a natural alternative for pain management. Additional medicinal effects include: relaxation, appetite stimulant, suppression of muscle spasms, relieves chronic eye pressure and pain associated with glaucoma and other eye disorders, anti- nausea and reduced aggression.

Cannabidiol(CBD)- The CBD cannabinoid is pure medicine. It contains strong antioxidant properties and has been proven to have many medicinal benefits, which include reduced pain, reduction or cessation of seizures, reduction blood sugar levels, reduction in tumors and controlling the spread of certain cancers.

Cannabinol (CBN) - There is typically very little CBN found in marijuana. High CBN levels have been associated with some undesirable symptoms, such as confusion, light-headedness and acts as a weak antagonist to cannabinoid receptors. Benefits of CBN include: anti-inflammatory, pain suppressant, reduced muscle spasms and also act as a sleep aid.

Tetrahydrocannabinol Acid (THCA) - THCA is the precursor for THC. It is typically the main constituent found in fresh cannabis and will decarboxylate to its active form while drying or when heated. Benefits of THCA include: reduced inflammation and suppressed muscles spasms and convulsions.

Cannabis Sativa vs. Indica

The Golden State Collective (GSC) Cannabis Laboratories wrote the following in a blog entry titled "Cannabis Sativa and Indica Compared," posted online Dec. 6, 2011:

"Despite the huge variety of marijuana available these days, almost all of them (over 99%) are ultimately derived from only two cannabis family species. These two essential species are known as Cannabis sativa and Cannabis indica and they differ fundamentally in their chemical composition, physiological aesthetic, and medical application."

The Indica and Sativa subspecies differ in their medicinal properties. Sativa strains produce more of a euphoric high, lifting the consumer's mood and therapeutically relieving stress. Indica strains relax muscle and work as general analgesics, also helping with sleep. A cancer patient hoping to relieve the pain from chemotherapy would benefit greatly from the effects of an Indica plant bud, whereas an individual dealing with depression would better benefit from a Sativa plant bud.

Sativa:

- Sativa dominant strains are tall, thin plants, with much narrower leaves and grow a lighter green in color.
- Sativa's cannabinoid profile is dominated by high THC levels and low or no CBD levels
- Best for: Day time use, cerebral effects, enhanced energy, appetite stimulant, & relieving depression.

Indica:

- Indica dominant strains are short dense plants, with broad leaves and often grow a darker green.
- Indica's chemical profile shows a more balanced mix, with moderate THC levels and higher levels of CBD.
- Best for: Night time use, body high, sedative, anxiety relief, & pain relief.

Risks & Potential Drug Interactions

Risks of Marijuana

There are some legitimate concerns regarding long term marijuana use that should be taken into consideration when deciding to use medical marijuana. The following is a list of side effects that patients may experience: anxiety/panic attacks, exacerbation of schizophrenia in predisposed individuals, increased chance of lung infection when administering by smoking, depersonalization/amotivational syndrome. Patients with cardiovascular disease should take special care when trying medical marijuana.

Potential Drug Interactions with Medical Marijuana

Barbiturates (Sedative Medications) - Taking marijuana along with sedative medications might cause excessive sleepiness.

CNS Depressants (Sedative Medications) - Taking marijuana along with sedative medications might cause excessive sleepiness.

Theophylline - Taking medical marijuana might decrease the effects of theophylline, however there is not significant evidence to conclude if there is a legitimate concern.

Antabuse(Disulfiram) - Taking medical marijuana along with Disulfiram can cause agitation, trouble sleeping and irritability.

Prozac (Fluoxetine) - Taking medical marijuana along with Prozac might cause irritability, nervousness, jitters, or over excitement a condition also known as hypomania.

Coumadin (Warfarin) - Smoking marijuana while taking Coumadin might increase the chance of bruising and bleeding.

Alcohol - Medical marijuana, when combined with alcohol may interfere with focus, concentration, decision making, and/or cause nausea, dizziness, and loss of consciousness.

In addition to the above interactions, do not use marijuana if:

You are pregnant or breast-feeding?

You have heart problems or hypertension.

You have lung problems. (When Smoking Marijuana)

You have seizures (epilepsy) ?

You have immune system problems.

You are scheduled for surgery in the next 2 weeks. Marijuana might cause excessive sedation if combined with medications used during or after surgery.

When Should I Notify My Dispensary or Physician?

Should you become aware that you are experiencing side effects associated with your medical marijuana use you are encouraged to notify your dispensary so that we may help address your concerns. You may also feel it beneficial to relay any side effects to your certifying, or personal physician.

Signs of Substance Abuse

Signs of Abuse & Addiction

We reserve the right to refuse sale of medical marijuana to anyone we deem to be impaired or who displays signs of substance abuse of any kind. Additionally, this is a reportable offense and may result in the revocation of your medical marijuana ID card. Please review the signs and symptoms of substance abuse.

- Your neglecting your responsibilities.
- Your using drugs under dangerous conditions or taking risks while intoxicated.
- Your are getting into legal trouble.
- Your drug use is causing problems in your relationship
- You have built up a drug tolerance.
- You consume drugs to avoid or relieve withdrawal systems.
- You have lost control over your drug use.
- You have abandoned activities you used to enjoy.
- You continue to use drugs, despite knowing its hurting you.

In the event that a patient becomes aware or concerned that he or she is experiencing signs of substance abuse that may be associated with medical marijuana they are encouraged to notify us immediately, so that we can help. Patients may also feel it beneficial to contact their certifying or personal physician to report that they may be experiencing signs of abuse associated with medical marijuana.

When Should I Notify My Dispensary or Physician?

Should you become aware that you are experiencing signs of abuse that may be associated with your medical marijuana use you are encouraged to notify your dispensary so that we may help. You may also feel it beneficial to relay any side effects to your certifying, or personal physician.

Where to Go to Get help with Substance Abuse

The following helpful links are provided by the Arizona Department of Health Services Division of Behavioral Health Services. They may be reached directly at 602-364-4558.

Southwest Behavioral Services	(602) 256 - 8338 3450 N. 3rd Street, Phoenix AZ 85012
The Agape Center	http://theagapecenter.com/Treatment-Centers/Arizona.htm
Drug Rehab Locator	http://www.addictionwithdrawal.com/Phoenix_AZ_treatment_listing_guide.htm
Addiction Search	AddictionSearch.com delivers “the latest addiction information on the Internet,” a list of Arizona drug and alcohol rehab programs and addiction treatment centers, and offers counselors 24 hours a day.
SAMHSA	The Substance Abuse and Mental Health Services Administration, offers treatment locators, information by topic, programs, publications, FAQs, and much more.
The National Institute on Drug Abuse (NIDA)	Delivers educational resources based on audience group – including students and young adults, parents, and teachers, etc. – as well as by substance.

Alternative Treatment Options

There are a number of additional options you may consider pursuing either as an adjunct to, or entirely in place of medical cannabis therapy. Below is a list of alternative therapies along with some local businesses

TREATMENT	LOCAL BUSINESS
Acupuncture	<p>Williams, Charles D.C. 405 S. Beeline Hwy. Suite D Payson, AZ 85541 928-474-0442</p> <p>Well Being Acupuncture 814 N. Beeline Hwy. Payson, AZ 85541 928-468-2247</p> <p>Anderson, Rod 903 N. Beeline Hwy. Suite B Payson, AZ 85541 928-474-7070</p>
Bio-Feedback	<p>Quest For Wellness 103 E. Glade Ln. Payson, AZ 928-468-5800</p>

TREATMENT	LOCAL BUSINESS
Chiropractic	<p>My Chiropractor 405 S. Beeline Hwy. Suite D Payson, AZ 85541 928-474-0442</p> <p>Beeline Chiropractic Sanders, Robert 414 S. Beeline Hwy. Suite 6 Payson, AZ 85541 928-474-5555</p> <p>Mountain Chiropractic Flake, Daniel S. D.C. 411 S. Beeline Hwy. Suite C Payson, AZ 928-474-8417</p>
Homeopathy	<p>Sumegi, Lorraine A. N.P. 703 E. Phoenix St. Payson, AZ 85541 928-468-8264 (fax)</p>
Herbal Medicines (Teas, Tinctures & Salves)	<p>Vita Mart 516 S. Beeline Hwy. Payson, AZ 928-474-4101 www.thevitamart.com</p> <p>Back To Basics Health Food Market 908 N. Beeline Hwy. Payson, AZ 85541 928-474-8935</p> <p>Herb Stop 4004 N. Hwy. 87 Pine, AZ 85544 928-476-4144</p>

TREATMENT	LOCAL BUSINESS
Massage	<p>Therapeutic Massage Center 330 W. Roundup Rd. Payson, AZ 85541 928-468-8897</p> <p>Staircase Waterfall Massage Therapy 1001 S. Beeline Hwy. Suite H Payson, AZ 928-242-7009</p>
Neurofeedback	<p>Payson Physical Therapy Nossek, Scott Tenney, Jared 405 W. Main St Suite D Payson, AZ 85541 928-478-1197</p>
Yoga	<p>Yoga Rave 616 N. Beeline Hwy. Payson, AZ 85541 928-478-0303</p>

Methods of Administering

There are several methods for administration of your medical marijuana dosage

VAPORIZATION - Vaporizing is a common technique for consuming marijuana, while at the same time negating many irritating respiratory toxins that exists within the grown marijuana flower and are released when smoked. Conversely, vaporizing allows one to get at all of the psychoactive ingredients available within that specific strain of marijuana , minus the combustion that ordinarily takes place during consumption.

SMOKING DRIED BUDS - Smoking is the most expedient method of consumption, with almost immediate effect and dosage controlled by the patient. The downside to smoking marijuana, although not as harmful as cigarettes, is that it can damage the lungs and cause respiratory problems. Although results from clinical trials have been contradictory, many researchers believe herbal marijuana contains toxins and carcinogens that lead to increased risk of respiratory diseases and cancer and therefore recommend other methods of consumption of medical marijuana besides smoking.

If you do choose to smoke, here are some helpful tips to minimize the risk due to toxins and tars contained in the marijuana:

- Use a more potent, higher THC cannabis so less inhalation is necessary to acquire an effective dose.
- Using a pipe allows a more consistent and predictable dosage.
- Use a filter and non-chemical rolling paper if smoking a marijuana cigarette (joint).

Exhale immediately after inhaling deeply to avoid the tars in the marijuana from coating your lungs. It is a myth that holding your breath will create a stronger dosage or enable more THC to be absorbed.

TOPICAL APPLICATION- Another alternative route of administration for medical marijuana free from any psychoactive reactions is to use a topical made from cannabis and apply it directly onto the skin. Marijuana topicals, such as balms, salves, lotions, sprays and ointments made from cannabis oils, can be very effective analgesics and anti-inflammatories. Most dispensaries will have a variety of marijuana topicals to choose from, or you can make your own using cannabis oil and adding it to a substance of your choice.

Conditions in which marijuana topicals have helped provide relief are arthritis, chapped skin, eczema, minor burns, muscle soreness, sunburns, swellings, joint pain, and tendonitis- to name a few. Many dispensaries also carry sprays that can be used topically to ease muscle aches that accompany many conditions and more importantly the painful symptoms of shingles. It is especially useful for the unfortunate few who develop post-herpetic neuralgia (phn), a nerve inflammation condition that results from shingles disease. Topicals have been proven to not only have anti-inflammatory properties but also to act as an antibacterial, quickening healing times for injuries.

TEAS & SODAS - Cannabis leaves, stems, and buds can also be used in making a medicinal tea. The process is fairly simple. As with other herb teas, boil the water, pour this over the leaves and stems in a small pot or cup, and let steep for at least half an hour. Similar to marijuana edibles and tinctures, adding alcohol, oil or butter is necessary to help dissolve the THC, which is only slightly soluble in boiling water. Recipes often use milk, spices, and sometimes hard liquor to make a spiced chai-type tea. Marijuana tea can vary in strength, depending on the types and amounts of ingredients used. Teas have been described by patients to vary from being much like drinking chamomile tea to delivering a high that lasted for hours. General advice is to start with an amount equivalent to a marijuana cigarette for each cup, however experimenting with different recipes and amounts will help determine the amount needed to deliver the therapeutic effect desired.

EDIBLES- The effects of consumed cannabis is much different compared to smoking or vaporizing. Edibles are slower to kick in, slow to wear off and usually give more of a “body” versus “head” high, an effect described as ‘heavier’ or ‘deeper’ than if smoked or inhaled. This can be particularly beneficial for those with chronic severe body pain. A word of caution to those choosing to medicate with edible marijuana – unlike with smoking and vaporizing, it is much easier to [over-consume](#), and therefore over-medicate with ingestion. Because it can take longer to feel the effect and/or because the edibles taste good, patients are warned to start with a small amount, wait an hour or two before ingesting more, and be extra careful in consumption so as not to exceed recommended dosage.

Marijuana edibles are particularly helpful to relieve [pain](#), spasticity and [sleep disorders](#) but is, for obvious reasons, not the best method if experiencing nausea or vomiting. Dispensaries can help you to experiment which type of edible and dose is best for your particular situation and to find the best tasting edibles.

HERBAL TINCTURES - Cannabis can also be made into [tinctures](#) and tonics, which are then added to food and liquids, applied on the skin, or consumed directly in small amounts or by placing drops under the tongue. This is particularly useful when nausea and vomiting are present, such as when undergoing chemotherapy treatments. Tinctures and tonics are made much in the same way as edibles, but instead of cooking them in butter or oil, the cannabis flowered tops and leaves are soaked in alcohol. The solids are then finely strained, leaving behind a liquid that contains the THC and other cannabinoids that produce the needed medical relief. Typical dosage of marijuana tinctures is between 3 drops to no more than 2 full droppers. As with the edibles, it is best to start slow and use only a small portion until relief from symptoms is achieved.

Self Evaluation Log

This form is to help you better monitor your progress and to track how certain strains may or may not be benefiting you. You can rate your symptoms on a scale of 1-10, 1- being that you are experience the least amount of symptoms, and 10 being that you are experience the most sever of symptoms. We suggest making duplicates of this form and keep an ongoing log for your reference.

Strain: _____ Date: _____ Time: _____

Method of Use: _____ Amount: _____

PAIN:	n/a	1	2	3	4	5	6	7	8	9	10
CACHEXIA:	n/a	1	2	3	4	5	6	7	8	9	10
NAUSEA:	n/a	1	2	3	4	5	6	7	8	9	10
SEIZURES:	n/a	1	2	3	4	5	6	7	8	9	10
MUSCLE SPASMS:	n/a	1	2	3	4	5	6	7	8	9	10
AGITATION:	n/a	1	2	3	4	5	6	7	8	9	10

Post Use Notes:

Strain: _____ Date: _____ Time: _____

Method of Use: _____ Amount: _____

PAIN:	n/a	1	2	3	4	5	6	7	8	9	10
CACHEXIA:	n/a	1	2	3	4	5	6	7	8	9	10
NAUSEA:	n/a	1	2	3	4	5	6	7	8	9	10
SEIZURES:	n/a	1	2	3	4	5	6	7	8	9	10
MUSCLE SPASMS:	n/a	1	2	3	4	5	6	7	8	9	10
AGITATION:	n/a	1	2	3	4	5	6	7	8	9	10

Post Use Notes:

Self Evaluation Log Cont...

Strain: _____ Date: _____ Time: _____

Method of Use: _____ Amount: _____

PAIN:	n/a	1	2	3	4	5	6	7	8	9	10
CACHEXIA:	n/a	1	2	3	4	5	6	7	8	9	10
NAUSEA:	n/a	1	2	3	4	5	6	7	8	9	10
SEIZURES:	n/a	1	2	3	4	5	6	7	8	9	10
MUSCLE SPASMS:	n/a	1	2	3	4	5	6	7	8	9	10
AGITATION:	n/a	1	2	3	4	5	6	7	8	9	10

Post Use Notes:

Strain: _____ Date: _____ Time: _____

Method of Use: _____ Amount: _____

PAIN:	n/a	1	2	3	4	5	6	7	8	9	10
CACHEXIA:	n/a	1	2	3	4	5	6	7	8	9	10
NAUSEA:	n/a	1	2	3	4	5	6	7	8	9	10
SEIZURES:	n/a	1	2	3	4	5	6	7	8	9	10
MUSCLE SPASMS:	n/a	1	2	3	4	5	6	7	8	9	10
AGITATION:	n/a	1	2	3	4	5	6	7	8	9	10

Post Use Notes:

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