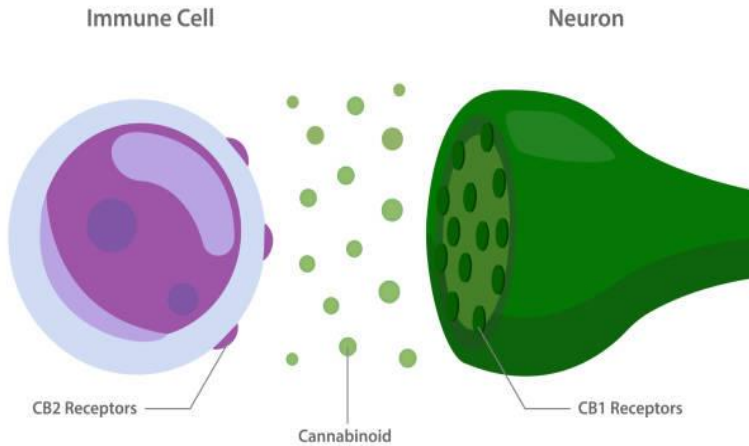


# Mississippi Medical Marijuana Patient Guide



**Includes Products that Do Not Require  
a Medical Marijuana Card**



## The Endocannabinoid System

The endocannabinoid system plays a crucial role in maintaining homeostasis. It is named after the cannabis plant because the discovery was influenced by research on the effects of cannabinoids on the human body. The endocannabinoid system is present in all vertebrate animals. Receptors in the central nervous system regulate functions like mood, pain, and appetite. Other receptors are involved in regulating inflammation and immune response.

## Medical Marijuana

Marijuana is the name used to describe a cannabis plant that has 3% or more, by weight, of THC (tetrahydrocannabinol). THC is a compound, or cannabinoid, in the cannabis plant along with CBD and over 100 other cannabinoids. Hemp is the name used for a cannabis plant that has less than 3% of THC. The term “marijuana” was coined in the 1930’s by the US Government to portray cannabis as a dangerous drug from Mexico.

George Washington was a hemp farmer, the Mayflower’s sails were made from hemp, the first US flag was made from hemp, and the first two drafts of the Declaration of Independence were written on hemp paper. While cannabis can be grown indoors or outdoors, Mississippi law requires that the cannabis be grown indoors.

## Qualifying Medical Conditions

- Cancer
- Parkinson's disease
- Huntington's disease
- Muscular dystrophy
- Glaucoma
- Spastic quadriplegia
- Positive status for Human Immunodeficiency Virus (HIV)
- Acquired Immune Deficiency Syndrome (AIDS)
- Hepatitis
- Amyotrophic Lateral Sclerosis (ALS)
- Crohn's disease
- Ulcerative colitis
- Sickle-cell anemia
- Alzheimer's disease
- Agitation of dementia
- Post-Traumatic Stress Disorder (PTSD)
- Autism
- Pain refractory to appropriate opioid management
- Diabetic/peripheral neuropathy
- Spinal cord disease or severe injury

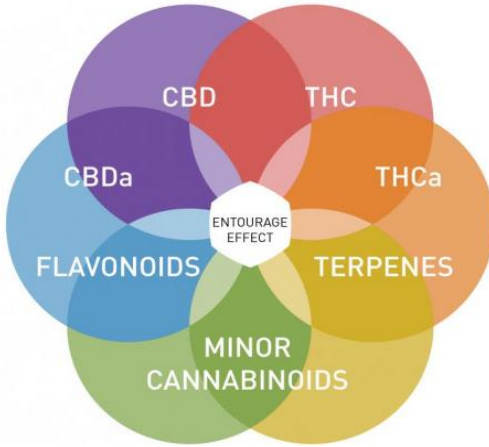
Also qualifying is a chronic terminal or debilitating disease or medical condition or its treatment that produces one or more of the following:

- Cachexia or wasting syndrome
- Chronic pain
- Severe or intractable nausea
- Seizures
- Severe and persistent muscle spasms including, but not limited to, those characteristic of multiple sclerosis

Patients may purchase 24 MCEUs within a 30-day period with no daily restrictions. A “Medical Cannabis Equivalency Unit (MCEU)” is 3.5 grams of flower, up to 100mg in THC-infused edibles, or one gram of concentrate.

## The Entourage Effect

The entourage effect suggests that when a person consumes cannabis in its whole, unaltered form, they benefit from the combined effects of cannabinoids, terpenes and flavonoids. For example, some terpenes may increase the absorption of cannabinoids in the body, potentially making them more effective.



Terpenes can modify the effects of cannabinoids. For instance, certain terpenes may reduce anxiety or increase relaxation, complementing the effects of cannabinoids like CBD. The entourage effect may also explain why full-spectrum or whole-plant cannabis extracts

are often believed to offer more diverse and potent therapeutic benefits compared to isolated compounds like pure CBD.

Some components of cannabis may counteract the adverse effects of others. For instance, CBD can mitigate the anxiety-inducing effects of THC, making the overall experience more balanced. The specific interactions between cannabinoids, terpenes, and other compounds in cannabis can vary depending on the strain and plant genetics. Additionally, individual responses to cannabis can also vary, making it challenging to predict how the entourage effect will work for each person.

## Cannabinoids

Cannabinoids determine the way cannabis affects us by interacting with the endocannabinoid system. This depends on the different

types of cannabinoids which can create euphoria, treat pain, increase heart rate, and make you sleepy - among many other effects. Besides THC, the three other most well-known cannabinoids are CBD, CBG, and CBN.

CBD (Cannabidiol) is nonintoxicating and there are a range of reported therapeutic uses including seizure and inflammation management. A CBD-based anticonvulsant drug, Epidiolex, has been approved by the FDA.

CBG (Cannabigerol) does not produce a “high” and it is reported to help stress and anxiety, reduce chronic pain, and improve sleep. Since CBG can increase appetite, it could also be helpful for people undergoing cancer treatments.

CBN (Cannabinol) is mildly psychoactive is commonly used as a sleep aid and is most effective when combined with THC.

## Cannabis Strains

Each type of cannabis has its own unique characteristics including its appearance, growth pattern, aroma, flavor, cannabinoid content, and terpene profile. These result from factors including genetics, cultivation methods, and environmental conditions.



- Sativa strains are known for their energizing, uplifting effects and associated with increased creativity and focus. Indica strains are known for their relaxing and sedative effects.
- Hybrid strains contain both sativa and indica genetics.

- Different strains contain varying levels of cannabinoids,
- Cannabis strains have distinct aromas and flavors that range from earthy and skunky, to fruity and citrusy. The terpene profile is a key factor in determining its scent and taste.
- Strains are named by the breeder, and some reflect their appearance, genetics, or effects. These names can vary widely and there is no standardized naming system.

## Terpenes

Terpenes are aromatic compounds found in the essential oils of plants that affect their color and flavor profile. Terpenes are found in the trichomes and are the resin-filled bulbous, sticky hairs on the buds. Terpenes work closely with the rest of the plant's chemical makeup including cannabinoids and flavonoids. This synchronicity gives patients a unique experience with each strain.

- Myrcene is the most common terpene in cannabis and found in strains like Grand Daddy Purple, OG Kush, and Soul Diesel. Strains that contain a myrcene concentration of 0.5% or less typically produce an energizing effect (sativa), and strains with over 0.5% are known for producing a more sedative effect (indica).
- Caryophyllene is found in black pepper, hops, cloves, oregano, and basil. It has a robust woody odor. Studies have been done on caryophyllene's anti-inflammatory properties and the ability to aid in gastrointestinal issues.
- Limonene is in citrus fruits like oranges, lemons, and grapefruits, and is regularly added to fragrances, soaps, and foods. It has traditionally been used in Japanese medicine, and more recently has been studied for its potential anti-inflammatory benefits.



## Ratio Products



A ratio product indicates the amount of CBD to THC. For example, a product labeled as a 1:1 means for every milligram of CBD, there will be one milligram of THC.

20:1 - High CBD/Low THC

10:1 - High CBD/Medium THC

5:1 - Medium CBD/Medium THC

1:1 - Equal Amounts CBD and THC

## Gummies, Brownies, Cookies and Chocolates

Edibles offer an alternative to the potentially harmful effects of inhaling smoke while still enjoying all the medical benefits of cannabis. When you smoke or vape cannabis, the cannabinoids quickly enter the lungs and make their way through the bloodstream, first into the brain and then the rest of the body.



Conversely, the THC in edibles enters through the digestive tract and is metabolized in the liver before traveling to the rest of the body. This takes anywhere from 30-90 minutes to begin and the effects last anywhere from six to eight hours. This form of THC is also more effective at crossing the blood-brain barrier, lending a stronger and more sedating experience than other consumption methods.

## Gel Caps & Dissolvable Powder



Gel caps are great for consistent dosing without added sugars or calories. They are discreet, portable, and easy to use. Gel caps metabolize in the stomach, and it takes anywhere from 45 minutes to a couple of hours to take effect and taking it on an empty stomach may help the effects set in faster.

One of the newest products is dissolvable tablets or crystals. These can be dissolved into any food or beverage, are water-soluble, and because of the higher bioavailability, the effects are felt within about 15 minutes. They are odorless, near tasteless, contain no calories or additives, and are discreet and portable.



## Tinctures



Tinctures are a cannabinoid, terpene, and flavonoid-rich liquid that can be consumed in a variety of ways. The most popular way is by putting a drop under your tongue for a few minutes and then swallowing what is left. This allows the cannabinoids and other compounds to enter through the thin skin of your mouth.



A full-spectrum tincture has all the compounds found in cannabis including terpenes and cannabinoids, including CBD and THC, along with other minor cannabinoids.

## Products Available without a Medical Marijuana Card

Products that are “topical” such as lotions, oils, suppositories, and bath products that are absorbed through the skin for the localized relief of soreness, inflammation, and pain, do not require a medical marijuana card to purchase. These products use cannabinoids and terpenes, such as THC, CBD, and essential oils for additional pain relief such as aloe, mint, and lavender.



Cannabis lotions and salves are infused with cannabinoids like THC and CBD for areas of dry or damaged skin. These are a good option for people who suffer from chronic muscle and joint pains.

## Women’s Health – No Card Needed



Cannabis suppositories have been found effective for a variety of women’s health issues including menstrual cramps, endometriosis, vaginal dryness, and pelvic pain. Patients have reported fast-acting relief for menstrual cramps and other types of pelvic pain. Cannabis can help

reduce inflammation and swelling associated with conditions like endometriosis. Cannabis suppositories can also help with vaginal dryness and a medical marijuana card is not required for purchase.

## Choosing a Dispensary

- Research dispensaries in your area and ask for recommendations from other patients. Prescribers are not allowed to recommend dispensaries.
- Look for dispensaries that offer a wide range of high-quality products including various strains, different ways to use cannabis, and varying CBD/THC ratios.
- The dispensary staff should be knowledgeable, friendly, and able to provide information and guidance. They should be able to answer your questions and offer recommendations based on your medical condition.
- Consider the pricing of products and whether the dispensary offers discounts or loyalty programs for regular customers.
- If possible, visit a couple of different dispensaries to get a feel for the environment and interact with the staff. This can help you gauge the overall atmosphere and professionalism.
- Ultimately, trust your instincts and choose a dispensary where you feel comfortable and confident in the products and services they offer.

## Non-Inhalant Onset, Peak & Duration

Consumption Method	Onset (minutes)	Peak (hours)	Duration (hours)
Tinctures & Powder	10 - 15	1 - 3	1 - 6
Edibles	30 - 90	2 - 4	4 - 6
Capsules	30 - 60	2 - 4	4 - 12
Lotions, Creams & Suppositories	15 - 60	1	2 - 4

# Potential Risks & Side Effects of Cannabis Use

- Cannabis can impair cognitive functions such as memory, attention, and decision-making, particularly in heavy or frequent users, and especially in adolescents and young adults.
- Cannabis use can cause short-term memory impairment and affect coordination and motor skills.
- Some individuals may experience anxiety, paranoia, or even psychosis after using cannabis, particularly if they consume high-THC strains or have a predisposition to mental health issues.
- Long-term use can lead to physical and psychological dependence, and abrupt cessation can result in withdrawal symptoms and cannabis use can lead to an increase in heart rate and blood pressure.
- Some users report decreased motivation and a lack of energy when using cannabis regularly and use can impair judgment and increase the likelihood of engaging in risky behaviors.
- Cannabis can cause digestive issues, including nausea, vomiting, and abdominal discomfort.
- Cannabis use may have legal implications and employers may have policies against its use.
- Adolescent users may be at an increased risk of impaired cognitive development and academic underachievement.
- This list of potential risks and side effects of cannabis use is not all inclusive and patients should seek medical counsel before using any cannabis product.

The Mississippi Department of Mental Health administers the system of substance abuse assessment, referral, prevention, treatment, and recovery support and can be reached at 877-210-851.

Produced by  
The Health Council of Mississippi



Visit [THC.MS](http://THC.MS) for a list of medical marijuana prescribers, dispensaries, and growers

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