



■ How to Talk to Your Doctor About Cannabis

Why This Matters

Many patients feel nervous bringing up cannabis with their healthcare provider. This guide helps patients have confident, productive conversations.

Tips Before Your Appointment

- Write down your main health concerns (pain, sleep, anxiety, etc.)
- List all current medications to avoid interactions.
- Bring a record of past cannabis use (if any).

Suggested Questions to Ask

- Could cannabis help with my specific condition or symptoms?
- Are there any risks with my current medications?
- What form of cannabis might be best for me (edibles, tinctures, topical, etc.)?
- What dose should I start with?
- How should I track my progress and side effects?
- Are there any warning signs I should look out for?

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