Cannabis & Autoimmune Conditions

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<table>
<thead>
<tr>
<th>Objectives</th>
<th>Overview of my background</th>
<th>Basics of the endocannabinoid system</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Basics of cannabis as medicine</td>
<td>Benefits/Risks of cannabis as medicine</td>
</tr>
<tr>
<td></td>
<td>The role of cannabis medicine in autoimmune disorders</td>
<td>Recommended next steps</td>
</tr>
</tbody>
</table>
My Story

2013- Diagnosed w/Polymyositis

2018- Diagnosed w/Non-Hodgkin’s Lymphoma, Stage 4

My Treatment Plan

Positive Attitude/Focused

Cannabis

Medical
After CAR-T Therapy

It was war!

- Non-stop vomiting
- Non-stop diarrhea
- Dramatic weight loss, 50 lbs
- Fatigue
- Restless, crawling out of skin
- Multiple blood transfusions
- Walker, wheelchair, shower chair
- Needed family w/me 24 hrs/day

The treatment melted away the tumor, but I was so sick in the process!

Oncologist: “Stop your medications and restart your cannabis”
The Very Next Day…

- Restlessness gone
- Vomiting decreased
- No more walker
- No more wheelchair
- No more shower chair
- Able to eat
- Able to leave the house
- Able to recover and rehabilitate
I’m Back!

- Working FT Hospice Director
- Opened a dance studio
- Grandma to 2-year-old
- Caring for my 11-year-old instead of her caring for me!
- MBA student
- Started a Cannabis Nurse Consultant business
DISCLAIMER:
The information in this presentation have not been evaluated by the Food & Drug Administration. It is intended to be informational only. The presenter highly recommends that anyone interested in utilizing cannabis as a tool for their health needs discuss it with their physician.
The Endocannabinoid System (ECS)

All mammals have an ECS system. Hemp and cannabis produce phytocannabinoids, which bind to the naturally occurring endocannabinoid receptors within the body.

- Your endocannabinoid system contributes to homeostasis—your body's ideal condition.
- The ECS plays a role in sleep, mood, appetite, memory, reproduction & fertility.
- Your body produces endocannabinoids.
- The ECS exists and is active in your body even if you don't use cannabis.
- The ECS involves three components: endocannabinoids, receptors, and enzymes.

https://tikvahealth.com/blog/cannabis-101/whats-the-endocannabinoid-system/
Autoimmune Conditions & the ECS

• In response to an unknown trigger, the immune system produces antibodies that instead of fighting infections, attack the body's own tissues.
• This imbalance can cause severe inflammation, pain, weakness, fatigue, among other symptoms.
• Disease is thought to be an IMBALANCE of the endocannabinoid system
• Consuming cannabis RESTORES the imbalance
• Cannabis is a strong anti-inflammatory

THERE IS HOPE!

https://www.webmd.com/a-to-z-guides/autoimmune-diseases
Forms of Administration

**Vaporization**
- Route: Inhalation
- Onset: Minutes
- Duration: 1-2 hours
- Mild to intense depending on %THC and CBD
- Great for immediate relief of symptoms

**Edibles**
- Route: Oral ingestion
- Onset: 30-60 minutes
- Duration: 4-8 hours
- Great for long-acting pain relief

**Tinctures**
- Route: Sublingual
- Onset: 15 minutes
- Duration: 2-4 hours
- Easy to measure/titrate
- Great for immediate relief of symptoms
Forms of Administration

**FECO**
- Route: Sublingual
- Onset: 15 minutes
- Duration: 2-4 hours
- Easy to measure/titrate
- Highly concentrated
- Cancer/Terminal Disease

**Topicals**
- Route: Topical
- Onset: 5-15 minutes
- Duration: 2-4 hours
- Great for muscle & joint pain
CBD vs THC

The Potential Benefits and Side Effects

<table>
<thead>
<tr>
<th>CBD Cannabidiol</th>
<th>THC Tetrahydrocannabinol</th>
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</thead>
<tbody>
<tr>
<td>Non-psychoactive</td>
<td>Psycho-active</td>
</tr>
<tr>
<td>Neuro-protective</td>
<td>Relaxant</td>
</tr>
<tr>
<td>Anti-convulsant</td>
<td>Appetite stimulant</td>
</tr>
<tr>
<td>Antioxidant</td>
<td>Drowsiness</td>
</tr>
<tr>
<td>Anti-psychotic</td>
<td>Analgesic</td>
</tr>
<tr>
<td>Anti-inflammatory</td>
<td>Euphoria</td>
</tr>
<tr>
<td>Anti-tumoral</td>
<td>Paranoia</td>
</tr>
<tr>
<td>Minimal to no side effects</td>
<td>Anxiety</td>
</tr>
</tbody>
</table>

https://www.endoca.com/about-cbd/cbd-vs-thc
Cannabinoids are the group of chemical compounds found in the cannabis plant that have physical and mental effects when they interact with cannabinoid receptors in your cells.
<table>
<thead>
<tr>
<th>TERPENE BENEFITS</th>
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<tbody>
<tr>
<td><strong>NAME</strong></td>
</tr>
<tr>
<td><strong>MYRCENE</strong></td>
</tr>
<tr>
<td><strong>A-PINENE</strong></td>
</tr>
<tr>
<td><strong>CARYOPHYLLENE</strong></td>
</tr>
<tr>
<td><strong>LIMONENNE</strong></td>
</tr>
<tr>
<td><strong>HUMULENE</strong></td>
</tr>
<tr>
<td><strong>LINALOOL</strong></td>
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Certificate of Analysis

Reputable growers/suppliers will have third party labs analyze their products to confirm potency and purity and to ensure they are safe for consumption.
Tinctures: Ratio Dosing

**CBD:THC**

15:1 = migraines, neurological issues, ADD, anxiety, diabetes type 2, inflammation

1:1 = pain, fibromyalgia, nausea, Alzheimer’s, tumors, HIV, Parkinson’s, neuropathy

4:1 = PTSD, viruses, *auto-immune issues*, Crohn’s, IBS, lupus

1:10 = high pain, nausea, serious health issues, insomnia, THC tolerance
Tips for Self Dosing

**Beginning dose:** 2.5 – 5mg twice daily

**Increase by 2-5mg every 3-5 days as needed**

**Therapeutic dose 5-50mg per day**

**If symptoms worsen, decrease dose by 5-10mg and reassess**

https://naternal.com/pages/cbd-dosing
Tips for Self Dosing

*Psychoactive effects controlled by dosing*

*Sometimes less is more*

*Start low and go slow*

*Monitoring & experimentation is necessary*
Side Effects

**CBD**
- Dizziness
- Dry mouth
- Fast heart rate
- Sedation

Drink plenty of fluids
Get plenty of rest

**THC**
- Disorientation
- Short-term memory loss
- Sedation
- Anxiety (high doses)
- Paranoia (high doses)

Drink plenty of fluids
Get plenty of rest
CBD counteracts S/E

Side effects are temporary and wear off over time.
No one has ever died from CBD/Cannabis overdose.
No receptors in the brain stem.
Drug Interactions

Take cannabis 1-2 hours after other medications

Drug interactions uncommon at low doses

Medications w/high potential for interactions:
  Blood thinners
  Immunotherapy Cancer treatments
  Sedatives
  Anti-depressants (SSRI’s)
General Recommendations
For Autoimmune Disorders

- Tinctures- Easy to dose, works quickly. 4:1 or 1:1 ratio works well
- Edibles- Long-acting pain relief
- Topicals- Muscle and joint pain
- In addition to CBD and THC, consider CBG, CBDA, THCA
- Terpenes to consider: myrcene, caryophyllene, humulene
- Everyone is different, find what works for you.
- Consider services from a cannabis nurse
Next Steps

- Check the laws in your area
- Discuss with your physician
- Do your own research
- Determine what YOU are comfortable with
Questions

“Can it help children at all?”

“Cannabis use for pain with RA”

“I have questions about medical vaping cannabis and lungs. I have DM, a stable lung nodule and history of asthma. Don't want to harm myself but want to use this medicine. Thoughts?”

“Sativa vs. Indica”
Resources

www.ProjectCBD.org = Educational, Resources
https://holisticcaring.com/?aff=48 = Educational, Nurse Consults, Products
www.myriamshopehemp.com = Products, Education
www.nursegrown.com = Products, Nurse Consults
www.firebirdtouchtherapy.com/ = Products, Nurse Consults
www.cannabisnurseconsultants.org = Nurse Consults

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