



Patient Guidebook

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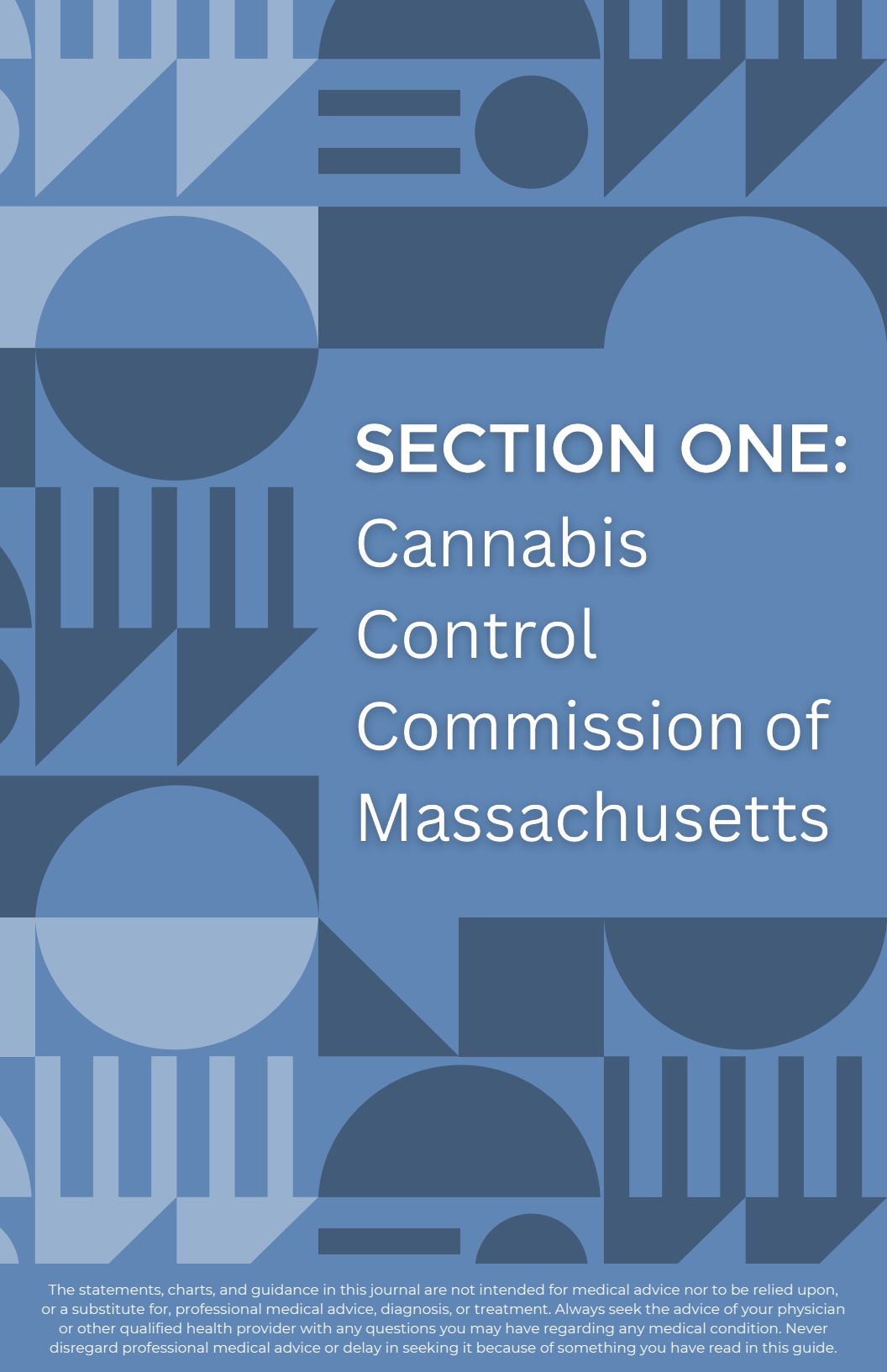
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SECTION ONE:

Cannabis Control Commission of Massachusetts

The statements, charts, and guidance in this journal are not intended for medical advice nor to be relied upon, or a substitute for, professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

CANNABIS CONTROL COMMISSION OF MASSACHUSETTS

GETTING APPROVED

Once approved by your provider, you will receive an email prompting you to apply for your card through the Cannabis Control Commission (CCC) website. There is no fee for this application.

Once you have registered with the state, you will receive a temporary card that is valid for 45 days. Your physical medical card will be mailed to the address on file within 2-3 weeks. You must carry your registration card whenever you are in possession of marijuana for medical use. Replacement cards are available for a \$10 fee. Your card is valid for one year.

CCC FAQs and more:

<https://masscannabiscontrol.com/frequently-asked-questions/#medical-program>



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The background of the entire page is an abstract geometric pattern composed of various shapes in different shades of blue. The shapes include circles, squares, triangles, and vertical bars of varying heights and widths. Some shapes are solid, while others are split horizontally or vertically into two different shades of blue. The overall effect is a complex, layered, and modern aesthetic.

SECTION TWO:

Cannabis Education

CANNABIS EDUCATION

STRAIN DIFFERENCES

Strain	Effect	Recommended For
INDICA	<ul style="list-style-type: none"> • Relaxing • Sedative 	 Stress  Insomnia  Anxiety
SATIVA	<ul style="list-style-type: none"> • Focus • Uplifting 	 Nausea  Chronic Pain  Migraines
HYBRID	<ul style="list-style-type: none"> • Reduces unwanted side effects of both Indica and Sativa 	 Limit anxiety inducing effects of sativa strains  Limit sedating effects of indica strains

TERPENES

What are they?

Terpenes are aromatic oils in cannabis, found in trichomes alongside cannabinoids like THC and CBD. With over 200 identified, they shape the unique scents and flavors of strains, such as sweet notes in Wedding Cake or skunky myrcene-rich aromas. Terpenes also attract pollinators, repel predators, and offer therapeutic benefits like pain relief.

How do they work?

Terpenes provide therapeutic effects like sedation (myrcene), pain relief (caryophyllene), and bronchial dilation (pinene). Cannabis Certificates of Analysis (COAs) detail terpene profiles, highlighting the “entourage effect,” where terpenes and cannabinoids synergize for stronger, longer-lasting benefits.





TERPENES BY CONDITION

Condition	Terpenes	Strains
PTSD	Limonene, Beta-caryophyllene, Linalool	OG Kush, Northern Lights
Epilepsy/Seizure Disorders	Linalool, Myrcene	Birthday Cake, Blue Dream
Parkinson's Disease	Limonene, Pinene, Caryophyllene	Blue Dream, Jack Herer
Multiple Sclerosis (MS)	Caryophyllene, Limonene, Linalool	Sour Diesel, GSC
Crohn's Disease	Myrcene, Caryophyllene, Limonene, Terpinolene	OG Kush, ACDC
Glaucoma	Limonene, Pinene, Myrcene	Sour Diesel, Northern Lights
Chronic Muscle Spasms	Linalool, Pinene, Caryophyllene, Limonene	OG Kush, Sour Diesel
HIV/AIDS	Limonene, Myrcene	Northern Lights, Charlotte's Web
Amyotrophic Lateral Sclerosis (ALS)	Myrcene, Pinene, Caryophyllene	Charlotte's Web, Jager, Larry OG
Cancer	Limonene, Caryophyllene, Linalool	Fire OG, OG Kush
Chronic Nonmalignant Pain	Caryophyllene, Limonene, Linalool, Myrcene	Skywalker, Mars OG, Granddaddy Purple

CANNABIS EDUCATION

CBD



What is it?

CBD (cannabidiol) is a non-intoxicating compound from the cannabis plant, commonly used to treat pain, anxiety, and seizures. While most cannabis strains are high in THC, some are bred for higher CBD levels. CBD can be smoked as flower but is more often extracted for oils, edibles, and vape products.

How does it work?

CBD interacts with the body's endocannabinoid system to help regulate mood, sleep, pain, and immune response, promoting balance without causing a "high" like THC. It's commonly used for stress relief, better sleep, pain management, and overall wellness, offering natural, calming benefits.



SECTION THREE: Your Recommendation

YOUR RECOMMENDATION

RECOMMENDED RATIOS

CBD : THC RATIO

Symptom

20:1

12:1

9:1

6:1

1:1

1:6

1:9

1:12

1:20

Seizures



Pain



Inflammation



Muscle
Spasms



Anxiety



Nausea



Insomnia



Appetite
stimulation



CBD

THC



YOUR RECOMMENDATION

INTAKE METHOD DETAILS

Method	Vaping/ Inhaled	Oral	Sublingual	Topical/ Patch
Onset (min)	~5	~60 - 80	~15 - 40	~30 - 90
Duration (h)	~2 - 4	~4 - 6	~4 - 6	~8 - 72
Advantages	Rapid onset advantageous for acute or episodic symptoms (nausea/ muscle spasms/ pain).	May be more advantageous for chronic disease/ symptoms due to longer duration.	Onset more rapid than oral method. Can have longer duration of action compared to inhalation. Improved bioavailability compared to oral.	Less systemic effect, good for localized symptoms.
Disadvantages	Dexterity required, inhalation technique results in varying amounts.	Titration challenges due to delayed onset. Absorbed more slowly & less bioavailability.	Absorption may be more unpredictable compared to other methods.	Localized effect, very slow absorption.

- **For patients with no cannabis experience**, start with heavily weighted CBD products and lowest strength of milligrams; generally, around 5-10 milligrams for most products.
- If using sublingual (under tongue) or oral routes, do not re-dose for at least 6 hours.
- If using a vaporizer, do not re-dose for at least 4 hours.
- If using a vaporizer, a 3 second inhalation delivers approximately 1.5 mg.

Massachusetts allows 10oz (283.5 grams) of flower every 60 days.

The background is a complex, abstract composition of various geometric shapes in two shades of blue: a medium blue and a darker navy blue. The shapes include circles, semi-circles, squares, rectangles, triangles, and vertical bars of varying heights. Some shapes are solid, while others are cut out or layered, creating a sense of depth and movement. The overall effect is a modern, minimalist aesthetic.

SECTION FOUR: Resources

RESOURCES

HELPFUL LINKS

Please keep in mind that DocMJ is not affiliated with any organizations or dispensaries. We are your Medicinal Cannabis Doctor and advocate for all dispensaries.

Beneficial Websites:

[MedWell Facebook](#)

Updates, news and more

[MedWell FAQs](#)

For new and returning patients

[Massachusetts cannabis laws](#)

Information on MA cannabis program





BOOKING YOUR FOLLOW-UP EXAM

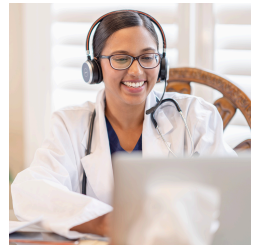


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