

**MyMedi.ca**

MEDICAL CANNABIS CARE

# YOUR GUIDE TO MEDICAL CANNABIS

Patient name: \_\_\_\_\_

### MYMEDI.CA CONTACT INFORMATION

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### HOURS OF OPERATIONS:

Monday to Friday 9 AM- 7PM EST

### MAILING ADDRESS:

MyMedi.ca c/o Northern Green Canada Inc.  
1-275 Orenda Road  
Brampton, ON L6T 3T7

# The care you expect from MyMedi.ca

As a leader in the medical cannabis space, **MyMedi.ca** is now a **trusted source for medical cannabis** from a variety of producers.

Through a **secure website**, patients with valid medical documents can purchase a wide selection of medical cannabis products that meet **strict quality and safety standards**, and rest assured that their order will be delivered discreetly, right to their door step. The flexibility and convenience of shopping online is complemented by access to support from **Cannabis Care Advisors and Cannabis Trained Pharmacists** who can answer your questions confidentially

## A trusted source for convenient, online purchase of medical cannabis

Have questions? The MyMedi.ca Support Team is there when you need one-on-one answers and support:

**CALL: 1-844-500-2040 (TOLL-FREE)**  
**EMAIL: SUPPORT@MYMEDI.CA**  
**VISIT: MYMEDI.CA/**

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## WHAT IS MEDICAL CANNABIS?



The term “medical cannabis” refers to the cannabis plant, and products made from it, when used to manage the symptoms of a medical condition.

## WHY IS MEDICAL CANNABIS USED?

Medical cannabis is commonly used by patients suffering from symptoms of various conditions, including:

- Pain
- Anxiety
- Insomnia
- Appetite/weight loss
- Nausea and vomiting
- Seizures
- Spasticity



## DID YOU KNOW?

One of the most common reasons people use medical cannabis is to improve sleep.

## WHAT IS THE DIFFERENCE BETWEEN MEDICAL, RECREATIONAL AND CANNABIS FROM OTHER SOURCES ?

At MyMedi.ca, all of the medical cannabis we offer has been **tested** to ensure that our patients receive the safest and **highest-quality products**, with a wide selection of dosage forms, cannabinoid ratios and strengths to meet your needs. Our highly knowledgeable and trained medical cannabis advisors and pharmacists are available to support you during your product selection process. Our goal is to provide you with peace of mind when choosing the highest quality products, and to offer you the **support and guidance** of trained healthcare professionals.

## MEDICAL CANNABIS



• Strict quality and safety standards



• Known cannabinoid ratios and strengths



• Can be claimed as medical expense on taxes



• Guidance and support from a medical professional



• Requires a valid medical document (prescription) from a physician or nurse practitioner



• May be eligible for insurance coverage or discount programs



• Patients purchase products online, which are then shipped directly to their home.

## RECREATIONAL CANNABIS

- No guidance and support from a medical professional
- Available for purchase on licensed online stores and dispensaries
- Strict quality and safety standards
- Known cannabinoid ratios and strengths
- No insurance coverage or discount programs
- Not claimable as medical expense on taxes

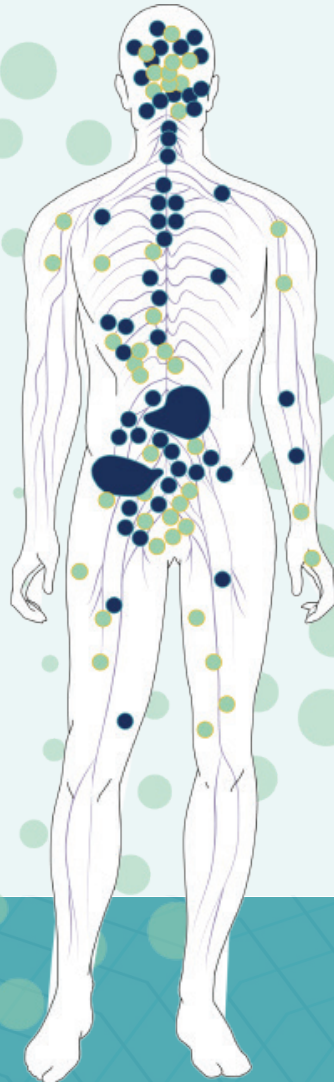
## OTHER SOURCES (E.G., ILLICIT DISPENSARIES, DEALERS, HOME-GROWN)

- No medical guidance or support
- No quality or safety standards
- Inconsistent or unknown cannabinoid concentrations
- No insurance coverage — all out of pocket

For more information on suggested daily amount and possession limits, speak to our MyMedi.ca team at 1-844-500-2040 (toll-free)

## HOW DOES CANNABIS WORK?

The cannabis plant produces a variety of natural chemicals that interact with your body's endocannabinoid system (ECS). The ECS is a naturally occurring system that regulates various bodily functions, such as sleep, appetite, mood, pain, inflammation, and memory. Your body uses naturally occurring chemical messengers (called endocannabinoids) that tell your body to get these processes moving.



● CB-1

● CB-2

— Nervous System

When you use medical cannabis, its active ingredients work as chemical messengers to stimulate certain body processes that are controlled by the ECS, in a way that is similar to the effects produced by your body's own natural endocannabinoids.

## WHAT ARE THE COMPONENTS OF CANNABIS?

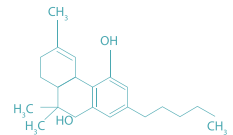
The most important natural chemicals found in cannabis are known as cannabinoids, terpenes and flavonoids.

### CANNABINOIDS ARE THE ACTIVE INGREDIENTS OF MEDICAL CANNABIS.

Each variety of cannabis has its own mix of cannabinoids, which are responsible for the strain's particular medicinal effects. Hundreds of different cannabinoids have been identified in the cannabis plant. The two most important are tetrahydrocannabinol (THC) and cannabidiol (CBD).

### THC

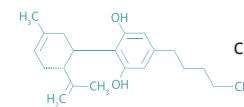
Tetrahydrocannabinol is one of the main "psychoactive" agents of cannabis, meaning that it produces an effect inside the brain leading to changes in mood and mental state.



Cannabis products high in THC are often used by patients looking for:

PAIN REDUCTION	RELIEF OF NAUSEA & VOMITING	INCREASE IN APPETITE	RELIEF OF MUSCLE SPASMS

### CBD



Cannabidiol can enhance the positive effects of the natural cannabinoids already present in the body. It does not produce a "high" and may even help to counteract the psychoactive effects of THC.

Cannabis products high in CBD are often used by patients looking for:

REDUCTION OF PAIN & INFLAMMATION	RELIEF OF ANXIETY	PREVENTION OF SEIZURES

**OTHER MINOR CANNABINOIDS** such as CBG and CBN are less studied but also appear to produce various effects in the body.

**TERPENES** and **FLAVONOIDS** are other chemicals produced by the cannabis plant. Terpenes give the flavour and aroma to cannabis, and flavonoids give the plant its colour. Although the cannabinoids are considered to be the main active ingredients in cannabis, terpenes and flavonoids may also enhance the effects of cannabis.

## WHAT ARE THE DIFFERENT VARIETIES OF MEDICAL CANNABIS?

There are many different strains (or varieties) of medical cannabis available. Each one has its own distinct profile in terms of the amount of THC, CBD, and other cannabinoids it contains, as well as the terpenes and flavonoids that give it a distinctive flavour, aroma, and colour.

You might have heard different cannabis strains described as “**sativa**”, “**indica**”, or “**hybrid**”. These names and categories are based on different sub-species of the cannabis plant, which have different kinds of effects.



### CANNABIS SATIVA

Consider for daytime use. Anecdotally, it is thought to provide increased energy and alertness but may also cause more anxiety than indica or indica-dominant hybrid strains.



### CANNABIS INDICA

Consider for nighttime use. Anecdotally, it is thought to cause more drowsiness than sativa or sativa-dominant hybrid strains.



### HYBRID (combination of sativa and indica)

Contains aspects of both types and produces a mixture of effects.

**The effects that you experience will primarily be determined by the ratio of THC to CBD, as well as the traits inherited from the parent strain (indica versus sativa).**

Your medical team and the MyMedi.ca Patient Support Team can provide information about many strains and classes of cannabis to help you choose your medical cannabis products.

Call: 1-844-500-2040 (toll-free) | Email: support@mymedi.ca

Visit: MyMedi.ca/

## WHAT ARE THE DIFFERENT WAYS OF TAKING MEDICAL CANNABIS?

Medical cannabis is available in a variety of forms (oils, capsules, edibles, creams, sprays, vapes, dried flower, etc. ) catered to medical patients for a variety of medical conditions. Some of the more common ways to use medical cannabis include:

### INGESTION



ideal for symptoms that persist throughout day or night

- Cannabis is taken by mouth (swallowed) in the form of oils, capsules, or edibles (chocolates, soft chews, dissolvable powders, etc.)
- Delayed onset of effects (up to 1-3 hours)
- Long duration of action (up to 6-10 hours)

### SUBLINGUAL



ideal for symptoms that need to be treated quickly

- Formulations administered under the tongue to provide more direct absorption into the bloodstream
- Faster onset of effects (within 15 – 45 minutes)

### TOPICAL



ideal for localized symptoms

- Cannabis is applied to the skin in the form of a cream, gel, etc.
- Minimized risk of side effects and drug interactions

### INHALATION



ideal for symptoms requiring immediate treatment

- Can be smoked or vaporized (using heat to extract active ingredients without burning)
- Relatively rapid onset of action (5-15 minutes)
- Short duration of action (2-4 hours)
- Smoking can irritate the lungs and airways. While vaporizing poses fewer risks, it can still have an effect on lung health.

## DID YOU KNOW?

Some patients make their own edibles (food that contains cannabis) using dry cannabis or cannabis oils

## WHAT IS THE RIGHT DOSE FOR ME?

For cannabis, your prescriber will advise you on what they feel is most appropriate for daily consumption.

The amount of medical cannabis that you use daily will vary based on the type and severity of your condition, the level of experience you have with cannabis, and the delivery method you choose for your medicine.

## If you're new to cannabis, start low and go slow.

Always start at a very low dose and increase it slowly until you find what works best for you. The amount of THC and CBD varies in different cannabis products including oils and other extracts. If you experience side effects, they can usually be managed by taking a lower dose or changing the type of cannabis product.

Our pharmacists at MyMedi.ca can help guide you in product selection and personalize your treatment plan.

### TIP

As everyone's response may be different, use the journal in the back of this booklet to help keep track of each dose and its effects

## WHAT ARE THE POTENTIAL SIDE EFFECTS OF MEDICAL CANNABIS?

The table below lists some of the most common, common and rare side effects with cannabis use. Please note this is not an exhaustive list and each product may cause different types of side effects to occur. If you experience any serious adverse effects, it is recommended to discontinue use of the product immediately and contact your health care provider.

Occurrence	Most Common	Common	Rare
Side Effect	Drowsiness, fatigue, dizziness, dry mouth, anxiety, nausea, cognitive effects	Euphoria, blurred vision, headache	Orthostatic, hypotension, toxic psychosis or paranoia, depression, instability, tachycardia, cannabis hyperemesis, diarrhea

Call: 1-844-500-2040 (toll-free) | Email: support@mymedi.ca

Visit: MyMedi.ca/

- If you experience severe side effects please contact your local emergency line at 9-1-1.
- If you experience minor side effects (such as dizziness, nausea, anxiety, etc.), please call MyMedi.ca at 1-800-500-2040 and consult a pharmacist.
- It is important to note that cannabis can also interact with your medications. It is always best to let your pharmacist know about new medications or dosage changes so that they can ensure there are limited interactions.

## GENERAL WARNINGS



Patients should not drive or operate machinery after using medical cannabis as it may cause unwanted side effects such as dizziness or drowsiness and you will legally be considered impaired.



Patients should not drive with cannabis that is open/not in original packaging.



Flying anywhere outside of Canada with cannabis is illegal even if the location has also legalized cannabis. You may be able to travel **WITHIN** Canada with medical cannabis but please check with the airport to confirm that they will allow it.



Patients with young children at home should take additional precautions to store medical cannabis in a safe place.



Cannabis, even products containing only CBD, may affect the effectiveness of other medications. This can put patients at risk for more side effects or reduced effectiveness of their prescription medications.

## NOTE TO PATIENTS

*Please consult your healthcare professional, or contact our patient support team to speak to a pharmacist, about the risk of these drug interactions when adjusting or initiating your therapy. Our cannabis-trained pharmacists at MyMedi.ca are always available to consult with our patients or their healthcare providers about potential risks and provide guidance.*

## WHERE CAN I BUY MEDICAL CANNABIS?

Medical cannabis is produced by companies that have met quality and safety standards and have a license from the federal government (Health Canada).

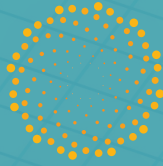
Once your doctor writes you a medical document for cannabis—similar to a prescription—you can register with MyMedi.ca. Through the MyMedi.ca website you will have access to many medical cannabis brands, and you will be able to order your product directly and receive it in the mail.











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