



Mothers Against Misuse and Abuse

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HARM REDUCTION WITH CANNABIS USE

Mothers Against Misuse and Abuse (MAMA) formed in 1982 to help prevent the misuse and abuse of any drug.

A nonprofit organization, our approach is based on personal responsibility and informed decision making, with respect for human dignity. We teach people a process to weigh the risks versus the benefits of any drug use to avoid harm.

As we studied all drugs, we were surprised to learn that the drugs that contribute most to physical harm and deaths are the legal drugs; alcohol, prescription and over-the-counter drugs and tobacco. When we examined drug policy, we found that the laws regarding cannabis use were more severe than the negative effects of the use of cannabis itself.

When cannabis became legal in Oregon in 1998, MAMA developed harm reduction education to help patients understand how to avoid problems with cannabis use. We also thought it was important that patients understood the rules of the Program, so we included that as well.

The OMMP now has a good booklet that is clear about the rules of the Program, but it does not include information about the effects of cannabis. This booklet has been designed to provide basic information for those considering using cannabis.

Thank you for your review and consideration.

Sandee Burbank, Executive Director

Mothers Against Misuse and Abuse

Mothers Against Misuse and Abuse is a nonprofit organization that has existed since 1982.

We do not advocate drug use by anyone.

MAMA's goal is to teach people how to evaluate any drug use for benefits versus risks, so they can make informed decisions to reduce harm.

MAMA has offices in Bend, Portland and The Dalles.

MAMA can be reached at 541-298-4202.

mama@mamas.org
www.mamas.org

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**Things you
need to know
if you are
considering using
cannabis.**

Drug Interactions

Cannabis can interact with other drugs one might be taking.

It can cause some drugs to be less effective.

Heart Medications
Psychotic Drugs

It can enhance the effects of other drugs.

In some medical marijuana cases, this has allowed patients and doctors to reduce the amount of the prescription drug used.

Over-The-Counter Drugs

Decreased THC Effect:

*Aspirin
NSAID's*

Increased Sedation:

*Antihistamines
Sleeping Aids*

Cannabis Drug Interaction

Prescription Drugs

Increased Sedation:

**Alcohol
Benzodiazepines
Opiates**

Increased Cardiac Effects:

**Amphetamines Antidepressants
Beta-Blockers Diuretics**

Alcohol & Caffeine

Increased Sedation:

Alcohol

Increased Cardiac Effects:

Caffeine

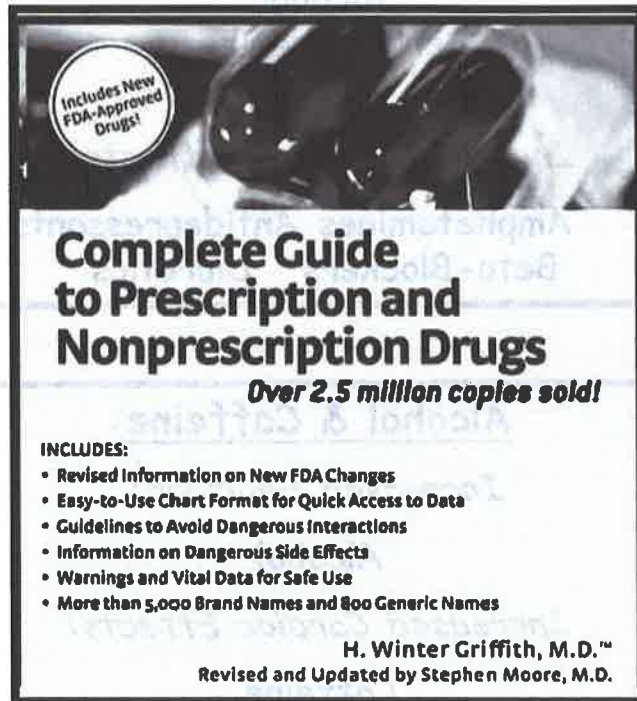
Illegal Drugs

Increased Cardiac Effects:

Amphetamine Cocaine

How To Determine Drug Interaction

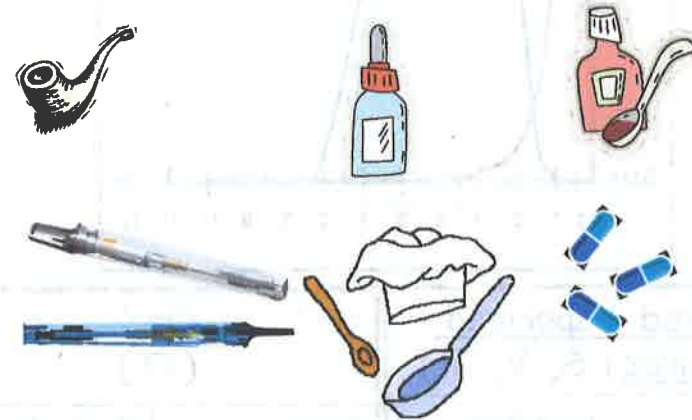
MAMA recommends the "Complete Guide to Prescription and Nonprescription Drugs" by H, Winter Griffith, MS, revised and updated by Stephen W. Moore, M.D.



This book tells about hundreds of possible drug interactions, including the use of medical marijuana. MAMA recommends this book for use when applying MAMA's "Drug Consumer Safety Guidelines" to weigh the benefits versus the risks of prescription and nonprescription drug use.

Different Forms

Cannabis can be used in a variety of ways with different effects, (smoked, eaten, vaporized and topically). Many use cannabis infused butter, tincture, salves, ointments and oils.

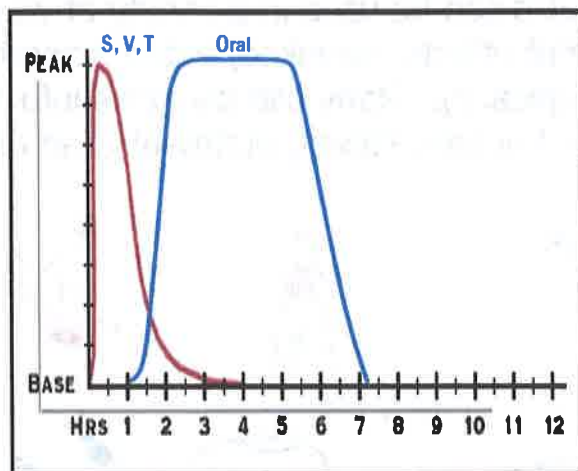


It is important to understand the time of onset and duration of any medication to know how to titrate the dosage for maximum benefit and minimal problems.

The following chart shows the **onset** of effects from cannabis used in a variety of forms and the **duration** of those effects.

Please note that when orally ingesting cannabis it takes much longer to feel the effects, which also last longer, so it is important to **be very careful of the dosage**, erring on the side of caution.

Cannabis Dosage Timeline



<u>Smoked, Vaporized, Tinctures (S, V, T)</u>		<u>Oral (O)</u>	
Total duration	1 - 4 hrs	Total duration	4 - 10 hrs
Onset	0 - 10 mins	Onset	30-120 mins
Coming Up	5 - 10 mins	Coming Up	30-60 mins
Plateau	15-30 mins	Plateau	2-5 hours
Coming Down	45-180 mins	Coming Down	1-2 hours
After Effects	2- 24 hours	After Effects	6 - 12 hrs
Hangover / Day After	-----	Hangover / Day After	0 - 1 day

First Time Users

Using cannabis for the first time can be a very interesting experience. The body is full of receptor sites that are specific to the endocannabinoids.

The **endocannabinoid** system is a group of neuromodulatory lipids and their receptors in the body that are involved in a variety of physiological processes including appetite, pain-sensation, mood, and memory; it mediates the psychoactive effects of cannabis.

The first time these receptor sites are stimulated by the use of cannabis, patients may feel new sensations throughout their body. Not only will there be new physical feelings, but mental stimulation is also reported by many.

Knowing what is occurring can prevent first time users from being frightened by the new feelings. It is good to have someone present who is familiar with the effects.

It is best to use methods that allow easy dosage control, (smoking, vaporizing or using tincture) since one can be aware of the effects in a few minutes, thus it is easier to prevent overdose.

It is harder to determine the correct dosage of orally consumed cannabis, as it might take nearly an hour or more before the effects are felt. Once dosage and timeline are determined, this can be a good way to extend the effectiveness of the medicine. For more information see:

<http://www.cannabis.net/endocannabinoids/index.html>

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