

# MEDICAL MARIJUANA FOR PAIN MANAGEMENT

## WHAT YOU SHOULD KNOW

**MEDICAL MARIJUANA** is a plant-based medicine that uses the whole, unprocessed marijuana plant or its extracts to treat symptoms of illness or other conditions.

Also known as cannabis, medical marijuana:

- Has anti-inflammatory and pain-relieving capabilities
- Is available in two compounds for pain relief — cannabidiol (CBD) and tetrahydrocannabinol (THC) — and in a variety of three strains
- Can be inhaled, ingested, or applied as a lotion or cream

**Research has found that patients experience significant improvement in their symptoms while using medical marijuana. One study found that medical marijuana use led to a significant reduction in opioid use.**

*Source: Harvard Health and the National Library of Medicine — National Institutes of Health*

## UNDERSTANDING MEDICAL MARIJUANA COMPOUNDS AND STRAINS

CBD helps to relieve pain and has anti-inflammatory effects, but it doesn't provide a body "high."

### CBD

VS.

### THC

THC stimulates parts of your brain to reduce pain levels, and may give you a body "high."

### THERE ARE THREE STRAINS OF MEDICAL MARIJUANA

#### 1 INDICA STRAINS

Can reduce pain, relieve muscle tension, and increase relaxation

#### 2 SATIVA STRAINS

May improve mood and emotions

#### 3 HYBRID STRAINS

Offer the effects of both indica and sativa strains

## UNDERSTANDING HOW MEDICAL MARIJUANA CAN HELP YOU MANAGE PAIN

### Benefits

- Can relieve certain types of chronic pain
- Safety is regulated by the state
- Has minimal side effects, especially at low doses and when choosing low-THC products

### Keys to Success

- Notice the effects that each variety produces for you and keep a written log for comparison
- Know the variety that works for you, and change if it starts losing its effectiveness
- Avoid driving or operating machinery when using medical marijuana
- Combine with other therapies for best results

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### HOW TO ACQUIRE MEDICAL MARIJUANA

In Delaware, medical marijuana is proactively monitored and inspected to ensure safety and minimize risk, and is available at dispensaries — or “compassion centers” — throughout the state.

#### To be able to purchase medical marijuana:

- You must apply for a Medical Marijuana Card.
- Your health care provider must complete a two-page form.
- You must complete the remainder of the application and submit it by mail, along with a fee, to the Medical Marijuana Program at the Delaware Division of Public Health.

#### Once you acquire the card:

- The compassion center you visit can help you choose the right strain.
- You may possess no more than 6 ounces of usable marijuana.

### COMPASSION CENTERS

Registered medical marijuana patients and caregivers can legally obtain medical-grade marijuana from the following licensed compassion centers:

#### First State Compassion Center — Wilmington

37 Germay Dr.  
Wilmington, DE 19804  
302-543-2100

[firststatecompassion.com](http://firststatecompassion.com)

#### First State Compassion Center — Lewes

12000 Old Vine Blvd.  
Unit 102  
Lewes, DE 19958

302-281-4888

[firststatecompassion.com](http://firststatecompassion.com)

#### Columbia Care Delaware

200 S. DuPont Blvd.  
Smyrna, DE 19977

302-297-8614

[col-carede.com](http://col-carede.com)

#### Fresh Cannabis

800 Ogletown Rd.  
Newark, DE 19711

302-608-9595

[freshdelaware.com](http://freshdelaware.com)

Talk with your health care provider to be sure this type of therapy is right for you. For more information, visit [HelpsHereDE.com](http://HelpsHereDE.com).

