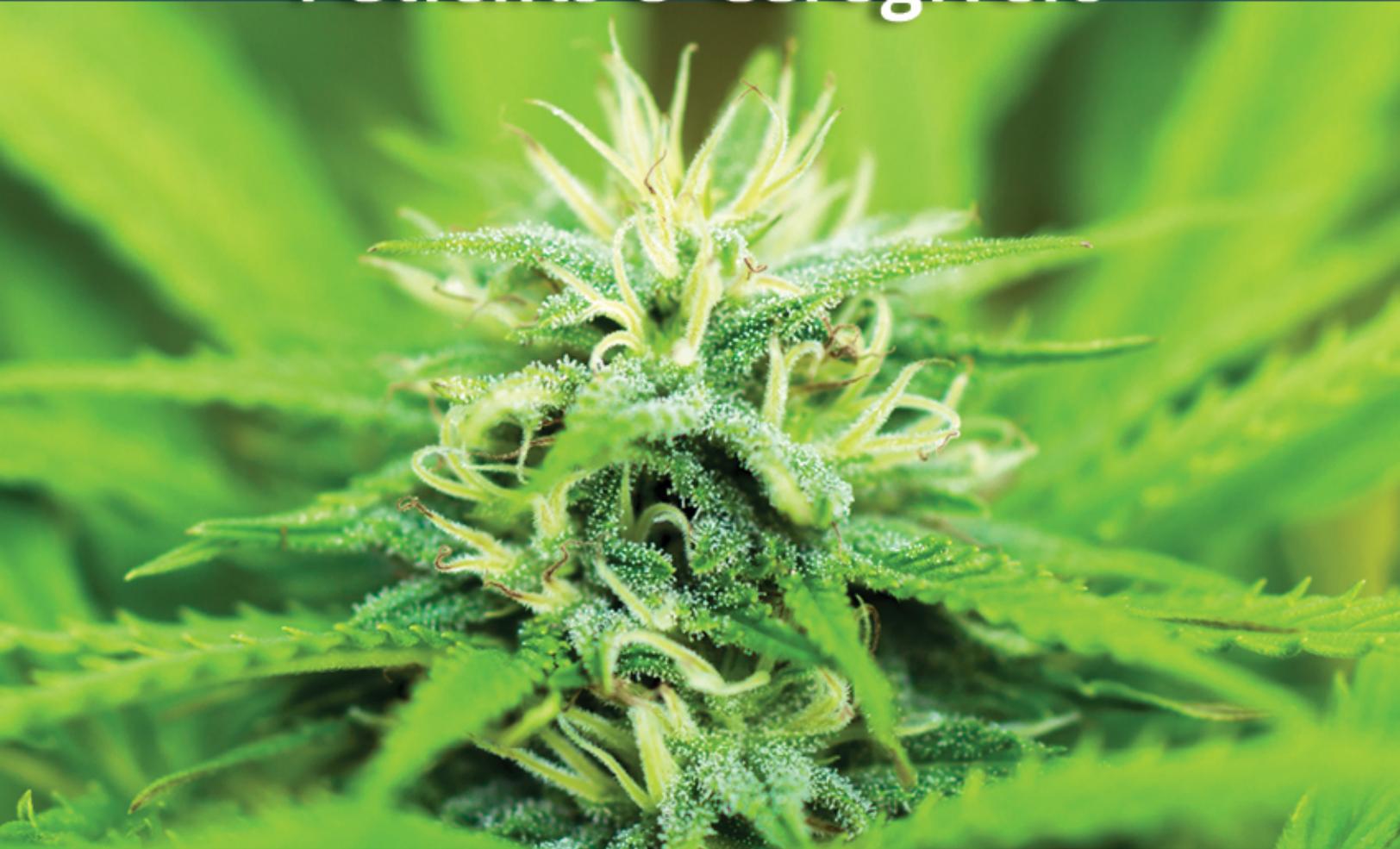




STILL RIVER
Wellness

INFORMATION GUIDE FOR Patients & Caregivers





Limitations on the right to possess and use marijuana pursuant to Act and sections 21a-408-1 to 21a-408-72 inclusive

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Getting Certified is the Very First Step

There are currently 33 conditions approved for treatment with medical marijuana in the state of Connecticut:

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| <ul style="list-style-type: none"> • Cancer • Glaucoma • Positive Status for Human Immunodeficiency Virus or Acquired Immune Deficiency Syndrome • Parkinson's Disease • Multiple Sclerosis • Epilepsy • Damage to the Nervous Tissue of the Spinal Cord with Objective Neurological Indication of Intractable Spasticity | <ul style="list-style-type: none"> • Cachexia • Wasting Syndrome • Crohn's Disease • Post-Traumatic Stress Disorder • Sickle Cell Disease • Post Laminectomy Syndrome with Chronic Radiculopathy • Severe Psoriasis and Psoriatic Arthritis • Amyotrophic Lateral Sclerosis • Ulcerative Colitis • Complex Regional Pain Syndrome, | <ul style="list-style-type: none"> Type 1 and Type II • Cerebral Palsy • Cystic Fibrosis • Irreversible Spinal Cord Injury with Objective Neurological Indication of Intractable Spasticity • Terminal Illness Requiring End-Of-Life Care • Uncontrolled Intractable Seizure Disorder • Spasticity or Neuropathic Pain | <ul style="list-style-type: none"> Associated with Fibromyalgia • Severe Rheumatoid Arthritis • Post Herpetic Neuralgia • Hydrocephalus with Intractable Headache • Intractable Headache Syndromes • Neuropathic Facial Pain • Muscular Dystrophy • Osteogenesis Imperfecta • Chronic Neuropathic Pain Associated with Degenerative Spinal Disorders |
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There are medical conditions approved for patients under 18 years of age:

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| <ul style="list-style-type: none"> • Cerebral Palsy (Effective 2016) • Cystic Fibrosis (Effective 2016) • Irreversible Spinal Cord Injury with Objective Neurological Indication of Intractable Spasticity (Effective 2016) | <ul style="list-style-type: none"> • Severe Epilepsy (Effective 2016) • Terminal Illness Requiring End-Of-Life Care (Effective 2016) • Uncontrolled Intractable Seizure Disorder (Effective 2016) | <ul style="list-style-type: none"> • Muscular Dystrophy • Osteogenesis Imperfecta |
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* Conditions were approved by the Regulation Review Committee via the recommendation of the Board of Physicians and Commissioner of Consumer Protection.

Qualifications for a Registration Certificate

- Qualifying patient must be a Connecticut resident
- Qualifying patient must be at least eighteen (18) years of age or older or have a guardian caregiver
- Qualifying patient cannot be an inmate confined in a correctional institution or facility under the supervision of the Connecticut Department of Corrections



Patient Rights and Responsibilities

POSSESSION AND STORAGE

- Qualifying patients and caregivers must possess an active state registration and be registered with Still River Wellness as their designated dispensary facility.
- Qualifying patients and primary caregivers must carry their registration certificate with them whenever they are in possession of marijuana.
- Patients and caregivers must provide two forms of ID prior to selling marijuana to such qualifying patient or primary caregiver.
- All Marijuana products must be stored in a secure location to prevent theft, loss or access by unauthorized persons.
- All medical marijuana products will be dispensed in the original child-resistant, sealed containers unless a request is made in writing.

LIMITATIONS

Protected against employer discrimination

Not protected from DUI's - officer's discretion

- When visiting the dispensary, you may purchase your full or partial one-month supply of medicine and may purchase the remaining portion at any time (2.5 oz/ 30 day)
- No marijuana shall be applied, ingested, or consumed inside a dispensary facility.
- No food or beverages shall be consumed by qualifying patients or primary caregivers at the dispensary facility

PROPER DISPOSAL OF MARIJUANA

- A patient or caregiver shall dispose of all usable marijuana in the patient's or caregiver's possession no later than ten calendar days after the expiration of the patient's registration certificate, if such certificate is not renewed, or sooner should the patient no longer wish to possess marijuana for palliative use.
- A patient or caregiver shall complete such disposal by one of the following methods:
 - By rendering the marijuana non-recoverable in accordance with the department's proper disposal instructions, which are available on the department's Internet web site at www.ct.gov/dcp
 - By depositing it in a Connecticut police department medication drop-box; or
 - By disposing of the marijuana at a government-recognized drug take-back program located in Connecticut.
- *** Medical Marijuana may not be consumed on public / federal property, in the presence of minors, in a moving vehicle or at work ***

Rights and Responsibilities of Dispensaries

SAFE AND ACCURATE DISPENSING

- If you have a concern that an error may have occurred in the dispensing of your marijuana, you may contact the Department of Consumer Protection, Drug Control Division, by calling (800) 842-2649.
- The dispensary will review the qualifying patient's controlled substance history report within the prescription monitoring program before dispensing any marijuana.
- The dispensary can and will exercise professional judgment to determine whether to dispense marijuana to the qualifying patient or primary caregiver to ensure no negative health or safety consequences arise for the qualifying patient or the public.

RECORD KEEPING AND PERSONAL HEALTH INFORMATION (PHI)

- Consultations are offered to discuss your MMJ use. The dispensary will document a qualifying patient's self-assessment of the effects of marijuana in treating the qualifying patient's debilitating medical condition or the symptoms thereof.



Marijuana Health and Safety

Safe techniques for proper use of marijuana and paraphernalia

Responsible use of cannabis is of the utmost concern for us at Still River Wellness. Additional educational materials regarding the safe, responsible and ethical usage of medical marijuana is provided at the dispensary facility.

PATIENT PRECAUTIONS

1. Treat your medical marijuana medicine the same way you treat your other medication. This medicine may have different effects on others so do not share your medicine with family members, friends or children. Use your medicine as recommended by your doctor.
2. Don't overuse your medical marijuana medicine. Follow your doctor's instructions and listen to the advice you received at the dispensary. Remember that "less is more" when using medical marijuana medicine.
3. Keep medical marijuana medicine away from children and pets. Edibles may look appealing to children and animals so make sure to avoid any accidental ingestion by keeping your medicine in a safe and secure location.
4. Do not drive or operate heavy machinery under the influence of medical marijuana medicine. If you are using the non-psychoactive form of medical marijuana (CBD-rich products), try it first at home before you drive or operate heavy machinery to make sure that you do not have limited ability. Wait a number of hours to see how long the medicine lasts in your system so you are aware of the duration of the medicine.
5. It is recommended that you do not use alcohol at the same time that you take your medical marijuana medicines. The combination of medical marijuana with alcohol may lead to dizziness, increased risk of injury, poor judgment and excessive impairment.

DOSING GUIDELINES

1. First decide how you want to take your medical marijuana medicine. Options include ingestion, topical, and sublingual methods. Each of these has its own advantages.
2. Decide if you want THC-rich medicine, CBD-rich medicine or a combination of the two types of cannabinoids. If you are not sure you can ask your physician or the dispensary staff. When medical marijuana medicine contains both, the products are labeled with a ratio of CBD:THC (20:1 means the product contains 20 parts CBD to 1 part THC).
3. Start with a low dose especially if you are new or inexperienced with using medical marijuana medicine. After taking a small amount, wait about one hour for the effects. Take another small dose if you did not get the

desired effect. This is called "titrating up" the dose and this method will help you find the dose that will work for you without any risk of taking too much.

4. Once you figure out the dose that is effective for your symptoms, use this dose for a few days to see how you feel. After a few days, adjust up or down on the dose in small increments or try a different product if you are not satisfied with your results.
5. Take note of any side effects so that you can discuss these with your doctor. You may be able to alleviate side effects by adjusting the dose, ratio or method of use.

UNDERSTANDING CBD:THC RATIOS

The Products carried by the dispensary will encompass all methods and modes of ingestion.

All products will address the symptoms of all qualified conditions.

All medical marijuana plants contain both CBD and THC. Some plants are higher in THC, some are higher in CBD and some have a combination of both.

It is well known that a combination of both compounds is helpful for many conditions and these products will be labeled with "CBD: THC ratio".

Products that are higher in THC relative to CBD will have more of the THC effect and products that are higher in CBD relative to THC will have more of the CBD effect.

It appears from studies that products higher in CBD work best for epilepsy, inflammatory conditions, and mood disorders.

However a low THC product may not be desirable for all patients and those with pain, cancer, neurological disease and muscle spasms may find that a product with both compounds is more effective.

WHERE TO START

There is no "one size fits all" with medical marijuana !

You must be willing to try different products to find what is effective for your condition.

Most patients who are unfamiliar with medical marijuana medicine often start with products that have higher amounts of CBD (high CBD: THC ratios, for example between 25:1 or 15:1) and depending on results, may then try products that contain increased amounts of THC (for example products between 8:1 or 1:1).

DRUG INTERACTIONS

Be sure to discuss all of your medications with your doctor before using medical marijuana.



Alternative Methods

and forms of consumption or inhalation by which one can use marijuana

From vaping, oils, smoking to topicals - when it comes to consuming cannabis, there's a variety of ways to go about it. Variables such as the onset time, effect, intensity, and duration will vary with each consumption method. However, the right one for you will be a matter of personal preference.

INHALATION

When cannabis is inhaled, the gases enter the lungs before absorbing into the bloodstream. There are currently two prevalent types of inhalation methods: smoking and vaporization.

Different Ways of Smoking Cannabis

This ancient custom is the method most commonly associated with cannabis, and there are many ways for consumers to smoke. Advances in vaporization technology, however, have offered smokers an alternative method with fewer health concerns. The effects associated with smoking are widely debated, but health professionals agree that smoke-free methods pose less risk and are medically preferred.

Hand Pipes — These are probably the most common smoking device in circulation today and generally favored for their convenience: they are small, portable, and simple to use. Hand pipes operate by trapping the smoke produced from burning cannabis, which is then inhaled by the user.

Water Pipes — Water pipes come in slightly different variations, including but not limited to bongs and bubblers. The health benefits associated with the addition of water are up for debate: water cools the smoke, but it's uncertain whether it acts as an effective filter for harmful constituents.

Rolling Papers — Generally, these are used to smoke joints or blunts. Joints are cannabis rolled in a paper, the composition of which varies across an assortment of plants including but not limited to hemp, bamboo, and rice. Blunts are cannabis rolled in cigar paper made from the tobacco plant and may contain nicotine. Blunt consumers often prefer the flavor and combined effects of the nicotine and cannabis; however, the medical risks linked to nicotine deter most health-conscious cannabis consumers.

VAPORIZATION

Vaporization involves heating cannabis flower or cannabinoid-rich concentrates to a specific temperature, causing the cannabinoids and terpenes to evaporate into a vapor, all without the combustion. Unlike edibles, vaporized cannabis does not have the same effect, as it does not pass through the liver.

The effects of vaporization are similar to smoking and can be felt immediately, about 2 - 5 minutes after inhalation. This not only makes controlling your dosages easy, but the vapor is free of tar and carcinogens, which is beneficial for those looking to avoid the risk of lung and respiratory issues and may provide better taste and aroma.

Vaporizers are the logical choice for moderate to experienced and/or health-conscious cannabis consumers. A vaporizer steadily heats herbs to a temperature that is high enough to vaporize THC, CBD, and other cannabinoids, but the temperatures are too low for the potentially harmful toxins that are released during combustion.

** Reference our Vaporization Guide **

ORAL Oral delivery includes all techniques that are administered through the mouth, including tinctures, ingestible oils, and infused food/drinks. We most often assume that oral delivery denotes ingestion through the digestive tract before entering the bloodstream, but this is not always the case. Tinctures are essentially a topical application that is administered through the mouth, and they are immediately absorbed into the bloodstream unlike edibles or drinks.

Tinctures — Tinctures are a liquid cannabis extract used by consumers looking for dosage control and fast-acting effects without the health risks associated with smoking. Most commonly, alcohol is used as the solvent, but other fat-soluble liquids can be used as

well, such as vinegar or glycerol. Generally, three or four drops of the tincture are placed under the tongue, where it's absorbed into the body versus swallowed and digested. When ingested, tinctures are immediately absorbed in an empty stomach but require time to process through the liver, reducing dosage control.

Perhaps the best thing about tinctures is the rapid onset relative to edibles. With just a few drops under the tongue, effects can be felt within 15 minutes or so. With the help of our mucosa lining and tongue, tinctures are able to be easily absorbed into the bloodstream. It's comparable to vaporizing cannabis, only that no inhalation takes place.

Ingestible Oils — Ingestible oils are a happy medium between edibles and concentrates: they are swallowed and digested like an infused product, but often have the consistency of oil. These oils can either be eaten or put in easily-ingested capsules.

Edibles — Eating or drinking cannabis provides significantly different effects from delivery methods that immediately enter the bloodstream, such as smoking or vaping. Edibles can be defined as any food that contains cannabis, whether or not the cannabinoids are bioavailable. These products have longer onsets and tend to cause powerful full-body, psychoactive effects.

Onset time is directly related to the digestive process and when cannabinoids in edibles are ingested, they get absorbed through the gastrointestinal (or GI) tract. In the process, Tetrahydrocannabinol (or THC) first travels through the liver and then gets converted into 11-hydroxy-THC a powerful (approximately 5 - 10 times more than the original THC) psychoactive compound.

The effects of ingesting edibles can last much longer than other consumption methods. The combination of delayed onset time and potency can create a significantly more powerful high, but the therapeutic effects aren't immediate. Depending on the dosage, effects can last somewhere around 4 - 10 hours.

TOPICAL

Topical cannabis administration utilizes full cannabis extract — a thick oil that has been decarboxylated to activate cannabinoids. Once cannabinoids are activated, they can be absorbed through your skin.

Topical effects differ from other medicating methods in that they don't provide the cerebral stimulation that users describe as "being high." Because of this, topicals are appropriate for consumers needing a clear head and localized relief (for example, muscle aches or soreness).

Routes of Administration

INHALATION

- Onset in minutes
- Peak effect in 30 minutes
- Lasts 1-4 hours depending on dose
- Easier to dose since effects are felt immediately
- Vaporization is highly recommended over smoking
- New or inexperienced patients may take one puff, wait 15-30 minutes, repeat dose if needed

INGESTED

- Onset in 60-90 minutes
- Peak effect in 2-3 hours
- Lasts 6-8 hours
- Difficult to dose – start with small amount and titrate up as needed
- THC is changed to a stronger compound when eaten; be aware that a small amount can be potent
- New or inexperienced patients may take small amount (1/4th or less) of edible product, wait 1 hour for effects, repeat only if no effects felt

SUBLINGUAL

- Onset in 15-60 minutes
- Peak effect in 1-2 hours
- Lasts 1 - 4 hours
- Available as drops or sprays
- Place under the tongue
- New or inexperienced patients may start with 1-3 drops or sprays, wait up to 60 minutes, repeat if no effects felt

TOPICAL

For external skin use only
Does not cause any psychoactive ("high") effects
Apply to bony joints, such as hands, feet, knees, etc.
May also be used on rashes, such as eczema and psoriasis
Repeat dose as needed

Signs and Symptoms of Substance Abuse

Although different drugs have different physical effects, the symptoms of substance abuse and addiction are similar. If you recognize yourself in the following signs and symptoms of substance abuse and addiction, talk to someone about your drug use.

Common Signs and Symptoms of Drug Abuse

- Neglecting responsibilities at school, work, or home (e.g. flunking classes, skipping work, neglecting your children).
- Using drugs under dangerous conditions or taking risks while high, such as driving while on drugs, using dirty needles, or having unprotected sex.
- Experiencing legal trouble, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit.
- Problems in your relationships, such as fights with your partner or family members, an unhappy boss, or the loss of friends.

Common Signs and Symptoms of Drug Addiction

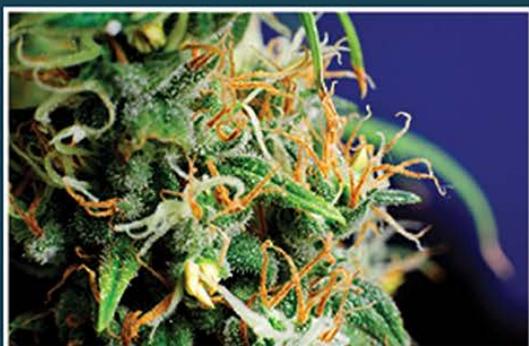
- You've built up a drug tolerance. You need to use more of the drug to experience the same effects you used to attain with smaller amounts.

- You use to avoid or relieve withdrawal symptoms. If you go too long without drugs, you experience symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, and anxiety.
- Loss of control over your drug use. You often do drugs or use more than you planned, even though you told yourself you wouldn't. You may want to stop using, but you feel powerless.
- Your life revolves around drug use. You spend a lot of time using and thinking about drugs, figuring out how to get them, or recovering from the drug's effects.
- You've abandoned activities you used to enjoy, such as hobbies, sports, and socializing, because of your drug use.
- You continue to use drugs, despite knowing it's hurting you. It's causing major problems in your life—blackouts, financial issues, infections, mood swings, depression, paranoia—but you use anyway.

Opportunities to Participate in Substance Abuse Programs

Please speak with one of our Dispensary Pharmacists if you are struggling with marijuana or other substance abuse. Our trained staff will be able to speak with you in a private and confidential manner to provide you with information on how to participate in a substance abuse programs through our partners at the McCall Behavioral Center.

McCall provides a full range of alcohol and other drug prevention and treatment services tailored to individuals' needs. By effective collaborations within the community we seek to provide a compassionate and safe environment for qualifying patients to gain access to these services and materials.



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