

Frequently asked questions

What's the difference between medical cannabis and recreational cannabis?

A. With the legalization of recreational cannabis now in effect in Canada, it's important to know the difference between your medicine and the cannabis sold for recreational purposes. It can make a big difference to your treatment. Here are some of the major differences⁹:

	Medical	Recreational
Health Support	Healthcare providers give support and advice	Retail outlets cannot give medical advice
Product Counselling	Patient and Physician support provided by Licensed Producers (LPs)	No patient support or physician contact
Quality Control	Good Production Practices; some LPs, like Tilray, obtain additional certification to Good Manufacturing Practices (GMP)	Craft/boutique manufacturing regulations allow less stringent operational requirements
Cost	Covered by some insurance plans	Patient must cover all costs
	Compassionate pricing programs for seniors, veterans and low-income patients	No price considerations
	Can be claimed as medical expense deduction on income tax return	No compensation or reimbursement
Access	LPs provide products nationwide by mail order	Authorized provincial/territorial distributors provide products; retail format and selection varies across the country

Will medical cannabis make me high?

A. The short answer is – it doesn't have to. The two main cannabinoids are tetrahydrocannabinol (THC) and cannabidiol (CBD), and they affect the body differently. THC is known for causing the 'high' that recreational users seek, but most patients do not experience a 'high' from CBD. Most doctors "start low and go slow," adjusting your dosage and ratio of THC to CBD until you reach the desired therapeutic effects¹⁰.

Do I have to smoke cannabis?

A. You don't have to smoke cannabis to release its benefits. In fact, most doctors would rather you don't smoke. There are many different ways of taking medical cannabis. Below are the most common alternatives to smoking:



Vaporized – This method heats up the cannabis into a vapor which you can inhale. Vaporization is advised when inhalation is required to address acute symptoms, such as chemo-induced nausea¹⁰.



Orally – It can be ingested in the form of cannabis oil, capsules or even combined with foods and eaten. Ingested cannabinoids – or edibles – are longer-lasting and used to manage persistent symptoms like chronic pain. Your doctor will figure out which method of consumption is best for your condition¹⁰.

How much medical cannabis should I take?

A. Dosing is highly individualized. Depending on your condition, your doctor will find the right dose where potential therapeutic effects are maximized, while adverse effects are minimized. The best approach is to "start low and go slow"¹⁰.