

How to talk with your healthcare professional about medical cannabis

Some patients find it difficult to talk with their healthcare professional about medical cannabis. Your healthcare team is genuinely interested in your wellbeing and can help you understand whether medical cannabis is a good option for you.

The following are some points to consider prior to speaking with your healthcare professional.

Be prepared

Preparation will help you talk to your healthcare professional. Medical cannabis is used for many conditions, from chronic pain to sleep disorders. Contact us to find out more about how cannabis has been used to help your particular symptoms.

Access *Medical Cannabis: A Guide for Patients* at [SpectrumCannabis.com](https://www.spectrumcannabis.com) to learn about:

- ▶ the active ingredients of medical cannabis (THC and CBD);
- ▶ the ways you can use medical cannabis (vapourizing dried flowers, ingesting cannabis oil or softgels);
- ▶ dosing guidance; and
- ▶ potential side effects.

Be informed about the types of cannabis products available

There are different ways to consume cannabis. You can inhale using a vapourizer or ingest cannabis oil or softgels. Since healthcare professionals are concerned about the health risks of smoking any plant material and will advise against inhaling cannabis smoke, we recommend that you use a vapourizer if you intend to inhale. Vapourizing heats the medical cannabis to a point where the active compounds (e.g., THC and CBD) are released, but combustion of the dried plant material does not occur.

Support your healthcare team with information

Your healthcare professional may not be familiar with authorizing medical cannabis. Suggest they reach out to our medical education team who can provide additional information on current clinical evidence for use, dosing guidance, and safety considerations.

How to Register with Spectrum Cannabis

1. Complete a Medical Document

Your healthcare professional will complete a Medical Document for you, authorizing the use of medical cannabis, and send it to Spectrum Cannabis.

2. Register at SpectrumCannabis.com

Fill out a Registration Form online or send your completed form to us by email, mail, or fax.

3. We'll verify your documents

Spectrum Cannabis will process your Medical Document and Registration Form within 24 hours of receipt.

4. Start ordering

You will receive a confirmation email, at which point you may place your first order online at SpectrumCannabis.com or by phone.

Spectrum Cannabis can connect you with one of our certified partner clinics who can provide you with the information you need to talk to a physician about an authorization. Your full medical history will be reviewed and their consultation notes can be shared with your primary healthcare professional.



SpectrumCannabis.com



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