

No matter which way you consume cannabis, it is important to start with a low dose and increase your dose slowly over time to figure out the dose that is right for you and your needs.

## ! SAFETY GUIDELINES !

While cannabis can be helpful for various health concerns such as pain and anxiety when used properly, there are circumstances in which cannabis has been shown to have negative health effects. Studies have shown that cannabis use amongst adolescents can impact normal brain development and can lead to decreased academic success. Cannabis use during pregnancy and breastfeeding is not recommended and use during pregnancy can be harmful to the baby's development and long-term health.

If you are considering using cannabis to treat a medical condition, talk to your doctor or healthcare provider about the options, benefits, and risks for your specific situation.

## TIPS FOR SAFE STORAGE

Keep cannabis out of reach of children and animals. Locked, secure storage containers are most effective. Ensure all products are clearly labeled to prevent poisoning or accidental use.



You can store up to 10 oz. of flower and up to 12 plants at home. You can have up to 2.5 oz. of cannabis on your person.

Oxygen degrades cannabis. Keep cannabis in an airtight container to decrease its exposure to oxygen.



Store cannabis at the right temperature to ensure that it does not go bad. Keep the temperature between 33° F and 76° F.

## HOW TO GET A MEDICAL CARD IN MICHIGAN

- Be a legal resident of Michigan
- Be 18+ to apply for your own card, or have a caregiver who is 21+ apply for you
- Receive a medical evaluation from a licensed Michigan physician
- Apply at [michigan.gov/mmp](https://michigan.gov/mmp)



You can legally use cannabis without a medical card in Michigan. However, using a card will allow you to purchase cannabis without paying the 10% excise tax.



The cost of getting a medical card depends on which service you use, typically ranging from \$100-170.

## ADDITIONAL RESOURCES

[washtenaw.org/marijuana](https://washtenaw.org/marijuana)

[michigan.gov/cra](https://michigan.gov/cra)

[cdc.gov/marijuana](https://cdc.gov/marijuana)

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*Developed in consultation with Mission Dispensaries in Ann Arbor, Michigan*

This resource is funded by the Michigan Department of Licensing and Regulatory Affairs (LARA) Cannabis Regulatory Agency for medical marijuana education only.

September 2022

# CANNABIS 101

## What you need to know about using medical marijuana



Washtenaw County  
Health Department

[washtenaw.org/marijuana](https://washtenaw.org/marijuana)

## THE HISTORY OF MEDICAL MARIJUANA IN MICHIGAN

**2008:** Michigan votes to legalize the use of medical marijuana in the state. However, this did not allow for the opening of legal dispensaries.

**2011:** State of Michigan v. McQueen case emboldens law enforcement to crack down on marijuana dispensaries throughout the state. Tension between the federal and state government added to the confusion surrounding the legality of marijuana.

**2018:** Michigan votes to legalize the use of recreational marijuana in the state, becoming the 10th state in the US and the first midwestern state to do so.

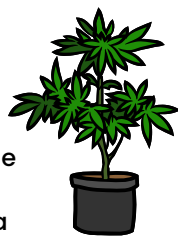
**2019:** Michigan dispensaries are approved to legally sell recreational cannabis products.



## THE SCIENCE BEHIND MEDICAL MARIJUANA

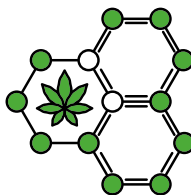
### TERMINOLOGY

**Cannabis:** refers to the flowered plant that has psychoactive (mind-altering) properties.



**Marijuana:** all products derived from the cannabis plant that contain tetrahydrocannabinol (THC). Marijuana often refers to products that are made from the dried flowers, leaves, stems, or seeds of the cannabis plant.

**THC:** is the main psychoactive compound in marijuana. It can cause extreme feelings of relaxation along with a euphoric high. It is known to relieve pain and is often used to calm nausea and stimulate appetite. In some people, THC can cause agitation and anxiety.



**Terpenes:** are fragrant oils found in the flowers of some plants, including the cannabis plant. Terpenes can impart specific flavors, aromas, and effects to marijuana. Along with cannabinoids, terpenes are thought to be responsible for the difference in the effects produced by varying strains of marijuana and can also be the cause of varying effects from person-to-person.

**Cannabidiol (CBD):** one of the chemicals found naturally in the cannabis plant. CBD does not contain THC and is not psychoactive, meaning it does not cause an intoxicating high. It is known for its relaxing effects and may cause drowsiness at higher doses. CBD products have become popular for their pain relieving and therapeutic effects and have been known to relieve symptoms in people with autism, epilepsy, and nerve problems.



## MARIJUANA STRAINS

### WHAT DOES "STRAIN" MEAN?

A strain indicates the different types of cannabis. Each strain has its own flavor, potency, and effects on the brain. Scientifically, the strain indicates the specific plant's chemical composition and physical appearance. There are currently 700-800 recognized strains grown across the world. Strains are created by breeding different male and female plants to make a hybrid. Below are the three most commonly consumed strains of marijuana.

#### SATIVA

Sativa can contain higher levels of THC (compared to Indica). It is reported to enhance creativity, act as a stimulant, and be used to fight depression, headaches, and nausea.



#### INDICA

Indica is a mix of THC and CBD and is known to cause feelings of relaxation. It can be used to relieve pain or to achieve relaxing or sedative effects.



#### HYBRID

This strain is created from a combination of Indica and Sativa. Common effects include euphoria, energy, and relaxing feelings, depending on which type of hybrid strain is consumed.



## CANNABIS AND MEDICAL USE

Cannabis for medical use is not Food & Drug Administration (FDA) approved. However, the FDA has approved some drugs that contain cannabinoids for the treatment of seizures and nausea. Cannabis has been used to address migraines, Parkinson's disease, fibromyalgia and more. The most common use of medicinal marijuana is for pain relief.

The FDA prohibits the sale of THC and CBD products as dietary supplements. US federal law prohibits the use of marijuana. However, individual states can decide whether they can be sold legally within that state, and many states have legalized the sale of medical and recreational marijuana.

## METHODS OF CONSUMPTION

There are multiple ways that marijuana can be consumed. Each individual has different preferences for how they consume cannabis. Below are some common ways in which it can be consumed.

### INHALATION

This is the quickest way to achieve the effects of consuming cannabis. The chemical enters the lungs and passes into the person's bloodstream, leading to an almost instantaneous effect. Inhalation can be done through smoking (burning of the flower) or vaporizing (inhaling THC oils). Smoking and vaping are harmful to lung health and may lead to future lung or respiratory problems.

### ORAL

Cannabis can be orally consumed through edibles, tinctures, capsules, or oils. The effects of orally-consumed cannabis can take around 30 minutes to an hour to begin and can last longer than with inhalation. Due to this increased onset time, dosing can be difficult to properly measure and can possibly lead to overconsumption.

### SUBLINGUAL

Cannabis can be consumed by placing an item under the tongue and absorbed into the bloodstream. Common methods include dissolvable strips, sprays, and lozenges.

### TOPICAL

Cannabis can be consumed topically (absorbed through the skin). When consumed this way it does not have an intoxicating effect. Topicals can come in the form of lotions, salves, bath salts, and oils, and can relieve localized pain and inflammation.