



# PATIENT GUIDE



MARYLAND  
2020

# HONOR YOUR RIGHT TO WELL-BEING WITH EXCEPTIONAL CARE AND GUIDANCE.

Rise is more than a dispensary with high quality, tested, cannabis products on our shelves. It's a destination where well-being is approached with a rounded perspective and a human touch. We provide a consultative approach to providing the right recommendations when it comes to identifying the specific products and formats that can fuel your mind, relieve your body, and inspire your life.



# HOW CANNABIS WORKS

Nature gave us a remarkably versatile and beneficial flower in cannabis. The medicinal benefits are far-reaching and every day we're continuing to learn more. The cannabis plant contains compounds called cannabinoids and terpenes, which interact with receptors in the brain and body to create various effects.

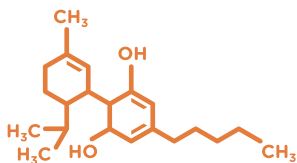
Cannabinoids are the secret ingredient that help many people feel better. Every cannabis product has a different cannabinoid and terpene composition.



# CANNABINOIDS 101

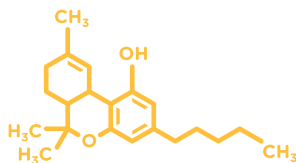
There are currently 100's of known cannabinoids and terpenes found in the cannabis plant. THC and CBD are the two main cannabinoids that are currently the most abundant and researched. **What's the difference?**

## CBD



**CBD is the cannabinoid in cannabis that produces many effects similar to THC, without the psychoactive effects.**

## THC



**THC is the cannabinoid in cannabis that is typically attributed to the plant's psychoactive effects.**

Selecting certain cannabis products will lead to different effects. For example, selecting a CBD-dominant cannabis product may support the reduction of inflammation, while a THC-dominant product may control pain, nausea, and vomiting.

# TERPENES 101

Terpenes are organic compounds that give cannabis their unique flavor and aroma, and are also responsible for the feelings associated with each strain.



## LINALOOL

### Also found in:

Floral, Citrus, Lavender

### Aroma:

Lavender with a hint of spice

### Potential Benefits:

- Uplifting, promotes feelings of euphoria
- Promotes relaxation, may provide a sense of calm
- Mood elevating, relaxing
- Supports regular sleep patterns



## HUMULENE

### Also found in:

Hops, Ginseng, Basil

### Aroma:

Hops, woody, earthy

### Potential Benefits:

- May reduce inflammation
- Anti-proliferative



## ALPHA-PINENE

### Also found in:

Pine, Sage

### Aroma:

Pine, citrus, herbal

### Potential Benefits:

- Promotes the opening of airway, reduces pain sensation, calms the nerves and reduces stress
- Mood elevating, relaxing
- Promotes relaxation, may provide a sense of calm
- Reduces pain sensation





## LIMONENE

### Also found in:

Citrus

### Aroma:

Citrus

### Potential Benefits:

- Uplifting, promotes feelings of euphoria
- Gastric reflux
- Mood elevating, relaxing



## MYRCENE

### Also found in:

Mango, Fruity

### Aroma:

Cloves, musky, cardamom, earthy

### Potential Benefits:

- May reduce inflammation
- Analgesic
- Antibiotic
- Supports regular sleep patterns



## BETA-CARYOPHYLLENE

### Also found in:

Pepper, Pine

### Aroma:

Cloves, pine, earthy, herbal

### Potential Benefits:

- Uplifting, promotes feelings of euphoria
- Promotes relaxation, may provide a sense of calm



# OTHER CANNABIS TYPES

Individual experiences will vary by person, consumption method, and amount. However, strains are generally broken down into the following categories:

## CBD DOMINANT

While producing little to no psychoactive effects, many people feel temporary effects from CBD strains.

May promote reduction in:

- Anxiety
- Inflammation
- Pain

## CBD:THC (1:1)

A one-to-one ratio of CBD and THC promotes a balanced endocannabinoid system.

May promote reduction in:

- Anxiety
- Inflammation
- Pain

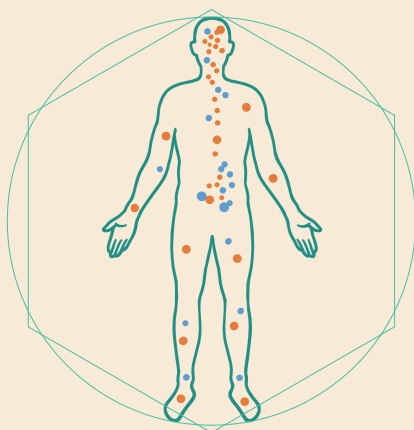
## Endocannabinoid System

### CB1

CB1 receptors are most commonly found in the brain, central nervous system and, to a lesser degree, other tissues.

### CB2

CB2 receptors are primarily found in the peripheral organs, especially cells associated with the immune system.



# SATIVA- DOMINANT



Many people feel temporary effects in the mind:

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- Mood elevation
- Promotes creativity
- Increases energy
- Increases focus
- Increases appetite
- Often used during the daytime

# INDICA- DOMINANT



Many people feel temporary effects in the body:

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- Reduces anxiety, stress
- Supports and promotes relaxation
- Promotes muscle relaxation
- Reduces pain and inflammation
- Promotes sleep
- Reduces nausea
- Stimulates appetite
- Often used during the nighttime

# HYBRIDS



Hybrid strains are produced by cross-breeding two or more different strains to create the desired therapeutic effects.



# CONSUME RESPONSIBLY

## Medicating with cannabis for The First Time? Start Low, Go Slow.

- First-time cannabis users should proceed with caution. It is recommended that you first try it in a safe, familiar environment.
- Start very slow. Wait at least two hours after medicating to determine the effects.
- Keeping a medication log is the best way to learn what optimal cannabis dosing regimen is best for you.

## How do I store my cannabis?

- We recommend storing your cannabis in a dark, dry and cool place to keep it fresh.
- For safety, always keep your cannabis in a locked and secure location in your home away from children and pets.

## Are you pregnant?

**Congratulations!** Please note there may be additional health risks associated with cannabis consumption for women who are pregnant, breastfeeding or planning on becoming pregnant. Please consult your doctor. Women should not consume this medication during pregnancy or breastfeeding except on the advice of the practitioner who issued the certification and, in the case of breastfeeding, the infant's pediatrician.

# GETTING YOUR MEDICAL CARD

To qualify as a medical patient you will need the following:

- 1** A valid state issued ID
- 2** A valid, accessible email account, proof of MD residency (utility bill, bank statement, etc), and a photo that falls under the MD state guidelines
- 3** To register as a patient with the Maryland Medical Cannabis Commission (MMCC)
- 4** To receive a written certification from an approved physician in MD
- 5** Print your temporary program ID card and visit any RISE MD location

For complete application process please visit:  
[www.mmcc.maryland.gov/Pages/process\\_to\\_obtain.aspx](http://www.mmcc.maryland.gov/Pages/process_to_obtain.aspx)

# QUALIFYING CONDITIONS

- Cachexia
- Anorexia
- Wasting syndrome
- Severe or chronic pain
- Severe nausea, seizures
- Severe or persistent muscle spasms
- Glaucoma
- Post-traumatic stress disorder (PTSD)

\*Or another chronic medical condition which is severe and for which other treatments have been ineffective.

# STORE LOCATIONS

## **RISE BETHESDA**

10401 Old Georgetown Road,  
St. 210, Bethesda, MD 20814  
301-571-0420  
[bethesda@risecannabis.com](mailto:bethesda@risecannabis.com)

## **RISE JOPPA**

702 Pulaski Highway,  
Joppa, MD 21085  
410-676-1123  
[joppa@risecannabis.com](mailto:joppa@risecannabis.com)

## **RISE SILVER SPRING**

7900 Fenton Street,  
Silver Spring, MD 20910  
301-565-8100  
[silverspring@risecannabis.com](mailto:silverspring@risecannabis.com)

## **JOIN THE RISE COMMUNITY:**

Website:

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

Instagram:

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