



PATIENT GUIDE



PENNSYLVANIA
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.

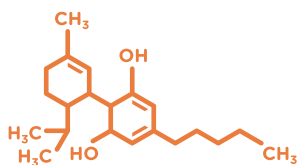
Cannabinoids are the secret ingredient that help many people feel better. Every cannabis product has a different cannabinoid and terpene composition.



CANNABINOIDS 101

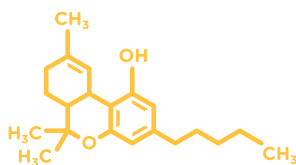
There are currently 100's of known cannabinoids and terpenes found in the cannabis plant. THC and CBD are the two main cannabinoids that are currently the most abundant and researched. **What's the difference?**

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

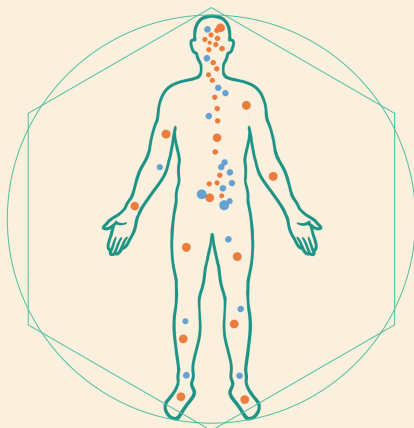
Endocannabinoid System

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:

- 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:

- 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

What steps do I need to take to participate in the program as a patient?

There are four-steps to participate in the program:

1 Register on the website:
www.medicalmarijuana.pa.gov

2 See an approved practitioner to get certified

3 Pay for your medical marijuana ID card

4 Visit a Pennsylvania dispensary with your medical marijuana ID card

What information do I need to have available when I register? All patients and caregivers must have proof of Pennsylvania residency in the form of a Pennsylvania driver's license or a Pennsylvania state issued ID card with their current address. Patients and caregivers also must have a working email address.

QUALIFYING CONDITIONS

What are PA's 23 approved serious medical conditions?

- Amyotrophic lateral sclerosis;
- Anxiety disorders;
- Autism;
- Cancer, including remission therapy;
- Crohn's disease;
- Damage to the nervous tissue of the central nervous system (brain-spinal cord) with objective neurological indication of intractable spasticity, and other associated neuropathies;
- Dyskinetic and spastic movement disorders;
- Epilepsy;
- Glaucoma;
- HIV / AIDS;
- Huntington's disease;
- Inflammatory bowel disease;
- Intractable seizures;
- Multiple sclerosis;
- Neurodegenerative diseases;
- Neuropathies;
- Opioid use disorder for which conventional therapeutic interventions are contraindicated or ineffective, or for which adjunctive therapy is indicated in combination with primary therapeutic interventions;
- Parkinson's disease;
- Post-traumatic stress disorder;
- Severe chronic or intractable pain of neuropathic origin or severe chronic or intractable pain;
- Sickle cell anemia;
- Terminal illness; and
- Tourette syndrome.

For more information visit: www.medicalmarijuana.pa.gov

This product is intended for use only by authorized patients. Marijuana has not been analyzed or approved by FDA and there is limited information on side effects. There may be health risks associated with using marijuana. Scientific research has not yet established the safety of the use of marijuana by women who are pregnant or breastfeeding. KEEP OUT OF REACH FROM CHILDREN. When under the influence of marijuana, driving is prohibited by law and machinery should not be operated. Registered qualifying patients may not distribute marijuana to any other individual. Please Consume Responsibly.

STORE LOCATIONS

RISE CARLISLE*

872 Harrisburg Pike,
Carlisle, PA 17013
717-279-5820
carlisle@risecannabis.com

RISE CRANBERRY

20808 Route 19,
Cranberry Township, PA 16066
445-900-1081
cranberry@risecannabis.com

RISE ERIE

2108 West 8th Street,
Erie, PA 16505
814-277-2835
erie@risecannabis.com

RISE KING OF PRUSSIA

445 W Dekalb Pike,
King of Prussia, PA 19406
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RISE MECHANICSBURG

507 North York Street,
Mechanicsburg, PA 17055
717-400-5610
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RISE STEELTON*

801 South Front Street,
Steelton, PA 17113
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RISE CHAMBERSBURG

1640 Orchard Dr., Unit 1
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RISE DUNCANSVILLE

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RISE HERMITAGE

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JOIN THE RISE COMMUNITY:

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*Owned by KW Ventures

The statements contained in this booklet have not been analyzed by the FDA. There is limited information on side effects of using this cannabis products and there may be associated risks.

REFERENCES

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www.steepphill.com/science/terpenes

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