

PATIENT GUIDE



NEW JERSEY
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.

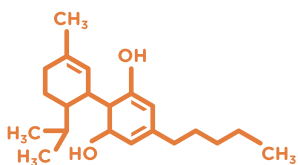
Cannabinoids are the secret ingredient that help many people feel better. Every cannabis product has a different cannabinoid and terpene composition.



CANNABINOID 101

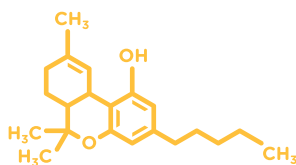
There are currently 100's of known cannabinoids and terpenes found in the cannabis plant. THC and CBD are the two main cannabinoids that are currently the most abundant and researched. **What's the difference?**

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

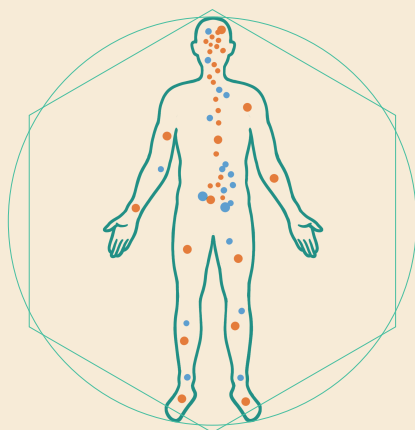
Endocannabinoid System

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?

1 Obtain a Certification

Before registering as a patient with the Medical Use of Marijuana Program, you must:

- Be seen by a certified health care provider.
- Be diagnosed with a qualifying medical condition by a New Jersey health care practitioner registered with the MMP.
- Be a NJ resident.

Once certified, your health care provider will give you a reference number to register with the Program.

2 Get Registered

- You will need the reference number that was provided to you by your Medicinal Marijuana Program (MMP) physician (this number can be found on your copy of the attending physician statement).
- Photograph Taken within the last 60 days
- Government Issued photo ID, Driver's License or NJ County ID
- Proof of New Jersey Residency
- Payment: the registration fee for the MMP identification card is \$100.00. You are eligible for the reduced fee of \$20.00 if you qualify under one of the following categories:
 - Senior Citizen, age 65 and older
 - Military Veteran (submit DD-214 Form)
 - Social Security Disability (SSD) or Supplemental Security Income (SSI)
 - Submit "Verification of Benefits" letter from SSA.GOV
 - NJ Supplemental Nutrition Assistance Program (SNAP)
 - NJ Medicaid
 - NJ Temporary Disability Benefits
 - Medicare - Under the age of 65

GETTING YOUR MEDICAL CARD (Continued)

3 Find an Alternative Treatment Center

- Applications are reviewed in the order they are received. Your plastic NJ Medical Marijuana ID card will be mailed within 1-2 weeks after your application is approved.
- You must carry your Program ID Card at all times while you are in possession of marijuana for medical use as well as ensuring that medicine is in original packaging with patient label when traveling.

QUALIFYING CONDITIONS

What are New Jersey's 17 debilitating medical conditions?

A physician must certify that a patient has an approved debilitating medical condition to participate in the Medicinal Marijuana Program. Approved debilitating medical conditions include:

- Amyotrophic lateral sclerosis
- Anxiety
- Cancer
- Chronic Pain
- Dysmenorrhea
- Glaucoma
- Inflammatory bowel disease, including Crohn's disease
- Intractable skeletal spasticity
- Migraine
- Multiple sclerosis
- Muscular dystrophy
- Opioid Use Disorder
- Positive status for Human Immunodeficiency Virus (HIV) and Acquired Deficiency Syndrome (AIDS)
- Post-Traumatic Stress Disorder (PTSD)
- Seizure disorder, including epilepsy
- Terminal illness with prognosis of less than 12 months to live
- Tourette Syndrome

STORE LOCATIONS

RISE PATERSON

196 3rd Avenue, Suite C
Paterson, NJ 07514
973-440-2717
paterson@risecannabis.com

JOIN THE RISE COMMUNITY:

Website: risecannabis.com	Instagram: @rise.cannabis	Twitter: @risecannabis	Facebook: @risedispensaries
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