

# PATIENT GUIDE



OHIO  
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.

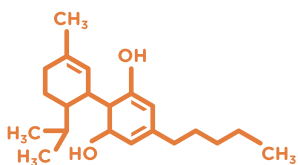
Cannabinoids are the secret ingredient that help many people feel better. Every cannabis product has a different cannabinoid and terpene composition.



# CANNABINOIDS 101

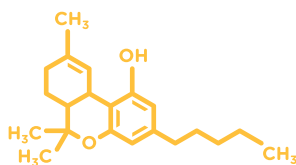
There are currently 100's of known cannabinoids and terpenes found in the cannabis plant. THC and CBD are the two main cannabinoids that are currently the most abundant and researched. **What's the difference?**

## 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

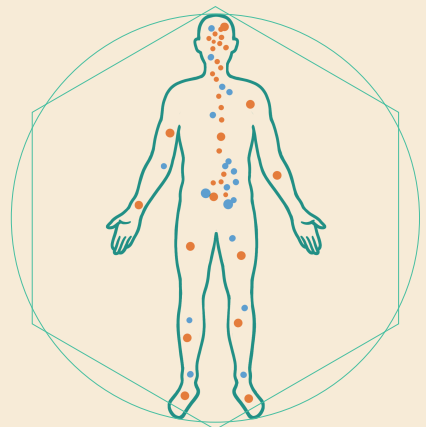
## Endocannabinoid System

### 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

For assistance please contact: Kali Casale  
(440) 413-6274 (Northeast Ohio)

**FIRST please verify that you have been diagnosed with at least one of the 21 state approved qualifying conditions (a list is included on page 12)**

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## Important Information: Documents Needed for Patients & Caregivers

**You MUST have ALL of the following information to receive your OH Medical Marijuana card:**

- You must have access (Login & Password) to a personal e-mail account. If you do not have e-mail account, we can assist in setting up one for you.
- Proof of Ohio residency:
  - Valid OH Driver's License (DL), State ID card, or Passport
  - If you hold a CDL, please check with your employer before applying for a medical marijuana card. Your employer will advise you of their policy.

# STEPS TO APPLY FOR YOUR MEDICAL CARD:

**1** Visit <https://med.ohio.gov/Publications/Rosters> to find an OH medical marijuana state approved doctor. A list of approved providers is also included in this folder for easy reference.

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**2** Call the state approved physician's office to make an appointment.

- a. Verify with the physician's office the cost of the appointment and what type of diagnosis verification (ie; patient records) you will need to bring to the appointment.
- b. If you are a Veteran or receiving SSDI (Social Security Disability Income) or SSI (Supplemental Security Income) please be sure to inform the physician's office when setting up your appointment. Many physicians offer discounted rates for these patients.

\* Please read the State of OH Quick Reference; Registering with Indigent/Veteran status that has been included in this folder.

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**3** Once you are approved and the referring physician has entered your information into the registry. You will receive an e-mail from the OH Medical Marijuana Control Program with instructions on how to access and activate your ID card.

- a. At this time, you will need your credit or debit card to pay the \$50 patient activation fee or discounted rate for indigent/veteran status or \$25 for caregivers.
- b. After you have activated your card, you're eligible to visit a dispensary to purchase your medical cannabis.
- c. For entrance into the dispensary; Please bring your registry card (electronic or paper) and the same form of identification that was used at registration (ie; valid OH DL, state ID or passport).

\*Please note your address in the registry and on your ID must match

\*If you would like a printed copy of your card, we are happy to assist you at the dispensary. Please ask our Intake personnel to provide you a printed copy.

Patient Registry - [www.medicalmarijuana.ohio.gov/patients-caregivers](http://www.medicalmarijuana.ohio.gov/patients-caregivers)

# QUALIFYING CONDITIONS

- Amyotrophic Lateral Sclerosis (ALS)
- Alzheimer's Disease
- Cachexia
- Cancer
- Chronic Pain
- Crohn's Disease
- Chronic Traumatic Encephalopathy (CTE)
- Epilepsy (seizures)
- Fibromyalgia
- Glaucoma
- HIV
- AIDS
- Hepatitis C
- Inflammatory Bowel Disease (IBD)
- Multiple Sclerosis
- Parkinson's Disease
- Post Traumatic Stress Disorder (PTSD)
- Sickle Cell Anemia
- Spinal Cord Injury
- Tourette Syndrome
- Traumatic Brain Injury (TBI)
- Ulcerative Colitis

# STORE LOCATIONS

## **RISE CLEVELAND**

1222 Prospect Avenue,  
Cleveland, OH 44115  
216-243-0165  
[cleveland@risecannabis.com](mailto:cleveland@risecannabis.com)

## **RISE LAKEWOOD MADISON**

11818 Madison Avenue,  
Lakewood, OH 44107  
216-273-0088  
[lakewoodmadison@risecannabis.com](mailto:lakewoodmadison@risecannabis.com)

## **RISE TOLEDO**

3157 W. Sylvania  
Toledo, OH 43613  
419-365-2558  
[toledo@risecannabis.com](mailto:toledo@risecannabis.com)

## **RISE LAKEWOOD DETROIT**

18607 Detroit Avenue,  
Lakewood OH 44107  
216-273-0047  
[lakewooddetroit@risecannabis.com](mailto:lakewooddetroit@risecannabis.com)

## **RISE LORAIN**

1920 Cooper Foster Park Rd.,  
Lorain, OH 44001  
440-363-0327  
[lorain@risecannabis.com](mailto:lorain@risecannabis.com)

## **JOIN THE RISE COMMUNITY:**

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

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