

MASSACHUSETTS MEDICAL MARIJUANA PATIENT HANDBOOK



Integr8
Massachusetts

Be Legal. Be Healthy.

(781) 328-4488

www.Integr8Mass.com

FOR PATIENTS:

Taking the time to educate yourself on medical cannabis (marijuana) could change your life. This patient handbook explains the benefits of this powerful medicine and will help you navigate the Massachusetts Medical Marijuana Program's laws and regulations.

Cannabis is a complex herbal medicine. For you to get the most benefits from cannabis, our dedicated and knowledgeable providers will help you. We pride ourselves on being leaders in Medical Cannabis and Integrative Medicine. We will educate you and work with you to achieve better health.

We are a healing experience. Our visits feel different compared to the few rushed minutes other providers spend with you. We take the time to listen to you. We will stand by you and your certification. We practice with high integrity, adhering to all medical and legal regulations.

Cannabis is a powerful gateway to better health. Integr8 can help you achieve even better results by combining cannabis with other affordable, safe and natural treatments. If you are looking for a new way to treat your debilitating condition(s), pain or suffering, we look forward to helping you.

Integr8 Massachusetts
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FOR MEDICAL PROVIDERS:

Please enjoy this resource for you and your patients. As the medical use of cannabis becomes more widespread and better understood, clinicians must cultivate a better understanding of its indications, administration, physiologic effects, interactions, and contraindications.

Enclosed, you will find basic information that will give you a framework for discussing cannabis with your patients, plus an overview of the Massachusetts medical cannabis law.

If you are interested in learning more, please visit the medical provider education area of our website for video presentations on the clinical aspects of cannabinoid medicine, complete with references. <http://integr8mass.com/physician-education-and-resources/>

We warmly accept your referrals for medical cannabis and integrative medicine consultations, and are happy to return your calls with any questions or informal consults on your own cases.

Sincerely,
Dan Einstein, MD
Medical Director of Integr8 Massachusetts

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INTEGR8 MASSACHUSETTS MISSION STATEMENT

We offer the highest standard of care in Medical Marijuana evaluations and provide certifications you can trust. Our goal is to provide you with high quality and compassionate healthcare. We address your entire body, mind and spirit to help you achieve greater health and happiness.

WE PRACTICE "GOOD" MEDICINE.

We provide individualized recommendations on both conventional and alternative approaches to stimulate healing and to treat your illness.

WE LISTEN.

We take our time, so we can listen and understand your conditions. We know that every patient is unique; we need to understand who you are and what you are going through if we want to help you make lasting and positive changes.

WE EDUCATE.

Once we understand you, we help you use cannabis, natural supplements, and other therapies that are proven effective by scientific research and clinical success in other patients like you.

WE GET RESULTS.

We frequently see patients who have been disappointed by multiple medical treatments that are costly and simply do not work. We specialize in what the rest of the field considers "tough cases," and we get great results using therapies that are safe and effective.

WE STAND BEHIND YOU.

We stand behind your certification. We offer patients a free legal assistance program. When you request, we collaborate with your other providers, make referrals, write letters and provide testimony in legal situations. We do whatever it takes to help you, because we care. We will be in your corner for the long haul.

EFFECTS OF CANNABIS

The following is a brief summary of the most common physiologic effects of cannabis on human subjects. For more information on a specific condition(s) please review our website. We also provide our patients with the latest medical research specific to their condition.

Currently Being Updated 3/19/14

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HOW TO QUALIFY FOR MEDICAL MARIJUANA IN MASSACHUSETTS

In order to qualify for a medical marijuana certification in Massachusetts, you must be diagnosed with one of the following medical conditions:

- Cancer
- Glaucoma
- Positive status for human immunodeficiency virus (HIV)
- Acquired immune deficiency syndrome (AIDS)
- Hepatitis C
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- A Debilitating Condition - As Determined by a Doctor

For a Debilitating Condition diagnosis, you will need to have one of the following symptoms:

- Intractable pain
- Weakness
- Cachexia
- Wasting syndrome
- Nausea
- Impaired strength or ability

The symptom(s) (listed above) need to be severe to the extent that one or more of a patient's major life activities is substantially limited.

- The term 'major life activities' includes, but is not limited to, caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning and working. Mass. Gen. L. Ch. 151B, section 1(20). Other examples of major life activities include sitting, standing, lifting and mental and emotional processes such as thinking, concentrating and interacting with others.

PATIENTS UNDER 18 YEARS OLD:

- A qualifying patient who is under 18 years of age and has been diagnosed by two Massachusetts licensed certifying physicians, at least one of whom is a board-certified pediatrician or a board-certified pediatric subspecialist, with a debilitating life-limiting

illness, may receive a written certification, provided however that the physicians may certify a qualifying patient who is under 18 years of age who has a debilitating medical condition that is not a life-limiting illness if those physicians determine that the benefits of the medical use of marijuana outweigh the risks. This must include a discussion of the potential negative impacts on neurological development with the parent or legal guardian of the qualifying patient, written consent of the parent or legal guardian, and documentation of the rationale in the medical record and the written certification.

HOW TO CHOOSE A PHYSICIAN FOR A MEDICAL MARIJUANA CERTIFICATION

A Medical Marijuana Certification from a doctor who does not adhere to state laws and regulations will not protect you from prosecution. The state requires you to submit your physician certification at the time of registration and will approve or deny your application based on how well your physician adheres to state regulations.

FINDING A PROVIDER:

- You may want to approach your current physician to find out if he or she will provide you with a medical marijuana certification or referral to a specialist. We understand this approach may not be the best solution based on your physician's view on marijuana. Many federally funded health providers will not provide certifications. We encourage you to share this handbook with providers so they may better understand the health benefits and regulations of medical marijuana.
- Find a reputable doctor who specializes in medical marijuana, who adheres to State Law and complies with The American Academy of Cannabinoid Medicine's requirements. The AACM provides doctors with guidelines of care. Go to <http://aacmsite.org>.

QUESTIONS TO HELP YOU CHOOSE THE RIGHT DOCTOR

1. Who is the doctor I am seeing?

- Is he/she licensed and is his/her license in good standing? The practice should share the name of the provider with you.
- You can look up a doctor's license online to see if it is in good standing at:
<http://profiles.ehs.state.ma.us/Profiles/Pages/FindAPhysician.aspx>

2. Ask how much time you will spend with the doctor?

- The AACM requires an initial visit to be a minimum of 45 minutes for cannabis evaluations. Massachusetts requires you to have a bona fide relationship with your doctor. The doctor must diagnose your condition, educate you on the risks and benefits of medical cannabis and have an ongoing roll in your care and treatment.

3. Does the medical practice want to see your medical records at the time of visit?

- Any reputable doctor will need to see medical records to diagnose you with a debilitating condition. A doctor in Massachusetts is required by regulation to review your medical history and perform their own diagnosis.

4. Does the doctor perform follow up visits?

- To maintain a bona fide relationship and to have an ongoing role in your care, a doctor must perform follow up visits.

5. What overall feeling do you get from the medical practice?

- Do you feel as if their primary concern is to help the patient get the most benefits from medical marijuana or is it to see as many patients as they can in an hour?
- Many "cert mills" issue fraudulent certifications and do not stay in business for long, leaving their patients to find another provider at an additional expense.

FREQUENTLY ASKED QUESTIONS FOR INTEGR8

WHAT IS THE PROCESS FOR OBTAINING A MEDICAL MARIJUANA CERTIFICATION AT INTEGR8 MASSACHUSETTS?

Every patient needs to be evaluated in our office by one of our Doctors. Our practitioner will perform an evaluation and determine if you qualify under the Massachusetts State Medical Marijuana Law and current regulations.

- If you do qualify, then you will be provided with one of our tamper proof certificates and the forms required for state registration.
- If you do not qualify, then our practitioner will outline a plan for how you may qualify in the future.

In order to qualify for a Medical Marijuana Certification we will need to review the medical records that support your qualifying condition. If you send us your medical records and request us to review them, we may provide you with pre-approval for a qualifying condition before you schedule your visit. If you do not have your records, we will obtain them for you from your provider(s) before your visit. If you do not have medical records, then you may send us a brief outline of your medical history for our providers to review before scheduling your first visit.

HOW IS INTEGR8 MASSACHUSETTS UNIQUE?

- **We stand behind you and your certification.** If you have a qualifying condition in Massachusetts, Maine, Rhode Island or Illinois, we follow state law and regulations to certify you for legal use of medical marijuana. Our priority is to help you get better while saving you time and money. Our programs come from our experience successfully treating thousands of patients.
- **We educate you** on how to correctly use medical marijuana to get the best results for your condition (dosage, strains, delivery system, frequency, forms, medical interactions and more). Our medical marijuana education includes patient guides, videos, and personal consultations with experts.

- **We offer our patients more:** Free Acupuncture (\$40 value), free legal assistance (\$50 value), deep discounts on supplements and vaporizers (Save \$100's), and Dr. Dustin Sulak's Cannabis Health Solutions Videos.
- **We take time to listen to you** and provide you with effective integrative medicine (safe and natural) to combine with cannabis use. Based on your condition and budget, this medical care may include osteopathic manipulations, supplements, acupuncture, mind and body activities, lifestyle changes and more.
- **We will collaborate with your other providers**, make referrals, write letters and provide testimony in legal situations. We do whatever it takes to help you, because we care.
- **We help you navigate the laws** in Massachusetts by offering our patients a complimentary ten to fifteen minute consultation with a lawyer who specializes in Medical Marijuana Laws.
- **We are a community** and hold workshops for the public and providers to learn about the medical benefits of Marijuana, Caregiving, and Integrative Healthcare.

DO I NEED A REFERRAL TO HAVE AN APPOINTMENT AT INTEGR8 MASSACHUSETTS?

No, you do not need a referral. Contact our office to set up your appointment.

WILL INSURANCE COVER MY APPOINTMENT AND EVALUATION?

We are a cash practice and require prepayment for your first visit and payment at time of service for follow up visits. Many insurance plans will reimburse some portion of our fee or apply it to your deductible. At the time of your visit, you may request a super-bill to submit to your insurance company. This super-bill does not mention "Medical Marijuana". Insurance providers classify our medical practice as "out of network". We do not provide super-bills for Medicare.

WHY DO I NEED MY MEDICAL RECORDS?

The State of Massachusetts requires providers to review your medical history and adequate medical records documenting your qualifying condition. The process ensures that your certificate will be protected against any challenge within the Massachusetts legal system.

WHAT IF I DO NOT HAVE MEDICAL RECORDS BECAUSE I DO NOT SEE MEDICAL PROVIDERS?

We recommend that you send us a brief overview of your medical history so that our providers can evaluate your situation before we set up your appointment. We will then provide you with the next appropriate steps for your situation.

WHAT IF I DO NOT HAVE THE CORRECT MEDICAL RECORDS FOR THE VISIT?

Not a problem. During the visit our providers will identify what records we need. We will provide you with a Medical Record Release form to sign and we will send it to the appropriate provider(s).

HOW DO I GET MY MEDICAL RECORDS?

Before becoming a patient, Integr8 Massachusetts will provide you with a Medical Record Release form and we will send it to your doctors or health care providers. You do not need to explain why you need your records to your providers.

If you are having trouble obtaining your records, please contact our office and we will assist you through the process.

IS MY MEDICAL PROVIDER REQUIRED TO RELEASE MY RECORDS?

IN 2004, A FEDERAL LAW WAS PASSED THAT REQUIRES ALL PHYSICIANS OR HEALTH CARE PROVIDERS TO PROVIDE PATIENTS WITH A COPY OF MEDICAL RECORDS WITHIN 15 DAYS AFTER A PATIENT MAKES A FORMAL REQUEST.

If your doctor's office refuses to help you, notify them (in writing and on the phone) that they will be reported to the Massachusetts Medical Board and fined if you do not receive the records as previously requested. The Medical Board takes these problems seriously and will help you obtain your records. Your doctor may ask you to pay a small fee for the copying expense. If you are having trouble obtaining your records, please contact the office and we will assist you through this process.

HOW TO ACCESS MEDICAL MARIJUANA IN MASSACHUSETTS

Once qualified and certified by one of our doctors, we provide you with a Medical Marijuana Certification. This Certification, a Massachusetts Picture ID, and the required Massachusetts state issued card (once registration is opened) will allow you to:

TO POSSESS MEDICAL CANNABIS

- Regulations allow you to possess a 60-day supply, which is 10 ounces of medical cannabis.
- A doctor may provide you with a recommendation allowing you to use more than 10 ounces based on your condition.

TO MAINTAIN YOUR ELIGIBILITY IN THE PROGRAM YOU ARE REQUIRED:

- To renew your certification with your provider and the state each year.
- To maintain a bona fide relationship where the provider is involved in your ongoing treatment and care.

After the Department of Health announces a registration date, you will be required to register with the state and produce a Massachusetts-issued registration identification card in addition to the aforementioned documentation. The proposed registration fee will be \$50.00 annually.

QUALIFIED PATIENTS HAVE THREE CHOICES

1. GROW YOUR OWN MEDICINE

Massachusetts' law allows a patient with a doctor's certification to cultivate his or her own limited supply of marijuana during this period (until dispensaries open). Once the dispensaries open, patients may apply for a hardship cultivation registration (see Massachusetts law at link below for more information on hardship cultivation). There are many advantages and plenty of resources for help with growing your own medicine. The cultivation of medicinal plants is a therapeutic activity unto itself and is a more economical choice. If you are in a rental situation, please consult your landlord before growing.

2. USE A MEDICAL MARIJUANA DISPENSARY (ONCE THEY ARE OPEN)

A Medical Marijuana Dispensary is a business licensed by the state to produce medical marijuana and provide it to qualified patients. Dispensaries often have a wide variety of strains and products to choose from and may provide other related services.

3. USE A CAREGIVER

A Caregiver is an individual licensed to grow medical marijuana and provide it for one patient. Our office can provide you with forms and guidelines to follow while the state completes their process for registering and working with caregivers. A Caregiver provides patients with personalized guidance and support, and often offers competitive pricing. A patient can find a caregiver through an Internet search or by contacting a caregiver trade association such as the Compassionate Caregivers of Massachusetts (CCM). These organizations can help you connect with a local caregiver.

FOR UPDATED LAW AND INFORMATION PLEASE REFER TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES' WEBSITE:

<http://www.mass.gov/eohhs/gov/departments/dph/programs/hcq/medical-marijuana/>

CHOOSING THE RIGHT MEDICINE

We recommend you consult with a trained and experienced physician to receive personalized recommendations on strains for your condition and to prevent any major interactions you may have with your current medications. Integr8's Cannabinoid Sensitization Program helps our patients achieve the most medical benefits from cannabis. It saves them significant amounts of money, reduces their side effects and optimizes their body's self-healing system.

There are hundreds of varieties of medical cannabis, each with slightly different medicinal effects. Finding the right medicine will likely require trying out a number of varieties, but the following guidelines can help direct your search. Most patients eventually find 2-3 different strains that work well for different purposes, such as one for daytime and one for sleep. Medical marijuana strains fall into a few major categories: indica, sativa, hybrid indica/sativa, and high-CBD.

CANNABIS SATIVA strains were originally found in tropical and equatorial regions. The plants are tall with thin leaves and the buds often have a spicy or savory flavor. These varieties are generally more mentally stimulating, more energetic and euphoric. They tend to help more with nausea and other abdominal complaints, appetite stimulation, headaches, depression and fatigue. Although side effects are uncommon and usually mild, sativa strains are more likely to cause or worsen anxiety or paranoia.

CANNABIS INDICA strains originated in more temperate regions. The plants are shorter and bushy and often sweet or fruity in flavor. Indica varieties are typically relaxing and sedating. They tend to help more with pain, anxiety, muscle spasms, and insomnia.

HYBRID INDICA/SATIVA strains are very common, and have been bred to achieve specific qualities. Many hybrid strains are able to produce effects that provide the best of both worlds.

HIGH-CBD strains are specific strains that have been tested by a laboratory and demonstrate high levels of cannabidiol (CBD). CBD has several exciting medicinal properties, including anti-anxiety, anti-inflammatory, anti-tumor, anti-seizure, and pain relief. Interestingly, strains high in CBD are much less psychoactive, making them desirable for patients who want the medical benefits without getting “high” or impaired. This can be ideal for patients who need to drive, work, etc. For more information on strains that have been found to contain high levels of CBD, visit www.projectCBD.com. When choosing a caregiver or dispensary, be sure to ask for medicinal strains that are compatible with your condition.

USING MEDICAL CANNABIS: DELIVERY SYSTEMS

We recommend you consult with a trained and experienced physician to receive personalized recommendations on delivery systems for your condition and to prevent any major interactions you may have with your current medications. Integr8's Cannabinoid Sensitization Program helps our patients achieve the most medical benefits from cannabis. It saves them significant amounts of money, reduces their side effects and optimizes their body's self-healing system. A patient can experience the effects of cannabis by inhaling smoke or vapors, ingesting cannabis added to food or drink, taking liquid extracts such as tinctures or oil concentrates under the tongue, or applying cannabis lotions or salves to the skin. Each delivery system will have a slightly different medicinal effect, even when using the same strain of cannabis.

INHALATION: ONSET 1-5 MINUTES, DURATION 1-4 HOURS

Inhalation of cannabis has several advantages, including fast onset, ease in consuming the correct dosage, and convenience. Smoking is perhaps the most traditional method of cannabis use, and while it works well for many patients, it has some disadvantages. The heat and smoke irritate the respiratory tract and lungs and could potentially worsen conditions such as asthma and COPD. While the smoke itself contains carcinogenic (cancer-causing) substances, long term heavy marijuana smokers do not have an increased risk of lung cancer, likely due to the anti-cancer properties of cannabis offsetting the carcinogens in the smoke.

Herbal vaporizers are very popular with many medical marijuana patients, and are widely considered to be the healthiest way to inhale cannabis. Studies have shown vaporizers reduce the amount of harmful substances created compared to burning and smoking. The vaporizer heats the herb to a specific temperature between 300 and 400 degrees Fahrenheit, which releases the medicinal substances into a vapor, while preventing the plant material from burning. The vapor produced is warm and non-irritating. It contains the smell and flavor of the cannabis but feels as if you are breathing air. A wide variety of vaporizers can be found on the market today, and many require some practice before achieving optimal use.

When a patient uses a vaporizer it may take two to five minutes for the therapeutic effects of the cannabis to be felt. Many novices make the initial mistake of taking too many puffs in their first use, thinking they are not getting the medicine because it does not feel like smoke in their lungs.

TOPICAL (EXTERNAL USE ON SKIN): ONSET AND DURATION VARIABLE

Cannabis or its oil-based extracts can be added to balms, lotions, salves, and rubbing alcohol. These preparations are easy to make at home and can be applied topically. They are often effective at alleviating pain, muscle spasms, inflammation, itching, and various skin conditions, including eczema. Topical use of cannabis does not produce psychoactive effects. The efficacy of a topical preparation may depend on its potency, but many patients have found they can use flower/bud trimmings or leaves to produce an effective topical medicine.

CANNABIS TINCTURE: ONSET WITHIN 5-30 MINUTES, DURATION 1-6 HOURS

A tincture is a concentrated liquid extract of cannabis, often in a solution of alcohol or glycerin. It can be absorbed directly through the mucous membrane in the mouth for faster onset. Place the tincture drops under your tongue and hold the tincture in your mouth for 30-60 seconds before swallowing. Brushing one's teeth first can increase blood flow and speed the onset. Tinctures are a popular delivery system because they are convenient, discreet (minimal odor), and easy to dose correctly. Because each batch of tincture may have a different potency, start with a few drops and increase slowly to test its effects and determine the correct dosage.

INGESTION: ONSET WITHIN 1-2 HOURS, DURATION 6-8 HOURS

Cannabis can be added to a wide range of foods, baked goods and drinks. The active ingredients in cannabis (cannabinoids) are most potent after they are heated. Cannabinoids are fat-soluble, and one simple method is to simmer crushed cannabis in oil (coconut oil, for example) at a low heat for several hours. Strain the oil and store it, then add it to foods directly or eat it plain. A coconut oil extraction is versatile and can be used as both an edible and a topical medicine.

When cannabis is eaten and digested it is metabolized in the liver. This process creates different medicinal effects, with a stronger psychoactive reaction. It is often difficult to achieve the correct dosage when consuming cannabis edibles, mostly because it takes so long for the patient to know if he or she has taken too little or too much. For these reasons, we emphasize caution when eating cannabis; it is a good idea to start with a very small amount, wait 2-3 hours, then repeat the dose if needed. While it is not dangerous to overdose on edible cannabis, the effects can be quite unpleasant, sometimes aggravating the symptoms a patient wishes to improve.

Cannabis must be heated to convert the cannabinoids into their active form before being consumed. Interestingly, new research is emerging on the therapeutic properties of raw cannabinoids obtained from juicing the plant, which seem to have antioxidant, anti-inflammatory, and antimicrobial properties without any psychoactive effects.

CANNABINOID SENSITIZATION PROGRAM

Integr8's Dr. Dustin Sulak developed the Cannabinoid Sensitization Program to help patients achieve the optimal medical benefits. This program works for patients who are new to using cannabis and ones who have been using cannabis for many years. Following the program helps our patients reduce any negative side effects of cannabis, while optimizing their body's self-healing system. Patients who follow the program will save significant amounts of money by using less medical cannabis and other medications. Thousands of patients have amazing success stories and prove Integr8's Sensitization Program works.

We encourage you to make an appointment with one of our compassionate providers to learn more about how you may benefit from finding the right dosage of medical cannabis and combining other safe and natural ways to achieve great health. If you are ready for a new way to treat your debilitating condition, pain or suffering, we are here to help you.

NOTE FROM DR. SULAK, D.O.

After observing thousands of patients who use cannabis medically, I have discovered that every person has a certain threshold dosage, above which they develop tolerance to cannabis. Tolerance, means they need more of the herb to get the desired effect, and the optimal benefit of cannabis disappears. While cannabis may still be helpful, those who exceed their threshold never get the great results they once had.

Patients who stay below their threshold dosage experience the opposite effect. Their sensitivity to cannabis actually increases over time, so they need less herb to get a superior effect. They also find that they are able to experience the physical and mental benefits of cannabis for a longer time after use, and can often invoke those benefits simply through meditation on the desired effects.

This is possible because the effect of cannabis is not dependent on the levels of cannabinoids circulating in your blood, but on the cellular receptors triggered by the cannabinoids. Think of the cannabinoids as little fingers and the receptors as little light switches. The brightness in the room is dependent on how many switches are turned on. Using a large dosage of cannabis that exceeds your personal threshold will cause the body to decrease the available light switches - no matter how many fingers there are, with no switches to flip the room grows dimmer.

On the other hand, staying below the threshold dosage actually causes the body to build more light switches, or increase its receptor density and sensitivity. With more light switches available, a small dose of cannabis will cause the room to get very bright. Furthermore, your body's own little fingers, the endocannabinoids, will also be able to make the room brighter than they normally would. Thus, the natural high after exercise, laughter, meditation, and other health-promoting activities is stronger, more easily obtained, and longer lasting!

In summary, when it comes to cannabis dosing, less is more.

(Certain exceptions to this rule do exist, and in some cases, ultra-high dose cannabis is needed for serious illness. Please discuss dosing with your Integr8 provider for a personalized plan.)

NEGATIVE EFFECTS

Most of the negative effects of cannabis are mild and can be resolved by adjusting dosage, delivery system, and strain. These are most common during the first 15 minutes after cannabis inhalation.

- Acute panic reaction
- Acute paranoid state
- Increases risk of psychosis in people with personal or family history of mental illness.
- Altered motivation, attention.
- Decreased short term memory.
- Altered movement and coordination
- Increased heart rate.
- Decreased blood pressure.
- Increased appetite.
- Dry mouth.
- "Red Eye" (vasodilation)

Contrary to some opinions, scientific research has shown that cannabis does not cause cancer, suppress immune function, cause infertility, or cause long term cognitive impairment (poor thinking).

SPECIAL CASES

MENTAL HEALTH

We recommend that patients with mental health challenges and/or family history of mental illness exercise caution when using medical cannabis, and see one of our trained providers for specific guidance on how best to treat your condition and decrease the risk of adverse psychiatric effects.

Many patients with mental health challenges find relief from medical cannabis. Patients report improvement in Depression, Anxiety, Bipolar, PTSD, ADD/ADHD, Tourette's Syndrome, Alzheimer's Dementia, Parkinson's Dementia and other psychiatric conditions. On the other hand, cannabis can worsen psychiatric conditions in some people and even hasten the onset of mental illness in predisposed individuals.

ANXIETY

As mentioned above, cannabis may either relieve or exacerbate anxiety. Using a low dosage, choosing a strain known to relieve anxiety, and using a delivery system with slower onset can prevent a negative side effect. We recommend you meet with one of our providers to learn about what is working for other patients with anxiety.

HEPATITIS C

Many patients with Hepatitis C experience nausea, pain, and other symptoms that are relieved by medical marijuana. Research shows us that:

- High doses of THC can contribute to scarring in the liver (fibrosis) in patients with Hepatitis C.
- CBD, a non-psychoactive cannabinoid, prevents fibrosis and decreases inflammation in the liver.
- Patients who are undergoing conventional Hepatitis C treatment (interferon, etc.) are more likely to have success in their treatment if they are concurrently using medical marijuana.

The take-home message for patients with Hepatitis C is to seek strains of cannabis that are high in CBD and always use the minimal effective dosage of cannabis by keeping their cannabinoid system sensitized.

HOW TO MINIMIZE NEGATIVE EFFECTS

Integr8's Cannabinoid Sensitization Program is designed to minimize the negative effects while increasing the desired medical benefits from cannabis. We encourage patients who experience negative effects to set up an appointment and work with one of our providers.

MINDSET AND SETTING

The most common negative effects of cannabis are related to the interface between the patient's state of consciousness and their surrounding environment. Adverse effects can often be prevented by paying attention to your mindset and surroundings before using cannabis.

Prior to administering cannabis, take 1-5 minutes to observe and evaluate your current inner state. While cannabis can help patients "turn the page" on stuck emotions and unhealthy thought patterns, it can also amplify these uncomfortable states. Patients often will not know which outcome to expect, and amplification of certain emotions or thoughts can be uncomfortable or distressing.

Taking time for pre-cannabis introspection will empower you to participate in your response to cannabis, and increase the likelihood of "turning the page" if that is what is needed.

While 1-5 minutes does not sound like a long time, it will probably feel like a long time. Be intentional. Make a ritual out of your cannabis use. Notice how you feel, and think of what you hope to get out of this experience.

DOSAGE

Using the correct dose of cannabis is the single most important factor in having a successful therapeutic relationship with this powerful herb. Unlike most medications, cannabis cannot be prescribed at a certain quantity and frequency based on body weight and age. We all have a unique internal chemistry, and the cannabinoid system is very complex, so different dosages will be best for different people. With cannabis it is important to remember that less is more. Many of the benefits of cannabis actually diminish with increased dosage, and very high doses can cause the symptoms one might be trying to cure to become more severe.

CANNABIS ADDICTION AND DRIVING UNDER THE INFLUENCE

Cannabis has been used for medical purposes since ancient times. Like most substances that provide euphoria or intoxication, and like most substances to which people can develop tolerance, Cannabis does have the potential for abuse and dependence. Be aware that other medications, such as narcotics, benzodiazepines, and muscle relaxers, also have the potential for abuse and dependence; this same advice applies.

1. Is your cannabis use impairing your social, occupational, and/or recreational functioning in life? Do you use cannabis instead of meeting obligations in your life? Do you use so much that it leads to impairment in thinking or muscle coordination that leads to impaired functioning?
2. Do you need to use more and more cannabis to achieve the same effects? Is it impossible to achieve the same benefits with cannabis you used to, even at a higher dose? If yes, you are building tolerance to cannabis - this doesn't mean you are addicted, but can predispose you to dependence and decrease the medical benefit of cannabis.
3. Do you spend a great deal of time on activities to obtain the cannabis?
4. Do you continue to use cannabis despite knowing it impairs your life functioning? Do you continue to use cannabis despite knowing that it worsens a physical or psychological problem?

If you answer yes to any of these questions, please set up an appointment to discuss with your Integr8 medical provider. Specific strategies can be used to change your relationship with cannabis and help you to avoid dependence or addiction.

CAN I BE ARRESTED FOR A DUI WHEN USING CANNABIS?

We recommend patients avoid driving or operating vehicles (cars, trucks boats, airplanes, motorcycles) and other machinery while using cannabis. Cannabis can impair reaction time and potentially lead to an accident. If a person is intoxicated with a substance, including cannabis or prescription medications, to the point that it impairs their ability to drive, one can be charged with a DUI. An officer would administer roadside sobriety tests to determine if driving is impaired - there are no standard breath or blood tests used to determine cannabis intoxication in Massachusetts at the time of writing.

HOW TO MAKE YOUR OWN MEDICAL TINCTURE

Used to deliver medicine for quick absorption without smoking, tinctures are created by extracting the therapeutic substances from the cannabis plant into alcohol (e.g. hard liquor such as brandy or vodka). Patients and/or their caregivers can easily create medical cannabis tinctures.

INGREDIENTS:

- 1 pint of hard liquor such as brandy, vodka, or everclear (use the highest proof available).
- 2 ounces of cannabis (buds make a stronger tincture, leaves or trim make a less potent but still very effective tincture)

MATERIALS NEEDED:

- Blender, Strainer, Cheesecloth, Paper bag, Coffee Filter
- 1-pint glass mason jar with lid
- Small colored brown or blue glass bottles with droppers (these can be found in many natural food stores). Avoid plastic containers as the ethanol in the tincture may solubilize some of the free vinyls in the plastic.
- Funnel to fit into the small dropper bottles

ACTIVATING THE CANNABINOIDS: DECARBOXYLATION

The most potent medical benefits of cannabis are achieved by activating the cannabis with heat. This causes a change from the acidic to the alcohol form of the molecule, known as decarboxylation.

1. Grind the cannabis in a blender, coffee grinder, or food processor into small particles, but not powder.
2. Preheat oven to 325°F. Many consumer ovens' thermostats are inaccurate, so please verify the temperature with an oven thermometer.
3. Spread the ground cannabis evenly on a baking sheet.
4. **Bake at 325°F for five minutes or until the first signs of smoke or vapor can be seen.**

Note: Some experts recommend decarboxylation at 240°F for 45-60 minutes. While this takes longer, it may do a better job of preserving essential oils and other therapeutic substances in cannabis

METHOD 1: COLD EXTRACTION

1. Place ground and activated cannabis in the 1-pint mason jar.
2. Fill the jar with high-proof alcohol, leaving a half inch at the top. Apply lid.
3. Place the lidded mason jar with the alcohol and cannabis in it in a paper bag and place the paper bag in the freezer. Shake the jar once a day for three to four days.

METHOD 2: DARK PLACE EXTRACTION

1. Place ground and activated cannabis in the 1-pint mason jar.
2. Fill the jar with high-proof alcohol, leaving a half inch at the top. Apply lid.
3. Place the jar in a brown paper bag in a cool, dark place.
4. Shake for a few minutes every day for three to four weeks. (Some experts recommend up to six months for a stronger preparation.)

REMOVING THE LEAF MATERIAL

1. Line the strainer crosswise with a cheesecloth.
2. Pour contents of the mason jar through the strainer into a large measuring cup or bowl.
3. Tightly twist the cheesecloth at the end to squeeze out any remaining solution.
4. Discard the plant matter and cheesecloth,
5. Using the small funnel, pour the resulting liquid into dropper bottles for storage. A small section of a coffee filter can line the funnel to remove the remaining debris before it goes into the dropper bottles.
6. Store the filled dropper bottles in a cool, dark location.

DOSAGE

Depending on the potency of the leaf used, 5-15 drops per dose can be taken directly or diluted with water or juice. If you are using a very high proof alcohol, then be sure to mix your tincture with water or another liquid to prevent burning or irritation to your mouth. This can be done after the tincture is complete or diluted with a liquid at each time of use.

HOW TO MAKE YOUR OWN MEDICAL SALVE

INGREDIENTS

- 2 cups of coconut oil
- 2 cups of herbal cannabis (flowers, trim, and/or leaves)
- 1.5 ounces of beeswax
- 1 tbsp vitamin E oil
- Optional: Other essential oils for fragrance or therapeutic properties
- Utensils: measuring cup, saucepan or slow-cooker, cheesecloth, containers/jars

PREPARE THE MEDICINE

Grind and heat cannabis according to the instructions HOW TO MAKE YOUR OWN MEDICAL TINCTURE: "ACTIVATING THE CANNABINOIDS: DECARBOXYLATION." (page 25) Measure 2 cups of ground and decarboxylated cannabis.

PREPARE OIL

- Coconut oil may be solid if room temperature is below 76°F. Melt the oil by placing approximately 2 cups in a saucepan at a very low heat.
- Measure 2 cups of liquid coconut oil and pour into a new saucepan

MAKE THE INFUSION

1. Place the 2 cups of cannabis and 2 cups of liquid coconut oil into a saucepan or slow-cooker.

2. Simmer at the lowest heat possible for 2-12 hours. ***Do not boil***
3. Remove from heat, allow the mixture to cool but not solidify
4. Strain through cheesecloth. *At this point, the oil can be applied topically to painful joints or muscles, or used in cooking/baking. The following steps will convert the oil into a salve with better shelf life and superior cosmetic properties.

MAKE THE SALVE

1. Melt beeswax in saucepan on low heat or in slow cooker.
2. Add coconut oil to beeswax and stir on low heat until mixed. Remove from heat.
3. Add vitamin E oil and other essential oils, mix thoroughly.
4. Poor mixture into storage containers, allow to cool completely.

DIRECTIONS FOR USE:

Apply a small amount of cannabis salve directly to sore or inflamed joints and muscles, skin conditions such as eczema or psoriasis, insect bites, corns, etc. The salve can decrease pain and inflammation, remove itching, fight infection, and speed healing.

HOW TO MAKE CANNABIS INFUSED BUTTER OR OIL FOR INGESTION

1. Use a ratio of 1 ounce of cannabis leaf/trim to 1 pound (16oz) of butter or coconut oil, or 1 ounce of cannabis buds to 2 pounds (32oz) of butter or coconut oil.
2. Follow the instructions above "ACTIVATING THE CANNABINOIDS: DECARBOXYLATION" steps 1-4 (page 25).
3. Follow the instruction above "MAKE THE INFUSION," steps 1-4 (page 27).

Directions for use: Start with a very small amount of final product, such as 1/8 teaspoon. Allow the oil to dissolve in mouth and hold there for 30-60 seconds before swallowing. Alternatively, the oil can be spread on a cracker or added to other recipes. Evaluate the effects of the first dosage 2-3 hours after ingesting. Gradually increase dosage as needed.



DAN EINSTEIN, MD

MEDICAL DIRECTOR OF INTEGR8 MASSACHUSETTS

HOLISTIC FAMILY MEDICINE

I am a board certified family physician that provides the care you'd expect at a regular doctor's office. I see children, adults, and help with prenatal care. I will order labs, x-rays, and prescribe medication as appropriate in each case. In this role, I see myself as an educator: I'll explain your treatment options, but it's up to you to decide what you want to do.

PLANT ENERGY MEDICINE

Herbal medicine is what is closest to my heart. I work with plants in the form of tinctures and teas with the goal of guiding people through their journey here on earth. Disease can be an opportunity for spiritual growth. When that growth is achieved, the symptoms often go away. My work is a mix of using herbs to ease symptoms, and on a spiritual level to help guide a person's life journey.

INTEGRATIVE MEDICINE

In addition to Family Medicine, I am board certified in Integrative/Holistic Medicine. This is the overlap between the conventional and holistic worlds. I have received training in personalized nutrition and exercise, vitamins and supplements, and guiding lifestyle change. These are all therapeutic forms that are accepted by conventional medicine, just not taught in most medical schools. I also have a good sense of how the treatments in holistic medicine interact with conventional treatments, so I can be a resource for people who want to work in both worlds.

ANTHROPOSOPHICAL MEDICINE

This style of medicine was pioneered by Rudolf Steiner, who also founded Biodynamic agriculture and Waldorf education. Disease is seen as an imbalance between the different energies of the body. Similar to Plant Energy Medicine, rebalancing these energies is an important part of why a soul embodies as a human. Treatments come in the form of special

preparations of plants or minerals. I am still in training with this, and expect to be certified in 2016.

EDUCATION

- Herbal Certificate-Blue Otter School of Medicine-2003
- MD-Case Western Reserve University-2008
- Family Medicine Residency-Maine Dartmouth Family Medicine Residency-2011
- Integrative Medicine (ABIHM) Board Certification-2013



DUSTIN SULAK, D.O.

**MEDICAL EDUCATOR FOR INTEGR8 MASSACHUSETTS AND
CHIEF MEDICAL DIRECTOR AT INTEGR8 MAINE AND MAINE
INTEGRATIVE HEALTH CARE**

Dustin Sulak, D.O. is a licensed osteopathic physician, a diplomat of the American Academy of Cannabinoid Medicine, and a practitioner and advocate of integrative medicine, the intelligent combination of conventional and alternative approaches to healthcare. He has long been fascinated by mind-body medicine, spirituality in healthcare, and natural approaches to promoting health and healing.

He is trained as a clinical hypnotherapist, Reiki Sensei, practitioner of chi kung and yoga, and has studied with several excellent allopathic and osteopathic physicians, alternative healers, and spiritual teachers. Dr. Sulak has lectured on medical cannabis and the endocannabinoid system nationally.

He is an advocate for medical cannabis and has been impressed by the excellent clinical responses he's seen in his patients. He is enthusiastic about educating patients on the optimal uses of medical marijuana, and educating healthcare providers who may be

misinformed about this safe and incredibly effective medicine.

Dr. Sulak has assembled a team of like-minded healthcare practitioners to help provide high quality integrative medicine consultations and medical marijuana evaluations.

MEDICAL MARIJUANA LAW AND REGULATION HIGHLIGHTS

Many of our patients have questions regarding Massachusetts's Medical Marijuana Laws and Regulations especially when it comes to growing your own medicine, possession and other non-medical details. To help you navigate the laws in Massachusetts we offer all our patients a complementary ten to fifteen minute consultation with a lawyer who specializes in Medical Marijuana Laws. It is just another service we offer our patients. To setup a consultation, please contact the office.

Please view the most up to date regulations at:

<http://www.mass.gov/eohhs/gov/departments/dph/programs/hcq/medical-marijuana/>

This document does not constitute legal advice and MUST NOT be used as a substitute for the advice of a lawyer qualified to give advice in the particular areas of law to which this document relates. It is very "general" in form, and this ever-changing area of law must be considered in light of the facts, understandings, and circumstances relating to the parties in any given case.

Qualified, registered patients should consult with an attorney to determine what requirements they are subject to and what legal liabilities – both civil and criminal – they may face through their use, possession, and cultivation of medicinal marijuana.

AS A QUALIFYING, REGISTERED MEDICINAL MARIJUANA PATIENT

PATIENTS MAY ACCESS MEDICAL MARIJUANA:

- Grow their own until Dispensaries are open. Once dispensaries are open, patients may apply for a hardship cultivation registration.
- Appoint a caregiver to grow for them. A caregiver may only grow for one person.
- Purchase from Dispensaries in MA once they are open.

Patient Legal Use Amount:

1. 60 day supply is defined as 10 ounces

Patients Fees: Once program is enacted by state (Date: TBD)

Registration: \$50, annually

ID card replacement: \$10

Hardship cultivation: \$100

725.004: DEFINITION HIGHLIGHTS

Bona Fide Physician-Patient Relationship means a relationship between a certifying physician, acting in the usual course of his or her professional practice, and a patient in which the physician has conducted a clinical visit, completed and documented a full assessment of the patient's medical history and current medical condition, has explained the potential benefits and risks of marijuana use, and has a role in the ongoing care and treatment of the patient.

Certifying Physician means a Massachusetts licensed physician (Medical Doctor or Doctor of Osteopathy) who certifies that in his or her professional opinion, the potential benefits of the medical use of marijuana would likely outweigh the health risks for a qualifying patient.

Debilitating means causing weakness, cachexia, wasting syndrome, intractable pain, or

nausea, or impairing strength or ability, and progressing to such an extent that one or more of a patient's major life activities is substantially limited.

Debilitating Medical Condition means cancer, glaucoma, positive status for human immunodeficiency virus (HIV), acquired immune deficiency syndrome (AIDS), hepatitis C, amyotrophic lateral sclerosis (ALS), Crohn's disease, Parkinson's disease, and multiple sclerosis (MS), when such diseases are debilitating, and other debilitating conditions as determined in writing by a qualifying patient's certifying physician.

Life-Limiting Illness means a debilitating medical condition that does not respond to curative treatments, where reasonable estimates of prognosis suggest death may occur within two years.

Marijuana means all parts of the plant *Cannabis sativa* L., whether growing or not; the seeds thereof; and resin extracted from any part of the plant; and every compound, manufacture, salt, derivative, mixture, or preparation of the plant, its seeds or resin. It does not include the mature stalks of the plant, fiber produced from the stalks, oil, or cake made from the seeds of the plant, any other compound, manufacture, salt, derivative, mixture, or preparation of the mature stalks, except the resin extracted therefrom, fiber, oil, or cake or the sterilized seed of the plant which is incapable of germination. The term also includes MIPs except where the context clearly indicates otherwise.

Massachusetts Resident means a person whose primary residence is located in Massachusetts.

Marijuana-Infused Product (MIP) means a product infused with marijuana that is intended for use or consumption, including but not limited to edible products, ointments, aerosols, oils, and tinctures. These products, when created or sold by a RMD, shall not be considered a food or a drug as defined in M.G.L. c. 94, s. 1.

Medical Marijuana Treatment Center means a not-for-profit entity registered under 105

CMR 725.100, to be known as a registered marijuana dispensary (RMD), that acquires, cultivates, possesses, processes (including development of related products such as edible MIPs, tinctures, aerosols, oils, or ointments), transfers, transports, sells, distributes, dispenses, or administers marijuana, products containing marijuana, related supplies, or educational materials to registered qualifying patients or their personal caregivers. Unless otherwise specified, RMD refers to the site(s) of dispensing, cultivation, and preparation of marijuana.

Personal Caregiver means a person, registered by the Department, who is at least 21 years old, who has agreed to assist with a registered qualifying patient's medical use of marijuana, and is not the registered qualifying patient's certifying physician. An employee of a hospice provider, nursing, or medical facility or a visiting nurse, personal care attendant, or home health aide providing care to a qualifying patient may serve as a personal caregiver, including to patients under 18 years of age as a second caregiver.

Qualifying Patient means a Massachusetts resident 18 years of age or older who has been diagnosed by a Massachusetts licensed certifying physician as having a debilitating medical condition, or a Massachusetts resident under 18 years of age who has been diagnosed by two Massachusetts licensed certifying physicians, at least one of whom is a board-certified pediatrician or board-certified pediatric subspecialist, as having a debilitating medical condition that is also a life-limiting illness, subject to 105 CMR 725.010(J).

Registration Card means an identification card issued by the Department to a registered qualifying patient, personal caregiver, or dispensary agent. The registration card verifies either that a certifying physician has provided a written certification to the qualifying patient and the patient has been registered with the Department: that a patient has designated the individual as a personal caregiver; that a patient has been granted a hardship cultivation registration; or that a dispensary agent has been registered with the Department and is authorized to work at a RMD. The registration card allows access into appropriate elements of a Department-supported, interoperable database in which detailed information regarding certifications and possession criteria are stored. The registration card identifies for the Department and law enforcement authorities, those

individuals who are exempt from Massachusetts criminal and civil penalties for the medical use of marijuana in compliance with 105 CMR 725.000 and the Act.

Sixty-Day Supply means that amount of marijuana, or equivalent amount of marijuana in MIPs, that a registered qualifying patient would reasonably be expected to need over a period of 60 calendar days for his or her personal medical use, which is ten ounces, subject to 105 CMR 725.010(I).

Usable Marijuana means the fresh or dried leaves and flowers of the female marijuana plant and any mixture or preparation thereof, including MIPs, but does not include the seedlings, seeds, stalks, or roots of the plant.

Verified financial hardship means that an individual is a recipient of MassHealth, or Supplemental Security Income, or the individual's income does not exceed 300% of the federal poverty level, adjusted for family size.

Written Certification means a form submitted to the Department by a Massachusetts licensed certifying physician, describing the qualifying patient's pertinent symptoms, specifying the patient's debilitating medical condition, and stating that in the physician's professional opinion the potential benefits of the medical use of marijuana would likely outweigh the health risks for the patient.

725.005: REGISTRATION OF CERTIFYING PHYSICIANS

- A. A physician who wishes to issue a written certification for a qualifying patient shall have at least one established place of practice in Massachusetts and shall hold:
 - 1. An active full license, with no prescribing restriction, to practice medicine in Massachusetts; and
 - 2. A Massachusetts Controlled Substances Registration from the Department.
- B. To register as a certifying physician, a physician shall submit, in a form and manner

determined by the Department, the physician's:

1. Full name and business address;
 2. License number issued by the Massachusetts Board of Registration in Medicine;
 3. Massachusetts Controlled Substances Registration number; and
 4. Any other information required by the Department.
- C. Once registered by the Department, a certifying physician will retain indefinitely a registration to certify a debilitating medical condition for a qualifying patient unless:
1. The physician's license to practice medicine in Massachusetts is suspended, revoked, or restricted with regard to prescribing, or the physician has voluntarily agreed not to practice medicine in Massachusetts;
 2. The physician's Massachusetts Controlled Substances Registration is suspended or revoked;
 3. The physician has fraudulently issued a written certification of a debilitating medical condition;
 4. The physician has certified a qualifying patient for a debilitating medical condition on or after July 1, 2014, without appropriate completion of continuing professional development credits pursuant to 105 CMR 725.010(A); or
 5. The physician surrenders his or her registration.
- D. After registering, a certifying physician is responsible for notifying the Department, in a form and manner determined by the Department, within five business days after any changes to the physician's information.

725.010: CERTIFYING PHYSICIAN'S WRITTEN CERTIFICATION OF A DEBILITATING MEDICAL CONDITION FOR A QUALIFYING PATIENT

- A. A certifying physician issuing a written certification on or after July 1, 2014, must have completed a minimum of 2.0 Category 1 continuing professional development credits as defined in 243 CMR 2.06(6)(a)1. Such program must explain the proper use of marijuana, including side effects, dosage, and contraindications, including

with psychotropic drugs, as well as on substance abuse recognition, diagnosis, and treatment related to marijuana.

- B. A certifying physician issuing a written certification shall comply with generally accepted standards of medical practice, including regulations of the Board of Registration in Medicine at 243 CMR 1.00, 2.00, and 3.00.
- C. A certifying physician may not delegate to any other health care professional or any other person, authority to diagnose a patient as having a debilitating medical condition.
- D. A certifying physician may issue a written certification only for a qualifying patient with whom the physician has a bona fide physician-patient relationship.
- E. Before issuing a written certification, a certifying physician must utilize the Massachusetts Prescription Monitoring Program, unless otherwise specified by the Department, to review the qualifying patient's prescription history.
- F. A patient who has had a diagnosis of a debilitating medical condition in the past but does not have an active condition, unless the symptoms related to such condition are mitigated by marijuana for medical use, and is not undergoing treatment for such condition is not suffering from a debilitating medical condition for which the medical use of marijuana is authorized.
- G. An initial written certification submitted before a clinical visit is prohibited. A renewal written certification may be submitted after a clinical visit or a telephonic consultation, however a clinical visit must occur no less than once per year.
- H. A certification must indicate the time period for which the certification is valid, and shall not be less than 15 calendar days or longer than one year.
- I. A certifying physician may determine and certify that a qualifying patient requires an amount of marijuana exceeding 10 ounces as a 60-day supply and shall document the amount and the rationale in the medical record and in the written certification. For that qualifying patient, that amount of marijuana constitutes a 60-day supply.
- J. A qualifying patient who is under 18 years of age and has been diagnosed by two Massachusetts licensed certifying physicians, at least one of whom is a board-certified pediatrician or a board-certified pediatric subspecialist with a debilitating life-limiting

illness, may receive a written certification , provided however that the physicians may certify a qualifying patient who is under 18 years of age who has a debilitating medical condition that is not a life-limiting illness if those physicians determine that the benefits of the medical use of marijuana outweigh the risks. This must include a discussion of the potential negative impacts on neurological development with the parent or legal guardian of the qualifying patient, written consent of the parent or legal guardian, and documentation of the rationale in the medical record and the written certification.

- K. A certifying physician, and such physician's co-worker, employee, or immediate family member, shall not:
1. Have ever directly or indirectly accepted or solicited from, or offered to a RMD, a board member or executive of a RMD, any RMD personnel, or any other person associated with a RMD, or a personal caregiver, anything of value;
 2. Offer a discount or any other thing of value to a qualifying patient based on the patient's agreement or decision to use a particular personal caregiver or RMD;
 3. Examine or counsel a patient, or issue a written certification, at a RMD;
 4. Have a direct or indirect financial interest in a RMD; or
 5. Directly or indirectly benefit from a patient obtaining a written certification, which shall not prohibit the physician from charging an appropriate fee for the clinical visit.
- L. A certifying physician shall not issue a written certification for himself or herself or for his or her immediate family members.
- M. A certifying physician issuing a written certification for his or her employees or co-workers shall do so in accordance with 105 CMR 725.010, including conducting a clinical visit, completing and documenting a full assessment of the patient's medical history and current medical condition, explaining the potential benefits and risks of marijuana use, and maintaining a role in the ongoing care and treatment of the patient.
- N. A written certification shall be issued in a form and manner determined by the Department.

PATIENTS REGISTRATION: (DATE REQUIRING REGISTRATION TO BE ANNOUNCED)

- A. To obtain a registration card, a qualifying patient shall submit, in a form and manner determined by the Department, the following:
1. The qualifying patient's full name, date of birth, address, telephone number, and email address if any, and a statement indicating his or her age and that his or her primary residence is in Massachusetts:
 - A. If the qualifying patient is under 18 years of age, an attestation from a parent or legal guardian granting permission for the child to register with the Department; and
 - B. If the qualifying patient is under 18 years of age, that qualifying patient must have a designated personal caregiver, who shall be his or her parent or legal guardian.
 2. Written certification(s) for the qualifying patient from the qualifying patient's certifying physician(s);
 3. Full name, address, and telephone number of the qualifying patient's certifying physician(s);
 4. Full name, date of birth, and address of the qualifying patient's personal caregiver(s), if any;
 5. A statement of whether the qualifying patient will be applying for a hardship cultivation registration;
 6. A copy of the qualifying patient's Massachusetts driver's license, government-issued identification card, or other verifiable identity document acceptable to the Department, except in the case of a qualifying patient under 18 years of age who does not have to comply with such requirement;
 7. A non-refundable registration fee. If the fee poses a verified financial hardship, the qualifying patient may request a waiver of the fee in a form and manner determined by the Department;

8. Written acknowledgement of the limitations on his or her authorization to cultivate, possess, and use marijuana for medical purposes in the Commonwealth;
 9. An attestation that the registered qualifying patient will not engage in the diversion of marijuana and that the patient understands that protections conferred by the Act for possession of marijuana for medical use are applicable only within Massachusetts; and
 10. Any other information required by the Department.
- B. A registration card will be valid for one year from the date of issue, and may be renewed, in a form and manner determined by the Department, by meeting the requirements in 105 CMR 725.015(A).
- C. A qualifying patient who received written certification from a physician prior to the effective date of 105 CMR 725.000, or prior to the Department accepting applications for qualifying patient registrations, and who used that written certification as his or her qualifying patient registration card, must apply for a registration card according to the procedures set out in 105 CMR 725.015 no later than January 1, 2014, unless otherwise specified by the Department; however the initial certification will remain valid until the application for the registration card is approved or denied by the Department.
- D. After obtaining a registration card, a qualifying patient is responsible for notifying the Department, in a form and manner determined by the Department, within five business days after any change to the information that he or she was previously required to submit to the Department, or after he or she discovers that his or her registration card has been lost or stolen.
- E. A registered qualifying patient must carry his or her registration card at all times while in possession of marijuana.

FINANCIAL HARDSHIP CULTIVATION

725.035: Hardship Cultivation Registration

- A. A qualifying patient registered with the Department pursuant 105 CMR 725.015 may apply for a hardship cultivation registration if such patient can demonstrate that his or her access to a RMD is limited by:
1. Verified financial hardship; or
 2. Physical incapacity to access reasonable transportation, as demonstrated by an inability to use public transportation or drive oneself, lack of a personal caregiver with a reliable source of transportation, and lack of a RMD that will deliver marijuana to the patient's or personal caregiver's primary address; or
 3. Lack of a RMD within a reasonable distance of the patient's residence and lack of a RMD that will deliver marijuana to the patient's or personal caregiver's primary address.
- B. To obtain a hardship cultivation registration, a registered qualifying patient shall, in a form and manner determined by the Department, submit the following:
1. A non-refundable registration fee, unless waived pursuant to 105 CMR 725.015(A)(7);
 2. Information supporting a claim that access is limited due to one or more of the circumstances listed in 105 CMR 725.035(A);
 3. An explanation including lack of feasible alternatives to mitigate the limitation claimed under 105 CMR 725.035(A);
 4. A description and address of the single location that shall be used for the cultivation of marijuana, which shall be either the registered qualifying patient's or one personal caregiver's primary residence;
 5. A written explanation of how the qualifying patient will cultivate marijuana in accordance with the requirements of 105 CMR 725.035;
 6. A description of the device or system that will be used to ensure security and prevent diversion of the marijuana plants being cultivated;
 7. Written acknowledgement of the limitations on his or her authorization to cultivate, possess, and use marijuana for medical purposes in the Commonwealth;

and

8. Any other information required by the Department.

- C. The Department shall review and approve or deny an application for a hardship cultivation registration within 30 calendar days of receipt of a completed application.
- D. A registered qualifying patient with a hardship cultivation registration, or his or her personal caregiver(s), may cultivate only at the location specified in the application approved by the Department.
- E. At any given location, cultivation may occur pursuant to only one hardship cultivation registration, absent proof that more than one registered qualifying patient resides at the location.
- F. A hardship cultivation registration will be valid for one year from the date of issue, and may be renewed, in a form and manner determined by the Department, on an annual basis by meeting the requirements in 105 CMR 725.035(B).
- G. A hardship cultivation registration shall allow the registered qualifying patient or his or her personal caregiver(s) to cultivate a limited number of plants sufficient to maintain a 60-day supply of marijuana solely for that patient's use, or as further specified by the Department.
- H. Cultivation and storage of marijuana shall be in an enclosed, locked area accessible only to the registered qualifying patient or his or her personal caregiver(s), subject to 105 CMR 725.650. Marijuana shall not be visible from the street or other public areas.
- I. A registered qualifying patient or his or her personal caregiver(s) cultivating marijuana pursuant to a hardship cultivation registration shall adhere to industry best practices in the cultivation of marijuana plants and storage of finished product, and any standards specified by the Department.
- J. A registered qualifying patient and his or her personal caregiver(s) is prohibited from selling, bartering, giving away or distributing in any manner marijuana or paraphernalia.
- K. The Department may inspect the cultivation site of a registered qualifying patient with a hardship cultivation registration, or the cultivation site of his or her personal

caregiver(s), at any time. Acceptance of a hardship cultivation registration by a registered qualifying patient constitutes consent for such inspection of the cultivation site.

- L. A registered qualifying patient who received written certification of a debilitating medical condition from a physician prior to enactment of 105 CMR 725.000, or prior to the Department accepting applications for hardship cultivation registration, and who used that written certification as a limited cultivation registration, must apply for a hardship cultivation registration according to the procedures set out in 105 CMR 725.035(B) no later than January 1, 2014, if he or she intends to continue to cultivate marijuana; however the initial limited cultivation registration will remain valid until the application for the hardship cultivation registration card is approved or denied by the Department.
- M. After obtaining a hardship cultivation registration, a registered qualifying patient is responsible for notifying the Department, in a form and manner determined by the Department, within five business days after any change to the information that he or she or his or her personal caregiver(s) was previously required to submit to the Department.
- N. A registered qualifying patient with a hardship cultivation registration, or his or her personal caregiver(s) if applicable, must have the registration available at the site of cultivation. Such registration must be made available upon request of the Department or other government agency acting within their lawful authority.
- O. A registered qualifying patient with a hardship cultivation registration, or his or her personal caregiver(s) if applicable, is prohibited from purchasing marijuana from a RMD, provided however that such individuals may purchase seeds.

725.020: REGISTRATION OF PERSONAL CAREGIVERS

- A. To obtain a registration card for a personal caregiver, a qualifying patient shall submit, in a form and manner determined by the Department, the following:

1. The personal caregiver's full name, date of birth, address, telephone number, and email address if any, and a statement that the individual is at least 21 years of age;
 2. Full name, date of birth, and address of the qualifying patient for whom the personal caregiver will be providing assistance with the use of marijuana for medical purposes;
 3. A copy of the personal caregiver's driver's license, government-issued identification card, or other verifiable identity document acceptable to the Department;
 4. A statement of whether the caregiver will be cultivating marijuana for the patient, and at what address, if the patient is granted a hardship cultivation registration;
 5. Written acknowledgement by the personal caregiver of the limitations on his or her authorization to cultivate, possess, and dispense to his or her registered qualifying patient, marijuana for medical purposes in the Commonwealth;
 6. An attestation by the personal caregiver that he or she will not engage in the diversion of marijuana and that he or she understands that protections conferred by the Act for possession of marijuana for medical use are applicable only within Massachusetts; and
 7. Any other information required by the Department.
- B. An individual must be granted a registration card by the Department prior to serving as a personal caregiver for any registered qualifying patient.
- C. With respect to a personal caregiver who was registered with the Department prior to the effective date of 105 CMR 725.000, or prior to the Department accepting qualifying patient and personal caregiver registrations, his or her registered qualifying patient must apply for a registration card according to the procedures set out in 105 CMR 725.020(A) no later than January 1, 2014, unless otherwise specified by the Department; however the initial certification will remain valid until the application for the registration card is approved or denied by the Department.
- D. Except in the case of an employee of a hospice provider, nursing facility, or medical facility providing care to a qualifying patient admitted to or residing at that facility, or a visiting nurse, home health aide, personal care attendant, or immediate family

member of more than one registered qualifying patient, an individual may not serve as a personal caregiver for more than one registered qualifying patient at one time.

- E. A registered qualifying patient may designate up to two personal caregivers. If the registered qualifying patient has been granted a hardship cultivation registration, the personal caregiver(s) may cultivate marijuana on behalf of the registered qualifying patient at only one location. Cultivation pursuant to a hardship cultivation registration by a personal caregiver constitutes consent for such inspection of the cultivation site.
- F. A registered qualifying patient may add a second caregiver or change personal caregiver(s) by providing notification in a form and manner determined by the Department, and providing the information required in 105 CMR 725.020(A) for registration of personal caregivers.
- G. A personal caregiver may not receive payment or other compensation for services rendered as a personal caregiver other than reimbursement for reasonable expenses incurred in the provision of services as a caregiver, provided however that a caregiver's time is not considered a reasonable expense. In the case of an employee of a hospice provider, nursing facility, or medical facility, or a visiting nurse, personal care attendant, or home health aide serving as a personal caregiver, such person may not receive payment or compensation above and beyond his or her regular wages.
- H. A registration card will be valid for one year from the date of issue, and may be renewed, in a form and manner determined by the Department, by meeting the requirements in 105 CMR 725.020(A).
- I. After obtaining a registration card, the personal caregiver is responsible for notifying the Department, in a form and manner determined by the Department, within five business days after any change to the information that his or her registered qualifying patient was previously required to submit to the Department, or after the personal caregiver discovers that his or her registration card has been lost or stolen.
- J. A personal caregiver must carry his or her registration card at all times while in possession of marijuana.

725.025: RESPONSIBILITIES OF PERSONAL CAREGIVERS

A. A personal caregiver may:

1. Transport a registered qualifying patient to and from a RMD;
2. Obtain and transport marijuana from a RMD on behalf of a registered qualifying patient;
3. Cultivate marijuana on behalf of a registered qualifying patient who has obtained a hardship cultivation registration;
4. Prepare marijuana for consumption by a registered qualifying patient; and
5. Administer marijuana to a registered qualifying patient.

B. A personal caregiver may not:

1. Consume, by any means, marijuana that has been dispensed to or cultivated on behalf of a registered qualifying patient;
2. Sell, provide, or otherwise divert marijuana that has been dispensed to or cultivated on behalf of a registered qualifying patient;
3. Cultivate marijuana for the personal caregiver's own use, unless the personal caregiver is also a registered qualifying patient who has obtained a hardship cultivation registration;
4. Cultivate marijuana for purposes of selling or providing marijuana to anyone other than the registered qualifying patient; or
5. Allow a registered qualifying patient who is under 18 years of age to possess marijuana at any time when not in the presence of the personal caregiver.

C. An employee of a hospice provider, nursing facility, or medical facility serving as a personal caregiver for a registered qualifying patient admitted to or residing at that facility, or a visiting nurse, home health aide, or personal care attendant, may not cultivate marijuana for that patient.

D. Upon the death of a personal caregiver's registered qualifying patient, the personal caregiver must notify the Department within five calendar days.

