

TRILOGY

HEALTH • WELLNESS • COMMUNITY



As with all modern medicines, our understanding of cannabis and its benefits has deepened over time thanks to groundbreaking advancements in research and technology. At Trilogy Wellness, we believe patients can improve quality of life through the responsible use of medical cannabis. It is our mission to deliver compassionate, patient-centered care by providing direct access to affordable, consistent, and effective medical cannabis.

Today, 29 states and the District of Columbia have laws permitting cannabis for medical use as the legalization of medical cannabis continues to advance worldwide. Trilogy Wellness is committed to working with doctors and healthcare professionals to close the education gap between patients and providers by expanding knowledge and understanding of the benefits, risk, best practices and most effective ways of utilizing medical cannabis. Together, we can help patients achieve optimal wellness.

“

*Cannabis is the single most versatile herbal
remedy and the most useful plant on Earth.
No other single plant contains as wide a range
of medically active herbal constituents.*

”

~ Dr. Ethan Russo
Cannabinoid Research Institute

DISCOVERY OF THE ENDOCANNABINOID SYSTEM:

Between 1988 and 1993 scientists and researchers discovered cannabinoid receptors in the brain (CB1) and immune system (CB2) and endogenous cannabinoids produced throughout the body. The discovery of the endocannabinoid system (ECS) has impacted nearly every area of medicine, and sparked extensive studies into the pharmacological, biochemical, and clinical effects of cannabis.

Cannabinoid receptors are found primarily in neurons in the brain, spinal cord, and peripheral nervous system but are also prevalent in other organs and tissues including immune cells, the spleen, adrenal and pituitary glands, heart, lungs, kidneys, reproductive system, and urinary and gastrointestinal tracts. The hippocampus, cerebral cortex, cerebellum, basal ganglia, peri-aqueductal grey, rostral ventromedial medulla, certain nuclei of the thalamus and amygdala, and dorsal primary afferent spinal cord regions are abundant with CB1 receptors, which could explain cannabinoids' role in memory processing, motor control and pain modulation.

When a patient consumes cannabis, the cannabinoids bind to the CB1 receptors in our brain to mediate physical and psychoactive effects and to CB-2 receptors throughout the body regulating inflammation and immune response. The existence of this molecular system may explain why cannabis is helpful for such a versatile medicine.



QUALIFYING CONDITIONS FOR MEDICAL CANNABIS

The Maryland Medical Cannabis Commission lists qualifying medical conditions including, but not limited to:

- glaucoma
- cachexia
- anorexia
- wasting syndrome
- severe pain
- severe nausea
- seizures
- severe or persistent muscle spasms
- post-traumatic stress disorder (PTSD)
- and chronic pain



MEDICAL-GRADE CANNABIS

Medical-Grade cannabis is held to more rigorous standards throughout the growing, harvesting, and manufacturing phase. The Maryland Medical Cannabis Commission has regulations in place to ensure the plant is grown in a clean environment without the use of dangerous pesticides or non-organic fertilizers. Trilogy Wellness works with Maryland's top growers and processors to ensure quality control. All of the cannabis products we carry are lab-tested for contaminants, cannabinoid, and terpene content to ensure our patients are getting the best quality medicine.

HOW MUCH MEDICAL CANNABIS CAN A PATIENT POSSESS?

A patient can purchase no more than a 30-day supply. The patient can possess no more than 120 grams (approx. 4 oz) of dried cannabis flower or 36 grams of extracted THC (THC concentrate) unless a physician makes a special determination that a patient needs more.

INFORMED CONSENT & DISCUSSION OF SIDE EFFECTS

Cannabis use may affect cognition and coordination that could impair ability to drive, operate machinery, or engage in potentially hazardous activities. The patient must assume full responsibility for any harm resulting to himself and/or other individuals as a result of his use of cannabis. The physician and staff will not aid and abet the patient in acquiring cannabis. The physician and staff are neither providing cannabis, nor encouraging any illegal activity.

PATIENT CONFIDENTIALITY

The Health Insurance Portability and Accountability Act (HIPAA) requires that physicians and dispensaries protect patient privacy and confidentiality. Patient records are maintained by the doctor and the MMCC. Our database meets HIPAA standards to protect patient confidentiality and will never disclose any information without the patient's authorization.

REGISTERING AS A PROVIDER

Licensed physicians must register online as a “Certifying Provider” with the Maryland Medical Cannabis Commission in order to issue written certifications for medical cannabis to patients for treatment of a qualifying medical condition. Your initial registration is valid for two years or until your Maryland Board of Physicians license expires.

To complete and submit an online provider registration application via the **MMCC Registry website**, you will need:

1

A valid, accessible email account to be used as the principal means of communication regarding your account and its status.

2

Maryland Board of Physicians License Number (available from the Maryland Board of Physicians)

3

Controlled Dangerous Substances Registration Number (available from the Office of Controlled Substances Administration)

RECOMMENDING PATIENTS FOR MEDICAL CANNABIS

1

The patient must register through the Maryland Medical Cannabis Commission before a physician can provide a written certification for the patient.

2

A patient must visit a registered physician in-person. The physician will examine the patient, review medical records, and assess the patient's medical history to show evidence of the condition for which he/she is requesting the use of cannabis.

3

If the patient meets the physician's criteria for treatment with medical cannabis, the physician will issue a written certification and record that certification on the Maryland Medical Cannabis Commission's website.

4

The physician reviews the work-up and treatment plan for the qualifying condition and makes appropriate recommendations and referrals as in any other situation.

5

The physician documents the history of the presenting illness and provides the patient with follow-up care as needed.



THERAPEUTIC PROPERTIES

The safety profile of cannabis is well established and there are no known deaths due to cannabis use. Therapeutic properties of cannabinoids include anti-inflammatory, neuroprotective, analgesic, antispasmodic, antioxidant, antibiotic, anticonvulsive, antiviral, antifungal, bone formation stimulating, anxiolytic, antipsychotic, vasorelaxant, antidiabetic, antiproliferative, and anti-tumor.

Chronic pain accounts for nearly half of physician recommendations for medical cannabis followed by recommendations to help control nausea and vomiting induced by chemotherapy and other cancer treatments. Cannabis and cannabinoids may provide an alternative to analgesics, as well as anti-anxiety, anti-depressant, anti-panic, anti-obsessive-compulsive agents; gastrointestinal agents including antispasmodics and anti-inflammatory medications; migraine preparations; anticonvulsants; appetite stimulants; immunomodulators; muscle relaxants; multiple sclerosis management medications; glaucoma treatments; sedative and hypnotic agents; Tourette's syndrome agents; and anti-cancer agents.

Researchers are seeing trends that suggest the specific cannabinoid profiles of certain strains work best for particular indications. Patients will likely need to test out a few varieties in order to find the medicine that works best for them. Most eventually find 2-3 different strains that work well for different purposes, such as one for daytime and one for sleep. Trilogy's staff can help advise patients on which strains and products might be best suited to treat their symptoms.

DOSAGE & ADMINISTRATION

Every patient responds differently to cannabis. Cannabis is a self-titrated medication, and patients find they have vastly different dosing needs, even when treating the same condition. The effective dose must be left to each individual patient to find, but it is always best to "start low and go slow." Cannabis has a wide safety margin and thus there is virtually no risk of death by overdose.

The physician can make recommendations about methods of administration (inhalation- smoking, vaporizing; topical; oral- tinctures; ingestion; rectal) but the specific regimen will depend on the patient's careful experimentation. To better manage their timing and dosage, it is important that the patient understand basic information about the differences in cannabis metabolism by inhaled route (about one hour), versus ingested forms (about five hours).

Recommendations are only valid for 120 days, and patients may only obtain a thirty-day supply at one time. If the doctor decides that a patient needs a higher dosage than what the MMCC allows for a 30-day period, he/she can write a special permission.

“

THC is able to relieve stress and pain to a certain extent [which] could help us devise ... compounds [to] selectively boost the ability of the endocannabinoid system to regulate stress in the central nervous system and pain in the periphery. [This] is one of the most untapped and most fascinating areas of modern pharmacology.

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~ Daniele Piomelli, PhD

*Professor of Anatomy, Neurobiology,
Pharmacology and Biological Chemistry
at the University of California, Irvine*

PHYSICIAN RESOURCES

<http://cannabisclinicians.org/clinician-resources/>

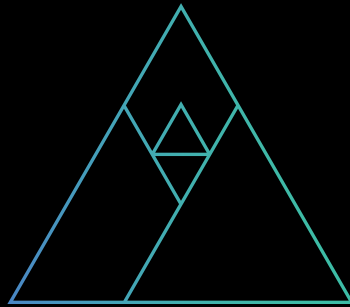
<http://cannabisclinicians.org/physician-education-opportunities-for-medical-cannabis/>

<http://cannabisclinicians.org/search-articles-by-medical-condition/>

<https://themedicalcannabisinstitute.org/>

<http://www.cannabis-med.org>

<https://doh.dc.gov/publication/biochemistry-pharmacology-medical-cannabis>



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Mon-Sat: 10AM - 7PM
Sunday: CLOSED