

8 HOUR AGENDA

8:00am - 9:10am	Cannabis History, Cannabis Myths vs Facts For centuries cannabis has been used to treat many medical conditions from child labor to burns, melancholy to treatment of various pains. The question of “Why did cannabis leave the pharmacopoeia” is addressed. Does cannabis use cause schizophrenia or psychosis or kill brain cells and lower IQ? Is cannabis a gateway drug or do statistics show it more as an exit drug for drug addiction? This is an excellent first step in learning factual information as you start the medical cannabis education.
9:10am - 9:55am	Endocannabinoid Physiology Why does one herb help with so many medical conditions? Enter the Endocannabinoid System. Learn how cannabinoid receptors have evolved over the last 600 million years. Pre-clinical models show endocannabinoid system activation causes antinociceptive effects in areas such as acute pain, persistent inflammatory pain and neuropathic pain. Cannabinoids inhibit tumor growth in multiple cell line xenografts such as melanoma, Leukemia and breast carcinoma just to name a few. Can better understanding of the endocannabinoid system help in almost all diseases affecting humans, including obesity/metabolic syndrome; diabetes and diabetic complication...and many other diseases?
9:55am - 10:25am	Clinical Endocannabinoid Deficiency: Focus on Migraine, Fibromyalgia, and IBS What if it was understood that all humans have an underlying “endocannabinoid tone” that is a reflection of levels of AEA and 2-AG, their production, metabolism, and the relative abundance and state of cannabinoid receptors. And for various reasons, over time that tone becomes deficient? From IBS to fibromyalgia to migraines...what if cannabis reduced the deficient or even stopped it?
10:40am - 11:40am	Introduction to Botanical Medicine Did you know that up to 50% of the approved drugs during the last 30 years are directly or indirectly from natural products? From ancient shamans to the middle of the 20th century herbs were used to deal with many medical conditions. The use of phytomedicines, as compared with isolated chemicals, may offer a safer clinical strategy in the treatment of many diseases. Does cannabis allow us an option to get back to a safer clinical strategy?
11:40am - 12:00pm	Phytocannabinoid Pharmacology It began with a plant called cannabis. Cannabis makes glandular trichomes, that in turn produce THC. THC, like the endogenous cannabinoids, binds to the CB1 and CB2 receptors, but that is not the full story. THC has other important physiologic effects, and many other phytocannabinoids are non-psychoactive yet therapeutic. The presentation covers the pharmacology of THC, CBD, CBN, CBC, THCV, CBDV, and more. Learn how the myths about cannabidiol have interfered with the potential benefits such as anticonvulsant, anti-anxiety, cytotoxic in breast cancer, anticancer, antidiabetic just to name a few. Cannabinoid pharmacokinetics relevant to clinical practice will also be covered.
12:00pm - 12:20pm	Cannabis Botany and Phytoconstituent Synergy Cannabis is a treasure trove of medicinal compounds with synergistic therapeutic effects. This lecture covers the clinically relevant properties of cannabis terpenes and flavonoids - and why they are essential to understanding the medical benefits of cannabis, and to differentiate the medical properties of cannabis chemovars? Learn how the different level of cannabinoids and terpenoids can be used to treat various medical conditions.
12:20pm - 1:15pm	Lunch: Q & A and Case Study
1:30pm - 2:30pm	Recommending Cannabis as a Medicine: Dosing and Delivery Medical cannabis attracts some of the most interesting, challenging, and medically refractory patients who need specific guidance on how to use this versatile medicine. Learn the practical dosing and delivery method strategies you need to develop individualized treatment plans for your patients. This lecture will clarify the peculiarities of cannabinoid medicine, such as bidirectional and non-linear dose-response effects, provide guidance for specific milligram dosing of various phytoconstituents, reverse cannabis tolerance, and more. After this lecture you will be prepared to help medical cannabis patients achieve maximal benefit with minimal side effects.
2:30pm - 3:00pm	Cannabis Toxicology, Side Effects, and Addiction Potential Any agent with the therapeutic potential of cannabis must also have a potential for adverse effects. Learn how to identify and avoid adverse effects in the clinical setting, recognize cautions and contraindications, and counsel patients on the emerging risks in a rapidly evolving cannabis marketplace.
3:15pm - 4:00pm	Cannabis and Impairment Effects of cannabis in the brain are undeniably the root of human attraction and aversion – both – to this plant that has been cultivated and utilized as medicine for longer than any historical record. Where is the line between helpful effects and negative effects on every day life? The discussion will address questions such as “are there long lasting negative effects when one starts use of cannabis as a teen or young adult”... “what does research show about cannabis use and driving impairment”?
4:00pm - 5:00pm	Q&A

Disclaimer: Earn up to 8 hours of continuing education credit. This activity is intended for physicians, pharmacists, advanced practice and registered nurses. This event is jointly provided by University of Pittsburgh School of Medicine, UPMC, Extra Step Assurance and Integr8 Health, LLC.

For more information call 833.322.8765 or email Info@CannabisExpertise.com