

• What's New at MediCann •

MediCann Continues to Grow...

Since our last issue, MediCann has opened in San Jose, Reseda, Concord, and, on September 18th, in Eureka. Closer locations to you mean less money wasted at the pump and a healthier environment for us all. Enjoy!

In September, MediCann's Ukiah office will stay open 6 days a week to offer you alternative medical services. Ukiah's clinic will feature Wendy Black, certified Colon Hydrotherapist. Colon Hydrotherapy is a helpful therapeutic procedure for detoxifying your body, alleviating abdominal pain, or almost any illness.

Coming this Winter, digital records! Have you ever forgotten what advice your doctor gave you? As a MediCann patient, you have no worries. Just log on to our website to view your own medical records. How revolutionary!

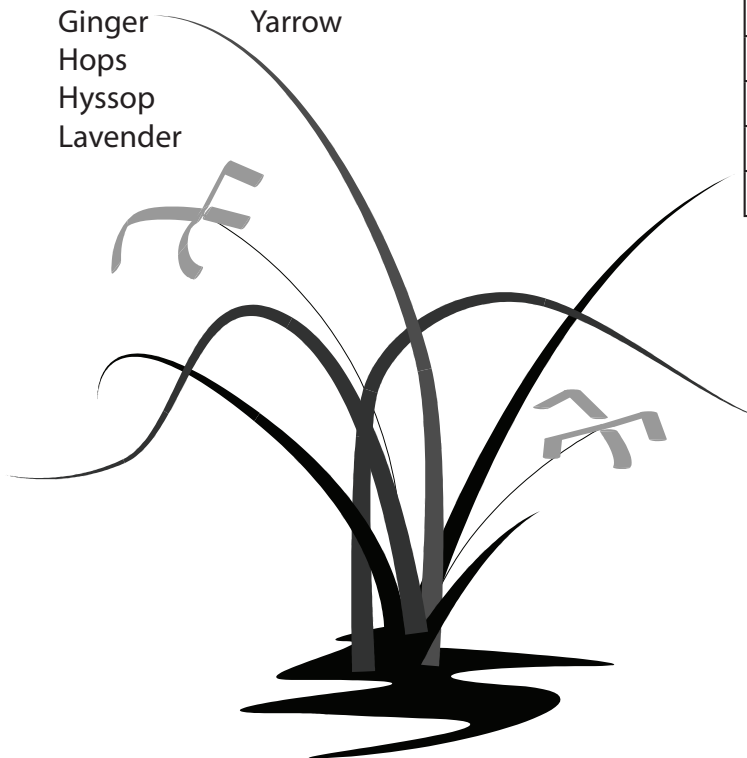
• Herb Search •

- Alfalfa
- Aloe
- Barley
- Cumin
- Dill
- Echinacea
- Fennel
- Garlic
- Ginger
- Hops
- Hyssop
- Lavender
- Mustard
- Nettles
- Oak
- Psyllium
- Ragwort
- Saffron
- Vitex
- Woodruff
- Yarrow

R	C	B	K	P	O	S	S	Y	H	T	R
C	K	N	D	A	A	F	V	E	G	V	E
F	F	U	R	D	O	O	W	I	F	M	Y
E	A	C	A	A	D	G	N	L	T	A	H
N	L	O	T	N	G	G	A	I	R	E	I
N	F	R	S	O	E	W	L	R	M	M	X
E	A	E	U	R	D	T	O	D	L	U	L
L	L	D	M	F	D	W	T	R	I	I	C
L	F	N	U	F	R	E	A	L	T	L	C
S	A	E	C	A	N	I	H	C	E	Y	L
B	L	V	R	S	L	G	H	O	P	S	A
S	T	A	O	M	L	O	N	A	I	P	I
Y	E	L	R	A	B	F	E	U	F	I	L

• Solution •

L	E	L	I	F	U	F	E	B	V	A	R	F	E	L	F	I	L
S	T	A	O	M	L	O	N	A	I	P	I	S	T	A	O	M	L
B	L	V	R	S	L	G	H	O	P	S	A	B	L	V	R	S	L
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E	A	C	A	A	D	G	N	L	T	A	H	E	A	C	A	A	D
F	F	U	R	D	O	O	W	I	F	M	Y	F	F	U	R	D	O
C	K	N	D	A	A	F	V	E	G	V	E	C	K	N	D	A	A
R	C	B	K	P	O	S	S	Y	H	T	R	R	C	B	K	P	O




SUMMER 2008

TODAY



Hello Friends! By Jean Talleyrand M.D.

Hello Friends,

I'm proud to announce that MediCann has reached the 100,000 patient seen mark. We are very proud of this accomplishment. We see it as the success story of MediCann, its patients and our community. Our patients have taken that brave step forward in declaring that marijuana eases their ailments. Cannabis is being chosen as the safer alternative to pain pills, aspirin and other non-steroidal anti-inflammatory (NSAIDs) pills. Cannabis also alleviates anxiety, elevates a depressed mood and eases an addict's cravings. The international scientific community continues to show how remarkable cannabinoids are in alleviating many different illnesses; likely due to its anti-inflammatory properties. Our community benefits from the medical marijuana movement in many significant ways, but one stands out. Marijuana reduces our need for pharmaceutical medicines. This is a very positive conclusion in the aftermath of the recurrent negative realization that iatrogenic (e.g. from the institutions of medicine) causes are one of the leading causes of deaths in the U.S. More patients realize that, although they are not as strong, herbal medicine can be used to prevent illnesses, instead of waiting until the disease takes over. Plants are taken as teas or tinctures and used topically in ointments or salves. Used correctly, plants are mild in nature, with relatively few adverse side-effects. Using a medicinal plant requires a conscious shift toward wellness and prevention in lieu of the current treatments and surgeries that our traditional medicine prescribes. MediCann promises to be a leader in the herbal movement and to bring to our community information about the medicinal value of plants, including marijuana. In our view, this is the best way to inspire health and wellness for everyone. ... Yours in health.

Jean Talleyrand, M.D.
President,
MediCann, Inc.

• Carpal Tunnel Syndrome •

With technology being a growing part of everyday life, it's no wonder that repetitive strain injuries are on the rise. One common repetitive strain injury: carpal tunnel syndrome. Carpal tunnel syndrome is a painful, progressive condition caused by the compression of a key nerve in the wrist. It causes pain, tingling, and numbness, primarily in the thumb, index and middle fingers. There are many contributing factors to carpal tunnel syndrome, such as sprain, fracture, rheumatoid arthritis, and of course, repetitive movement or strain.

To diagnose carpal tunnel syndrome, a patient usually has each finger tested for sensation, then undergoes additional testing to produce the symptoms of carpal tunnel, such as the Tinel test, where a doctor presses on the median nerve in the wrist to see if the patient experiences any tingling or numbness. Shock tests can also be administered, where electrodes are affixed and the speed with which the nerve transmits electricity is measured. An ultrasound or MRI can also be administered.

1.866.632.6627 (appointment line)
www.medicannusa.com

It is important to diagnose carpal tunnel syndrome early. Doctors generally advise patients to avoid the activities that may worsen symptoms and resting the affected wrist for two weeks.

(cont. from pg. 1) Sometimes complete immobilization of the affected wrist is required. There are multitudes of ways to treat carpal tunnel syndrome, many of them non-surgical. Oral diuretics can help minimize swelling or cortisone can be injected into the wrist to relieve pressure. Other methods of treatment are acupuncture, chiropractic care, or arm exercises under the instruction of a qualified occupational therapist.

For many carpal tunnel syndrome sufferers, these methods do not always provide the level of pain relief they need. Many of these sufferers resort to medical marijuana, also known as MMJ. MMJ can help relieve pain in the musculoskeletal system, providing relief from numbing muscle and nerve pain, allowing patients to relax and get much needed rest.

Patients have many choices on their method of delivery of marijuana. It can be smoked, inhaled, rubbed on as an ointment or cream, eaten, or taken in pill form. It is also available in a less common liquid form known as a tincture. Whatever the ailment may be, MMJ is becoming more and more popular amongst individuals for pain relief, nausea, and numerous other symptoms.

MMJ in Legislation

On May 28, the California Assembly approved legislation that would protect medical marijuana patients from employment discrimination authored by Assemblyman Mark Leno and sponsored by Americans for Safe Access. The bill is now ready for the Senate.

In other news, Federal agents have raided more than 150 medical marijuana patients and providers in California, and have prosecuted many of them. On Wednesday, July 2, the Senate approved a resolution urging the federal government to end their raids. SJR 20, sponsored by Sen. Carole Migden, passed the floor of the Senate and the Assembly will take up SJR 20 sometime after it convenes from its summer recess in August.

In a case brought by the counties of San Diego and San Bernardino against San Diego NORML and others, California's Fourth district court of appeal ruled today that the federal Controlled Substances Act does not preempt California's medical marijuana ID card program. Citing the federal supremacy clause, the counties sued rather than implement the ID card program, which was enacted by the California legislature in 2003 as part of SB420.

In a unanimous opinion authored by Justice Alex McDonald, the court ruled, "We conclude the identification card laws do not pose a significant impediment to specific federal objectives embodied in the CSA [federal Controlled Substances Act]. The purpose of the CSA is to combat recreational drug use, not to regulate a state's medical practices." It also ruled, "Congress does not have the authority to compel the states to direct their law enforcement personnel to enforce federal laws."

The Second District of California Court of Appeals ruled that the state limits on medical marijuana possession and cultivation established under state law SB 420 are unconstitutional. The Court

validated the long-standing view of California NORML and other Prop 215 advocates that the SB 420 limits are unconstitutional. Cal NORML attorneys have successfully argued the point in several lower court cases, but this is the first time it has been addressed by an appellate court.

St. Johns Wort

Persistent sadness, restlessness, irritability and fatigue can all be signs of depression. Depression affects nearly 21 million American adults each year. With such a high rate of depression many people are seeking alternative methods for treatment.

One widely known method of treatment is an herbal remedy hypericum perforatum, or St. John's Wort.

There are theories that this herb may work by preventing nerve cells in the brain from reabsorbing serotonin, or by reducing levels of protein involved in the body's immune system functioning. It has been used for centuries to treat mental disorders, nerve pain, and symptoms of pre-menstrual syndrome. It has also been used as a balm for burns, wounds and insect bites and even as a sedative and treatment for malaria.

St. Johns Wort comes in many other forms: capsules, tablets, liquid extracts, and even teas. Even though it is not a prescription drug, it is one of the most commonly used herbal supplements.

People with minor depression receive the maximum benefits from the herb, but has also appeared to produce fewer side effects than some standard antidepressants, so it can be beneficial to major depression sufferers as well. It is also used for anxiety and sleep disorders.

Studies are currently being conducted to prove the effectiveness of the herb on obsessive compulsive disorder, also known as OCD.

St Johns Wort decreases the effectiveness of oral contraceptives, and may interact with other medications you may be taking, so always consult your physician before taking any herbs or supplements.

Depression is a matter that should not be taken lightly. Contact your local healthcare provider if you feel you or someone you know may be suffering from depression.



Patient Testimonial

by Anonymous

Last year I was preparing for our annual family snow trip. We've done this trip every year since I was little. I'm packed and the day finally comes when it's time to take off for our cabin nestled in the beautiful setting of Tahoe, California. So we make our way up there, and it's day one.

The snow conditions are excellent and everyone is having a great time. It's mid-week so the slopes aren't crowded, and my sister in law even brought the new baby along. "This trip couldn't get any better", I thought, and boy was I right. The third day of our trip I noticed that my urine is a bit darker than usual. Having had a history of urinary tract infections, I realized I better up my water intake. I probably should get on antibiotics, but decide to try and flush my system out and not have to cut such a lovely trip short.

That night, at about 5am, I wake up in excruciating pain. The lower right side of my back aches so badly, no matter what position I lay in, I just can't kill the pain. I even try some ibuprofen. No luck.

Finally, I fall back to sleep. When I wake up in the morning, it's not any better. Everyone is getting ready to hit the slopes, but I tell them that I'll pass, that I must have stressed my back the day before and I'm going to rest. I'm pretty bummed at this point as it is an excellent day to hit the slopes.

Lunchtime rolls around and everyone is piling back into the cabin. By now my back pain isn't getting any better and I'm starting to feel a little queasy. So I pack up my bags, and bid a farewell to my family, cutting my trip short by two days. If I can just get home and into my bed, maybe things will get better.

I arrive home Saturday evening and Sunday morning I awake feeling a bit better. The nausea is gone, and the pain in my back is dull so I go about my day. A few hours later, a friend and I decide to go and see a movie. I notice that it's pretty cold inside the deserted theater, but I figure it must be due to the lack of moviegoers that evening.

About an hour and a half into the movie, I start shivering. We both had remarked when we arrived that the theater was kept a bit cool, so I sum my chills up to me being a wimp. I get home from the movie and I still can't shake off the chill so I take a nice hot bath. It feels great, and I almost fall asleep in the water but the minute I get out, the chills are back. I head to bed and spend the entire night tossing and turning, throwing blankets off, then freezing and pulling them back on.

Then at four AM I head to the bathroom and toss my cookies. I decide maybe it'd be a good idea to head to the ER. It doesn't take long for the ER staff to tell me that I have a kidney infection and that I'll be staying in the hospital for a few days. And what



an experience that was. Hospital stays are very depressing. All these people dying around you and you are confined to a hospital bed that resembles a jail cell.

After just two days in there, I'm so depressed I am about ready to check myself out of the hospital. But I tough it out for another day and a half and they finally send me home with pain medication and antibiotics.

I'm home now but I still can't shake these sad feelings I'm having. I feel worthless, and on top of it I'm still feeling very nauseous and my back still aches. There doesn't seem to be anything I can do to shake the nausea either, which means I can't eat and will never get better.

My friend comes over to try and cheer me up and mentions that one of his friends just started using medical marijuana for nausea that she'd been experiencing from chemotherapy treatments. I tell him that I could never do that, that smoking pot is illegal. But after he leaves that night I begin to wonder if it might just be worth it to feel a little better. After all, I don't want to end up in the hospital again.

The next day I call my friend and we head out to get me a pot recommend. The guy working the counter at the dispensary shows me all of the different forms of pot that there are: edibles, inhalants, and some others. I decide that I'm really not comfortable with smoking it and that since I really LOVE chocolate, I will go with edibles. I get some peanut butter cups and take them home.

So in the privacy of my own home, I eat one of these delicious treats. About an hour later I'm starting to get a little hungry, and I notice I'm not nauseous anymore. I'm thinking, "Wow this stuff really works!" My friend even notices that I'm not hunched over from my back pain anymore. I think to myself, "Why didn't I do this a long time ago?"