DocMJ is proud to offer world-class personalized care to our patients. Our doctors and staff, are here to support you in finding the most effective treatment. One way is by offering this journal to help you track your medication use and its effectiveness. Having a log helps your doctor evaluate what products work for you. This helps keep our promise of a safe and personal experience and makes it possible for your doctor to individualize care based on your recorded benefits.

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Patient Name

Patient ID Number

Physician Renewal Date

Card Renewal Date

*Schedule an appointment with DocMJ 30 days prior to your renewal date to avoid a lapse in your eligibility.
The medical benefits of marijuana have been documented for thousands of years, but it is only in the past few decades that science and medicine have started to scratch the surface of how this medicine works and the incredible benefits these plants can provide. By using this journal to log your experiences, you and your physician will be able to personalize your treatment and achieve the most relief possible.
Marijuana contains hundreds of cannabinoids, of which there are two primary compounds that are active and have medicinal properties.

Tetrahydrocannabinol (THC) is the more well-known cannabinoid that gives a psychotropic “high” feeling, but it also has been shown to have numerous medicinal effects when taken with the other cannabinoids in the plant. These effects include pain relief, reduction in inflammation, drowsiness, sense of well being, and appetite stimulation. Many patients report significant improvement in regard to chronic pain relief, nausea, mental health including anxiety, increased appetite, anti-convulsant, anti-inflammatory, and other therapeutic effects.

When you think of THC, think immediate symptom relief.

Cannabidiol (CBD) is another cannabinoid, but provides therapeutic benefits without producing psychotropic effects. Our knowledge of CBD and its medicinal benefits have exponentially increased over the past few years, with more therapeutic uses becoming apparent, as research has broadened. CBD has been associated with reducing inflammation, seizure frequency, muscle spasms, anxiety and pain.
WHAT TO LOOK FOR WHEN NAVIGATING THE DIFFERENT PRODUCTS?

INDICA STRAINS
Indica strains have a relaxing, sedative effect, often used to:
- Reduce stress
- Relieve pain
- Limit anxiety

Indica strains are a bush plant that can grow between 3 and 6 feet tall and are suitable for growing indoors.

Indica strains are sedatives/relaxants and are effective for treating the symptoms of medical conditions such as anxiety, chronic pain, insomnia, muscle spasms and tremors.

SATIVA STRAINS
Sativa strains have an uplifting effect
- Improved mood
- Stimulant effect
- Alertness and optimism

Sativa strains grow tall and thin - the plant can grow up to 20 feet in and outside garden.

Sativa strains are more of a stimulant, and are effective in appetite stimulation, relieving depression, migraine pain, chronic pain and nausea.

HYBRID STRAINS
Hybrid strains offer a mix of effects, combining the traits they inherited from their parent strains. Hybrids are known to:
- Limit anxiety inducing effect of sativa strains
- Limit sedating effects of indica strains
- Chronic pain relief

Hybrids that carry effects from both Strains. By combining the strains you can reduce some of the unwanted symptoms of either strain while maintaining the benefits of each parent strain.

Of the roughly 779 strains, over half of them are hybrids.
### PATIENT RECOMMENDATIONS

1. For patients with no cannabis experience, start with heavily weighted CBD products and lowest strength of milligrams; generally, around 5-10 milligrams for most products.

2. If using sublingual (under tongue) or oral routes, do not re-dose for at least 6 hours.

3. If using a vaporizer, do not re-dose for at least 4 hours.

4. If using a vaporizer, a 3 second inhalation delivers approximately 1.5 mg.

<table>
<thead>
<tr>
<th>Method</th>
<th>Vaporizing/ Metered Dose Inhaler</th>
<th>Oral</th>
<th>Sublingual</th>
<th>Topical/ Patch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onset (min)</td>
<td>~5</td>
<td>~60 - 80</td>
<td>~15 - 40</td>
<td>~30 - 90</td>
</tr>
<tr>
<td>Duration (h)</td>
<td>~2 - 4</td>
<td>~4 - 6</td>
<td>~4 - 6</td>
<td>~8 - 72</td>
</tr>
<tr>
<td>Advantages</td>
<td>Rapid onset advantageous for acute or episodic symptoms (nausea/muscle spasms/pain)</td>
<td>May be more advantageous for chronic disease/symptoms due to longer duration.</td>
<td>Onset more rapid than oral method. Can have longer duration of action compared to inhalation. Improved bioavailability compared to oral.</td>
<td>Less systemic effect, good for localized symptoms.</td>
</tr>
<tr>
<td>Disadvantages</td>
<td>Dexterity required, Inhalation technique results in varying amounts.</td>
<td>Titration challenges due to delayed onset. Absorbed more slowly &amp; less bio-availability.</td>
<td>Absorption may be more unpredictable compared to other methods.</td>
<td>Local effect Very slow absorption.</td>
</tr>
</tbody>
</table>

### RECOMMENDED DOSING

<table>
<thead>
<tr>
<th>Method:</th>
<th>VAPE</th>
<th>VAPE</th>
<th>ORAL</th>
<th>ORAL</th>
<th>SUBLINGUAL</th>
<th>SUBLINGUAL</th>
<th>INHALER 1:1</th>
<th>TOPICAL</th>
<th>TRANSDERMAL PATCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dose:</td>
<td>3-5 Inhales</td>
<td>2 Inhales</td>
<td>Start at 10mg</td>
<td>Start at &lt;5mg</td>
<td>Start at 10mg</td>
<td>Start at &lt;5mg</td>
<td>2 Inhalers</td>
<td>Apply to affected area</td>
<td>Apply patch as instructed</td>
</tr>
<tr>
<td>Frequency:</td>
<td>3-5 Times/Day</td>
<td>3-5 Times/Day</td>
<td>Min. 2 Times/Day</td>
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There are two product types to consider when selecting your medication; high CBD to THC products or low CBD to THC products.

1.) High weighted CBD to THC products (such as the following CBD:THC ratios; 12:1, 5:1, 1:1) have a lower risk of psychoactive effects and are used to relieve the following symptoms:

- Inflammation
- Anxiety
- Seizures
- Chronic Pain
- Muscle Spasms

2.) Low weighted CBD to THC products (such as the following CBD:THC ratios; 1:12, 1:5, 0:1) have psychoactive effects and are used to relieve the following symptoms:

- Inflammation
- Nausea
- Appetite Stimulation
- Chronic Pain
- Insomnia

The statements, charts, and guidance in this journal are not intended for medical advice nor to be relied upon, or a substitute for, professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

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Onset of Effects (minutes): ___________
Duration of Effects: ________________

Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure Reduction ☐ Focused ☐ Muscle Relief
☐ Reduced tremors ☐ Creative ☐ Intestinal Relief
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☐ Reduced Anxiety ☐ Anti-Inflammatory
☐ Increased Appetite ☐ Other________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
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Overall Outcome
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<td>☐ Drowsy ☐ Anxiety ☐ Paranoia</td>
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☐ Other

Approximate Dosage: ___________________
Onset of Effects (minutes): _____________
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Beneficial Effects:
☐ Pain Relief ☐ Energy ☐ Seizure
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☐ Sedative ☐ Anti-Depressant
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☐ Increased Appetite ☐ Other___________

Negative Effects:
☐ Dry Mouth/Eyes ☐ Dizziness ☐ Nausea
☐ Drowsy ☐ Anxiety ☐ Paranoia
☐ Headache ☐ Other___________

Overall Outcome

1 2 3 4 5 6 7 8 9 10

Notes: ________________________________
OUR LOCATIONS

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1256 E Brandon Blvd, Brandon, FL 33511

Clearwater
24761 US Highway 19N, Suite 640, Clearwater, FL 33763
&
2433 Gulf to Bay Boulevard, Suite 102, Clearwater, FL 33765

Daytona Beach:
140 S Beach St, Suite 416, Daytona Beach, FL 32114

Ft. Lauderdale:
1919 NE 45th St, Suite 117. Fort Lauderdale, FL 33308

Ft. Myers:
13971 N Cleveland Ave, #17, North Fort Myers, FL 33903

Gainesville:
3400 SW 34th Street, Gainesville, FL 32608

Jacksonville:
3117 Spring Glen Road, Suite 404, Jacksonville, FL 32207
&
9901 San Jose Boulevard Jacksonville, FL 32257

www.DocMJ.com  888.908.0143
Kissimmee:
1670 Pleasant Hill Rd, Kissimmee, FL 34746

Miami:
18366 NW 47th Ave, Miami Gardens, FL 33055

New Port Richey:
5623 US Hwy 19, Unit 107, New Port Richey, FL 34652

Orlando:
1221 W Colonial Dr, Suite 103, Orlando, FL 32804

Panama City:
219 Forest Park Circle, Panama City, FL 32405

Pensacola:
3119 N Davis Hwy, Pensacola, FL 32503

Sarasota:
2831 Ringling Blvd, Suite 116D, Sarasota, FL 32437

St. Petersburg:
8435, Unit C, 4th St, N, St. Petersburg, FL 33702

Tallahassee:
800 Capital Circle SE Unit 10, Tallahassee, FL 32301
&
1902 Thomasville Rd Tallahassee, FL 32303

Tampa:
1419 W Waters Ave, Suite 113, Tampa, FL 33604
&
4306 S. Dale Mabry Hwy., Suite B, Tampa, FL 33611

The Villages:
Oakland Hills Professional Center, 13940 US-441 #902, The Villages, FL 32159

West Palm Beach:
801 Northpoint Pkwy, West Palm Beach, FL 33401

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