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TEXAS

Patient Guidebook



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SECTION ONE: Compassionate Use Registry of Texas

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.

COMPASSIONATE USE REGISTRY OF TEXAS

GETTING APPROVED

Once approved by your provider, your prescription will be added to the Compassionate Use Registry of Texas (CURT). You will receive an email with the details of your prescription within 24-48 hours and be able to purchase medication right away.

There is no application or fee paid to the state. You will not receive a physical medical marijuana card. You will not need to bring a copy of your prescription to your nearest dispensary - they will already have it on file.

CURT FAQs and more:

<https://www.dps.texas.gov/section/compassionate-use-program>













SECTION TWO:
Cannabis
Education

CANNABIS EDUCATION

STRAIN DIFFERENCES

Strain	Effect	Recommended For
INDICA	<ul style="list-style-type: none"> • Relaxing • Sedative 	 Stress  Anxiety  Insomnia
SATIVA	<ul style="list-style-type: none"> • Focus • Uplifting 	 Nausea  Chronic Pain  Migraines
HYBRID	<ul style="list-style-type: none"> • Reduces unwanted side effects of both Indica and Sativa 	 Limit anxiety inducing effects of sativa strains  Limit sedating effects of indica strains



CANNABIS EDUCATION

TERPENES

What are they?

Terpenes are aromatic oils in cannabis, found in trichomes alongside cannabinoids like THC and CBD. With over 200 identified, they shape the unique scents and flavors of strains, such as sweet notes in Wedding Cake or skunky myrcene-rich aromas. Terpenes also attract pollinators, repel predators, and offer therapeutic benefits like pain relief.

How do they work?

Terpenes provide therapeutic effects like sedation (myrcene), pain relief (caryophyllene), and bronchial dilation (pinene). Cannabis Certificates of Analysis (COAs) detail terpene profiles, highlighting the “entourage effect,” where terpenes and cannabinoids synergize for stronger, longer-lasting benefits.



Condition	Terpenes	Strains
PTSD	Limonene, Beta-caryophyllene, Linalool	OG Kush, Northern Lights
Epilepsy/Seizure Disorders	Linalool, Myrcene	Birthday Cake, Blue Dream
Parkinson's Disease	Limonene, Pinene, Caryophyllene	Blue Dream, Jack Herer
Multiple Sclerosis (MS)	Caryophyllene, Limonene, Linalool	Sour Diesel, GSC
Crohn's Disease	Myrcene, Caryophyllene, Limonene, Terpinolene	OG Kush, ACDC
Glaucoma	Limonene, Pinene, Myrcene	Sour Diesel, Northern Lights
Chronic Muscle Spasms	Linalool, Pinene, Caryophyllene, Limonene	OG Kush, Sour Diesel
HIV/AIDS	Limonene, Myrcene	Northern Lights, Charlotte's Web
Amyotrophic Lateral Sclerosis (ALS)	Myrcene, Pinene, Caryophyllene	Charlotte's Web, Jager, Larry OG
Cancer	Limonene, Caryophyllene, Linalool	Fire OG, OG Kush
Chronic Nonmalignant Pain	Caryophyllene, Limonene, Linalool, Myrcene	Skywalker, Mars OG, Granddaddy Purple

CANNABIS EDUCATION

CBD



What is it?

CBD (cannabidiol) is a non-intoxicating compound from the cannabis plant, commonly used to treat pain, anxiety, and seizures. While most cannabis strains are high in THC, some are bred for higher CBD levels. CBD can be smoked as flower but is more often extracted for oils, edibles, and vape products.

How does it work?

CBD interacts with the body's endocannabinoid system to help regulate mood, sleep, pain, and immune response, promoting balance without causing a "high" like THC. It's commonly used for stress relief, better sleep, pain management, and overall wellness, offering natural, calming benefits.



SECTION

THREE:

Your

Prescription

YOUR PRESCRIPTION INTAKE METHOD DETAILS

Method	Oral	Sublingual	Topical/ Patch
Onset (min)	~60 - 80	~15 - 40	~30 - 90
Duration (h)	~4 - 6	~4 - 6	~8 - 72
Advantages	May be more advantageous for chronic disease/symptoms due to longer duration.	Onset more rapid than oral method. Can have longer duration of action compared to inhalation. Improved bioavailability compared to oral.	Less systemic effect, good for localized symptoms.
Disadvantages	Titration challenges due to delayed onset. Absorbed more slowly & less bioavailability.	Absorption may be more unpredictable compared to other methods.	Localized effect, very slow absorption.

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

The background of the page is a complex, abstract geometric pattern. It consists of various shapes in two shades of teal: a lighter, vibrant teal and a darker, forest green. The shapes include circles, squares, triangles, and rectangles, some of which are partially cut off by the edges of the page. Some shapes are solid, while others are hollow or have internal lines. The overall effect is a dense, rhythmic, and modern aesthetic.

**SECTION
FOUR:**
Resources

RESOURCES

HELPFUL LINKS

Please keep in mind that DocMJ is not affiliated with any organizations or dispensaries. We are your Medicinal Cannabis provider and advocate for all dispensaries.

Beneficial Websites:

[Connect With Our Community](#)

DocMJ Patient Forum

www.FB.com/groups/DocMJPatientSupport

DocMJ patient group



BOOKING YOUR FOLLOW-UP EXAM

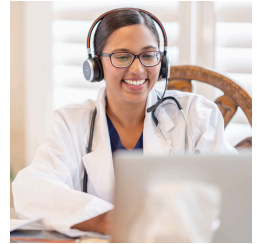


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