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WEST VIRGINIA



# Patient Guidebook

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# SECTION ONE: Office of Medical Cannabis

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.

# OFFICE OF MEDICAL CANNABIS GETTING APPROVED

Once approved by your physician, you will receive a link to the state registration portal to apply for your medical cannabis card.

You will need to register for an account if you do not already have one. This requires your SSN and date of birth. Sign up in the portal and verify your account prior to beginning application.

A fee of \$50 is required via money order when submitting your application, with financial assistance available for those who qualify. The state will review your application within 30-60 days, with updates via email. Once approved, you will be sent a digital card, which you must present when purchasing medication. Your card is valid for one year.

## Registry FAQs and more:

**<https://omc.wv.gov/rules/FAQ/Pages/default.aspx>**













**SECTION TWO:**  
Cannabis  
Education

# CANNABIS EDUCATION

## STRAIN DIFFERENCES

Strain	Effect	Recommended For
<b>INDICA</b>	<ul style="list-style-type: none"> <li>• Relaxing</li> <li>• Sedative</li> </ul>	 Stress  Insomnia  Anxiety
<b>SATIVA</b>	<ul style="list-style-type: none"> <li>• Focus</li> <li>• Uplifting</li> </ul>	 Nausea  Chronic Pain  Migraines
<b>HYBRID</b>	<ul style="list-style-type: none"> <li>• Reduces unwanted side effects of both Indica and Sativa</li> </ul>	 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:**

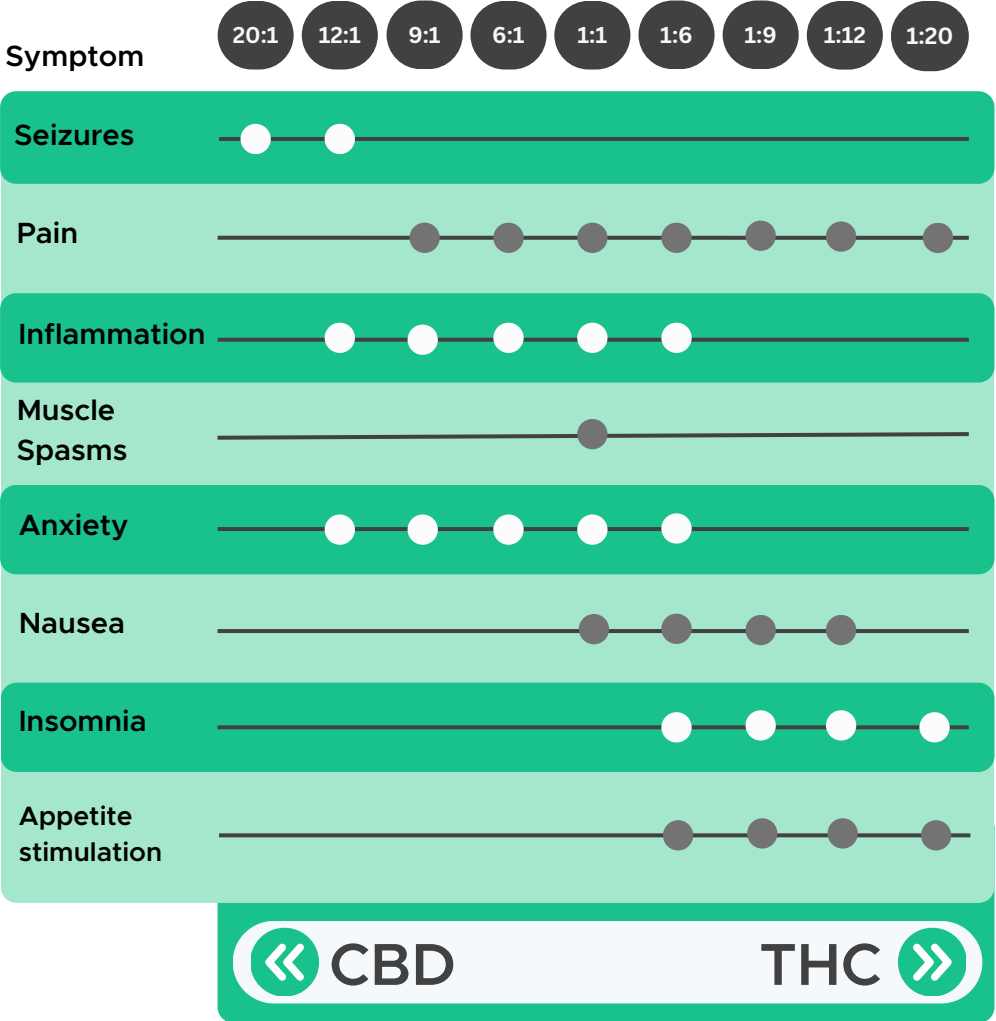
Your

Recommendation

YOUR RECOMMENDATION

# RECOMMENDED RATIOS

## CBD : THC RATIO



# YOUR RECOMMENDATION

## INTAKE METHOD DETAILS

Method	Vaping/ Inhaled	Oral	Sublingual	Topical/ Patch
<b>Onset (min)</b>	~5	~60 - 80	~15 - 40	~30 - 90
<b>Duration (h)</b>	~2 - 4	~4 - 6	~4 - 6	~8 - 72
<b>Advantages</b>	Rapid onset advantageous for acute or episodic symptoms (nausea/ muscle spasms/ pain).	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.
<b>Disadvantages</b>	Dexterity required, inhalation technique results in varying amounts.	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.
- If using a vaporizer, do not re-dose for at least 4 hours.
- If using a vaporizer, a 3 second inhalation delivers approximately 1.5 mg.



**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 Doctor and advocate for all dispensaries.

## Beneficial Websites:

### [Connect With Our Community](#)

DocMJ Patient Forum

[www.FB.com/groups/DocMJPatientSupport](https://www.FB.com/groups/DocMJPatientSupport)

DocMJ patient group

### [Office of Medical Cannabis Info Page](#)

Patient information and state resources





# BOOKING YOUR FOLLOW-UP EXAM

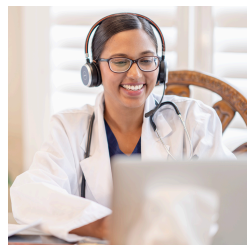


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