

# Understanding Medical Cannabis

*For educational purposes only — not medical advice*

## What Is Medical Cannabis?

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Medical cannabis comes from the *Cannabis sativa L* plant and contains compounds called **cannabinoids**, such as:

- **THC** (causes a “high”)
- **CBD** (non-intoxicating)

It may help relieve symptoms like **pain**, **nausea**, and **muscle tightness**.

## Hemp vs. Marijuana

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- **Hemp**: ≤0.3% THC; legal under the 2018 Farm Bill
- **Marijuana**: >0.3% THC; used for medical/recreational purposes

## Key Cannabinoids

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### THC (TETRAHYDROCANNABINOL)

- Psychoactive; affects pain, appetite, nausea
- Types include:
  - **Delta-9**: Most common, strongest
  - **Delta-8 & Delta-10**: Milder, often manufactured from hemp CBD

**⚠️** Delta-8 & Delta-10 products are **not regulated** by the SD Medical Cannabis Program.

### CBD & OTHER CANNABINOIDS

- Non-intoxicating
- Being studied for potential effects on anxiety, pain, and seizures

## How Cannabis Affects the Body

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Cannabinoids interact with your endocannabinoid system (ECS) — which helps regulate:

-  Pain
-  Mood
-  Sleep
-  Appetite
-  Immune response

### RECEPTORS:

- **CB1** (brain/central nervous system): Affected by THC
- **CB2** (immune system): No “high”; researched for non-intoxicating therapies

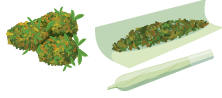
# Legal Types of Medical Cannabis Products

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Each type varies in how fast it works and how long it lasts.

## Inhaled (flower, vape pens)

- Fast-acting (minutes)
- May carry lung risks



## Ingested (edibles, capsules, oils)

- Slower onset (30–120 mins)
- Longer-lasting effects



## Topical (creams, patches)

- Local relief, non-intoxicating
- Onset: 10–60 mins



## Mucosal (tinctures, sprays)

- Under tongue or cheek
- Onset: 15–45 mins
- Allows controlled dosing



# Medical Cannabis in South Dakota

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- Legal for qualifying conditions under SDCL 34-20G
- Overseen by the SD Medical Cannabis Program
- Products must meet strict rules for testing, tracking, and provider certification

## Important Notes

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- Effects vary widely between individuals
- Start-low-and-go-slow is a common dosing approach
- Discuss cannabis use with a healthcare provider, especially if you take other medications or have health conditions.

*This material provides general information only and is not medical advice. For personalized guidance, speak with your healthcare provider.*



[medcannabis.sd.gov](https://medcannabis.sd.gov)