Understanding Medical Cannabis

For educational purposes only — not medical advice

What Is Medical Cannabis?

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

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

Key Cannabinoids

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

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

- Pain
- Mood
- Sleep
- Appetite
- Immune response

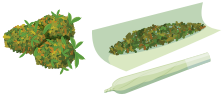
RECEPTORS:

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

Legal Types of Medical Cannabis Products

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

- 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

- 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.

South Dakota MEDICAL CANNABIS PROGRAM

medcannabis.sd.gov

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