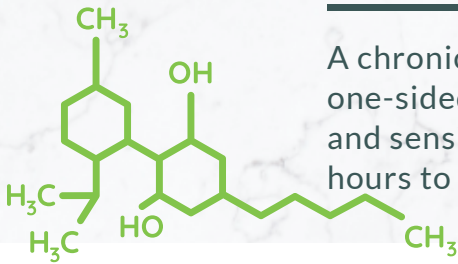
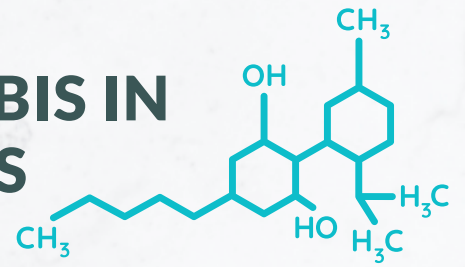


# THE ROLE OF CANNABIS IN TREATING MIGRAINES



A chronic headache disorder with recurrent attacks characterized by one-sided, pulsating pain that may be accompanied by nausea, vomiting and sensitivity to light, sound or smell. These attacks can last from hours to days<sup>1</sup>

## Stages of Migraine

A typical migraine attack progresses through the following phases, but may vary with individual differences.

### Prodrome

Marks the beginning of a headache attack that may last hours to days. At this point, taking medication and minimizing triggers can prevent a headache.

o Symptoms can include mood changes, yawning, depression, irritability, food cravings, constipation, and neck stiffness.

### Aura

Characterized by a gradual development with a mix of positive and negative features lasting for 5 to 60 minutes.

o Positive features can include seeing bright lights, shapes or objects, ringing in the ears, hearing noise or music, feeling of burning or pain, and/ or having jerking or repetitive rhythmic motions.

o Negative symptoms include a loss of function, loss of vision, hearing, feeling or ability to move a part of the body.

### Headache

Typically one-sided head pain with throbbing or pulsing quality. Frequently occurs with nausea and possible vomiting as intensity increases over time. Patients may have a sensitivity to light, sound and smell, anxiety and/or a lack of sleep. This may last from hours to days.

### Postdrome

Occurs in most patients where sudden head movements may cause temporary pain in the location of the previous headache. Patients often feel drained or exhausted.

## Migraine Triggers<sup>2</sup>

Migraine triggers may vary from patient to patient. Common triggers include:

Stress

Irregular Sleep

Hormones

Caffeine & Alcohol

Weather Changes

Dehydration

Light

Smell

Headache Medication Overuse

## Top 10 Medical Conditions Treated with Medical Cannabis at Harvest<sup>3</sup>

1 Anxiety

2 Insomnia

3 Arthritis

4 Back pain

5 Depression

6 PTSD

7 Fibromyalgia

8 Migraines/Headaches

9 Multiple Sclerosis

10 Inflammatory Bowel Disease

# The Entourage Effect and Latest Thinking on Treating Migraines with Medical Cannabis

The Entourage Effect, first posited in 1988 by Mechoulam and Ben-Shabat, describes the synergistic nature of the many pharmacologically active compounds in cannabis, including cannabinoids, terpenes and flavonoids. <sup>4</sup>

## The Roles of Cannabinoids, Terpenes and Flavonoids

### CBD

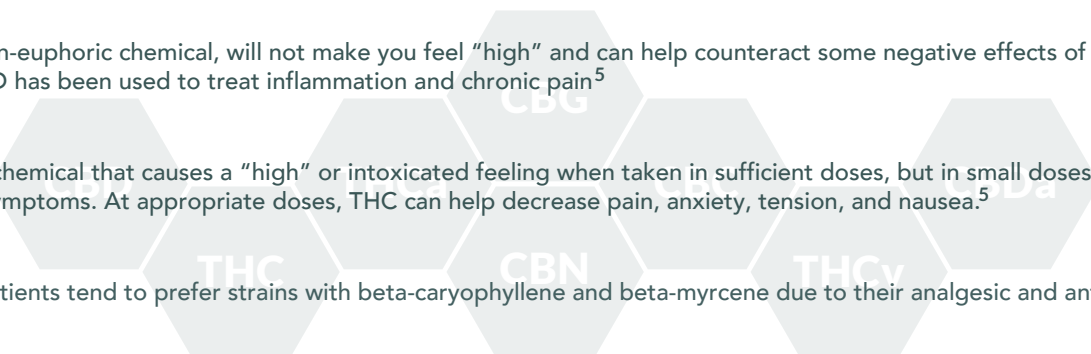
o CBD is a non-euphoric chemical, will not make you feel “high” and can help counteract some negative effects of THC when used together. CBD has been used to treat inflammation and chronic pain<sup>5</sup>

### THC

o THC is the chemical that causes a “high” or intoxicated feeling when taken in sufficient doses, but in small doses it can be helpful for some symptoms. At appropriate doses, THC can help decrease pain, anxiety, tension, and nausea.<sup>5</sup>

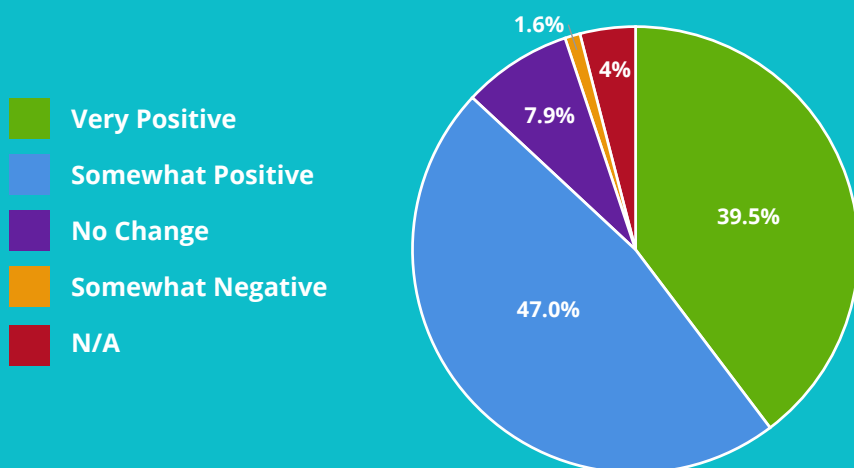
### Terpenes

o Migraine patients tend to prefer strains with beta-caryophyllene and beta-myrcene due to their analgesic and anti-inflammatory properties.<sup>6</sup>



**86.5 % of Harvest Medicine patients with pain report that medical cannabis either Very Positively or Positively impacted their quality of life. <sup>7</sup>**

Total Sample Size 116,995 | Feb 2017- May 2020



## Additional Resources

### Migraine Canada

For further information visit [migrainecanada.org](http://migrainecanada.org)

Speak with your pharmacist about possible interactions with your current medications.

Patients can track results and progress using the Strainprint App.

[strainprint.ca](https://strainprint.ca)

Enter Harvest Medicine's unique activation code upon sign up: **HMED**

Call or visit us online to learn more

**1-844-488-4633 | [hmed.ca](http://hmed.ca)**

### References

1) Headache disorders. World Health Organization (2016). Available at: <https://www.who.int/en/news-room/fact-sheets/detail/headache-disorders>. (Accessed: 12th June 2020). 2) Top 10 Migraine Triggers and How to Deal with Them | AMF. Available at: <https://americanmigraine.org/resource-library/top-10-migraine-triggers/>. (Accessed: 17th June 2020) 3) Harvest Medicine Cannabis Clinics Top 10 Reported Conditions (Data on File). 4) Dr Raphael Mechoulam and his revolutionary cannabis research. Available at: <https://www.healthuropa.eu/dr-raphael-mechoulam-revolutionary-cannabis-research/93049/>. (Accessed: 12th June 2020) 5) Medical Cannabis | Arthritis Society. Available at: <https://arthritis.ca/treatment/medication/medical-cannabis>. (Accessed: 17th June 2020) 6) Baron, E. P., Lucas, P., Eades, J. & Hogue, O. Patterns of medicinal cannabis use, strain analysis, and substitution effect among patients with migraine, headache, arthritis, and chronic pain in a medicinal cannabis cohort. J. Headache Pain 19, 1–28 (2018). 7) Harvest Medical Cannabis Clinics Reported Outcomes (data on file)



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