



## **Mental Health and Recovery Services Board**

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**Press Release**

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### **Fostering Awareness: Using marijuana as a medicine - Dosage**

Ohio now allows registered patients limited access to marijuana for specific uses as a medicine. We have learned from the current opiate epidemic the importance of understanding the risks when taking medications, of considering the possible side effects, and of following doctors' orders.

Education on this topic is very important for everyone, especially Ohioans registered as patients approved to use marijuana as a medicine. According to Stanford Medicine, more than half of Americans fail to follow doctors' orders when taking medications.

Marijuana will be available in Ohio's dispensaries in different forms, such as edibles, oils, capsules, patches, lotions, creams, and others. For many, this is not a traditional way of taking medication and could lead to misuse. For example, it can take up to four hours for an edible form of marijuana to take effect. It can be tempting to take more while you are waiting for its effects, but using too much can lead to hallucinations, paranoia, anxiety and other risks to your safety. Edibles can also have a different effect depending on how often a patient takes a dose.

Registered patients should ask their physician about possible side effects, and guidance regarding dosage and potency. Marijuana should only be used as recommended, with close supervision of a qualified physician. Be informed and be safe.

Be informed. Be safe.

The Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties - ensuring mental health and addiction services to our community for over 50 years.

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