



MEDICAL CANNABIS RESOURCE CENTER

Help Allow Medical Cannabis for PTSD for Veterans, Police, Firefighters and Other Oregon-American Citizens

Act Today! A Bill to Add PTSD to the OMMP is (almost!) "In The House" and Needs Your Help. Contact your Legislators – both Senator and Representative – to co-sponsor, or at least support SB281.

We are happy to report that the bill to add Post-Traumatic Stress Disorder (PTSD) - to the list of Qualified debilitating medical conditions of the OMMP - SB 281 - received its second "do-pass" recommendation from the committee process and will go to the Senate floor for debate and a vote soon. Those of us working on this bill are currently preparing talking points for Senator Roblan and Boquist to refer to when speaking about the bill. We are also dovetailing that with getting a couple of paragraphs that supporting Senators may give after opening statements. This will give us good media and provide great momentum as we move to the House. We have also spoken with staff in the Speaker's office to begin the shift to the House and get this bill into a good committee.

Senate Bill 281 is expected to pass, **But Only If the Bill Can Get Past The Prohibitionists, who last try attempted to add provisions and amendments purely designed to kill the bill.**

Now, we know what you're thinking – We gotta be joking, This is some kinda late April Fools prank – PTSD should be a slam-dunk, a no-brainer. We thot so too. But then Prohibition reared its head, making up 40% of the last voting body.

And make no mistake, only a people-hating, special-interest-hugging, dyed-in-the-wool Prohibitionist could possibly dig up excuses not to do this.

To Not Stop the Medi-Pot War, at least on Veterans, and the like. To deny people the relief that this law

would bring, to want a **continuation** of the pain and suffering for the these particular victims of Post-Traumatic Stress Disorder (PTSD). That is what messing with this bill, voting no, means.

Despite their rhetoric, the true basis for their changes is the false federalist stance that "marijuana" (cannabis) has no medicinal value and is in fact, dangerous – even kills. Things that most sentient beings today acknowledge as patently untrue, on a par with believing the Earth is flat, or is only 6,000-years old. In 2014, citizens of their districts will surely be asking themselves if they want those with such flat-earth mentality at the helm of the ship of state.

We must somehow help get ALL the non-Prohibitionist members of the Senate to approve SB281. Then the Bill thru House committees – in a practical, workable version – to a vote by your Representatives.

We MUST educate EVERY legislator ahead of the vote, ahead of the Prohibitionists, as to the need for this Bill. As to the Lies the Prohibitionists will spread.

You need to speak to them about How cannabis is medicine, and a safe, effective one at that. How Veterans and others need this particular, unique relief – now, not later. Not maybe.

Senate Bill 281 is not about welfare, or giving something away at tax-payer expense, or allowing someone to get away with a crime – it's about not wasting precious resources warring on select groups of citizens for no good reason, merely to serve specious excuses and special interests.

We need each and every citizen to Get Active in order to over-power the monsters who will lobby and vote to continue this wasteful wrong irregardless of the cost to We, The People – and to our friends and family who have served and suffered for the rest of us. **So, YOU Need to Act Today! Senate Bill 281 will mean that thousands of Oregonians who use cannabis to combat mood symptoms,**



diseases or the intolerable effects of pharmaceuticals, will be free of danger of arrest, prosecution, civil asset forfeiture, child protective service investigations, employment discrimination, medical discrimination, jail and forced drug treatment. PLEASE make contact and Join the Campaign today! It is urgent that patients speak up, take part and tell Oregon and the World – whether you use cannabis or know someone who does – cannabis is safe and effective in treating this condition, and that all patients deserve to use any medication that benefits them free of fear – especially in America. **For more, visit –**

mercycenters.org/action/camp_PTS.html

What is PTS(d)? How does Cannabis help?

Post-traumatic stress disorder (PTS(d)) is a psychiatric illness that can occur following a traumatic event in which there was threat of injury or death to you or someone else. Post-traumatic stress disorder can develop after someone experiences or witnesses an event that causes intense fear, helplessness or horror.

Many PTSD sufferers have found good results with medical cannabis use, especially for relief of insomnia and anxiety. Cannabis can give PTSD patients a sense of well being and serenity, and it allows them to continue to function with little to no adverse side effects. PTSD patients often prefer medical cannabis over conventional medications, as it is a single medication that helps with a number of symptoms (as opposed to taking multiple medications for each separate symptom) , and the risk of medication interactions is removed. Many of our patients who suffer from PTSD report that medical marijuana has helped them by lessening anxiety, improving mood, improving sleep, eliminating nightmares and producing an overall improved sense of well-being. Many of these patients had tried and failed other medication treatments.

Cannabis as Medicine

Activation of the primitive mammalian brain, or limbic system, during times of severe stress may play a role in optimizing survival. However, when this center of the brain becomes hyper-active and over-stimulated as a result of misguided neuro-plasticity, direct intervention at the cellular level is required. The key to using Cannabis to treat PTSD lies in the distribution of naturally occurring Cannabinoid receptors in those areas of the brain that cause the symptoms associated with PTSD.

The presence of CB1 receptors in the hippocampus, amygdala, prefrontal cortex and anterior cingulate cortex supports the conclusion that Cannabinoids are involved in regulating anxiety, response to stressful situations, and the extinction of conditioned fear.

This conclusion is also supported by pre-clinical research showing that mice without CB1 receptors, or mice whose CB1 receptors have been rendered non-functional by chemical blockade, exhibit increased levels of anxious behavior and loss of the ability to extinguish previously learned fearful behaviors.

Conversely, the stimulation of CB1 receptors in the amygdala of rats has been shown to protect against the effects of stress on fear conditioning and avoidance behavior.

Early human studies using synthetic Cannabinoids have also shown that stimulation of the endogenous Cannabinoid system is significantly effective in reducing the occurrence of treatment-resistant nightmares in PTSD patients, along with subjective improvements in sleep time and sleep quality, and a reduction in daytime flashbacks.

These results stand in stark contrast to a recent study sponsored by the Veterans Administration National Center for PTSD, which showed that treatment with a second-generation anti-psychotic medication was ineffective at controlling symptoms in combat related PTSD patients. **For more info , visit –**

mercycenters.org/action/camp_PTS.html

What To Do?

Phoning Your Legislator >> During a legislative session, you may call your legislators by contacting the WATS operator. **Within Salem, call – 503-986-1187. Outside of Salem, please call 1-800-332-2313.**

- Get your testimony / talking-points ready for next Hearings. You can practice them on your Legislators! Also, in Letters-to-the-Editor (LTEs), **Visit the web page below for more Contact info,** sample letters, plus.

- Tell everybody you know. Make copies of this document and pass around all over the place. **To Find Your Legislator** online, visit -

- mercycenters.org/action/camp_PTS.html -

