



MEDICAL CANNABIS RESOURCE CENTER

JOIN the CAMPAIGN!

Medical Cannabis for PTSD for Veterans, Police, Firefighters and Other American Citizens

You Can Assist Efforts now underway to add PTSD to the List of Qualifying Conditions to Register with the Oregon Medical Marijuana Program. We are pleased to report that a new petition to add a series of mental health conditions - including PTSD - to the list of debilitating medical conditions has been filed. Edward Glick, activist, is petitioning the Oregon Medical Marijuana Program to add Clinical Depression, Depressive Symptoms, Post-Traumatic Stress Disorder (PTSD), Severe Anxiety, Agitation and Insomnia to Those Diseases and Conditions Which Qualify as 'Debilitating Medical Conditions' under the Oregon Medical Marijuana Act.

As un-limited /written/ patient testimony is allowed, All Testimony is being gathered. If you have one of these proposed conditions, please write out your testimony and email it to action item organizer Ed Glick. You can send it by e-mail to: **glicke@live.com**

If you're unable to send via e-mail, contact MERCY and we'll help get it to him. Call **503.363-4588** (in the Salem area) or visit - **http://mercycenters.org/action/camp_PTSD.html**

There you'll find a copy of the petition along with a letter from Lee Berger, Portland-area attorney, to AAG Marc Abrams confirming the rules for the hearings. For examples -

1) The process will be as set forth in OAR 333-080-0090;

2) Mr. Glick will be provided the opportunity to suggest panel members and object to panel members selected by the Department. The Department will consider his suggestions. Ultimate appointing authority rests with the Department;

3) Mr. Glick shall have the opportunity to address the panel if he so chooses.

4) The panel will hear evidence and Mr. Glick may suggest a list of patients to testify. He may also submit as much written patient testimony as he would like. The panel does not waive its authority to conduct the hearing or its right appropriately to limit the hearing to avoid delay or redundancy;

5) All evidence-gathering meetings of the panel shall be open to the public, except that the panel shall reserve the right to close such portions of the hearing, if any, in which testimony is taken from someone who is concerned about confidentiality; and

6) Evidence will be limited to scientific evidence, and Mr. Glick will have an opportunity, once the panel receives all the evidence, to make a final submission to the panel if he would like to rebut any of the evidence.

So, tell everybody you know. Then tell everybody you don't know. Yet.



What is PTSD? How does cannabis help?

Post-traumatic stress disorder (PTSD) 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.

(PTSD) may occur soon after a major trauma, or can be delayed for more than six months after the event. When it occurs soon after the trauma it usually resolves after three months, but some people experience a longer-term form of the condition, which can last for many years. PTSD can occur at any age and can follow a natural disaster such as flood or fire, or events such as war or imprisonment, assault, domestic abuse, or rape. The terrorist attacks of Sept. 11, 2001, in the U.S. may have caused PTSD in some people who were involved, in people who witnessed the disaster, and in people who lost relatives and friends. These kinds of events produce stress in anyone, but not everyone develops PTSD.

We do not know what causes PTSD, but psychological, genetic, physical, and social factors are involved. PTSD alters the body's response to stress by affecting stress hormones and neurotransmitters (chemicals that transmit information between our nerves). Previous exposure to trauma may increase the risk, which suggests that this kind of a reaction may be a learned response.

Having good social support helps to protect against developing PTSD. In studies of Vietnam veterans, those with strong support systems were less likely to develop PTSD than those without social support.

People with PTSD re-experience the event again and again in at least one of several ways. They may have recurrent distressing dreams and recollections of the event, a sense of reliving the experience (referred to as flashbacks), and/or become very distressed around the time of events that symbolize the event (such as anniversaries).

"One often intractable problem for which cannabis provides relief is post-traumatic stress disorder (PTSD). I have more than 100 patients with PTSD. Among those reporting that cannabis alleviates their PTSD symptoms are veterans of the war in Vietnam, the first Gulf War, and the current occupation of Iraq. Similar benefit is reported by victims of family violence, rape and other traumatic events, and children raised in dysfunctional families." -- David Bearman, MD; from PTSD and Cannabis: A Clinician Ponders Mechanism of Action.

For more information, Visit our page of info on PTSD and Cannabis at - http://mercycenters.org/library/i_PTSD.html - and tell everybody you know about it. And get them to write and spread the word, etc.

So, Take Action! What to do for this Alert

- > **Get your testimony** to Ed Glick.
- > **Tell everybody** you know.
- > **If you're not able to e-mail Ed,** PLEASE feel free to write or call us and we'll help get it down and to him.