



DOC MJ
OHIO

Patient Guidebook



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MEDICAL MARIJUANA REGISTRY

APPLYING FOR YOUR CARD



Bookmark this site and save your login/password. They will be quite useful to you as a patient.

The Ohio Medical Marijuana's website is:
www.ohiomedicalmarijuanaregistry.com

Your username will always be the email address that you provided to DocMJ when you completed your new patient forms. You will receive an email from the state after your appointment with instructions on how to apply for your card.

1. Select your preferred timezone from the drop down menu. After you select your timezone, click "save Preferences".
2. In the "Registry Details" section, you will find a "Card" tab. Click "ACTIVATE CARD". You will be directed to the Legal Statements page. Once you have read the legal statements and you are ready to proceed, click "ACCEPT".
3. You will be directed to the Summary page. Click "Continue" to complete your activation. The page will display a "ACTIVATED: Registry Card has been activated successfully" message.

Once the activation is complete, your Medical Marijuana Registry card is activated and will be displayed on the OH Medical Marijuana Registry site's "Registry Details" section and the "Card" tab.

★ This is a separate process that is solely to do with the State. If you have any questions or concerns please visit their support center website.



CANNABIS EDUCATION

STRAIN DIFFERENCES

Strain	Effect	Recommended For
INDICA	• Relaxing • Sedative	 Stress  Insomnia  Anxiety
SATIVA	• Focus • Uplifting	 Nausea  Chronic Pain  Migraines
HYBRID	• Reduces unwanted side effects of both Indica and Sativa	 Limit anxiety inducing effects of sativa strains  Limit sedating effects of indica strains

CANNABIS EDUCATION

TERPENES

What are they?

Terpenes are aromatic oils in cannabis, found in trichomes alongside cannabinoids like THC and CBD. With over 200 identified, they shape the unique scents and flavors of strains, such as sweet notes in Wedding Cake or skunky myrcene-rich aromas. Terpenes also attract pollinators, repel predators, and offer therapeutic benefits like pain relief.

How do they work?

Terpenes provide therapeutic effects like sedation (myrcene), pain relief (caryophyllene), and bronchial dilation (pinene). Cannabis Certificates of Analysis (COAs) detail terpene profiles, highlighting the “entourage effect,” where terpenes and cannabinoids synergize for stronger, longer-lasting benefits.



TERPENES BY CONDITION

Condition	Terpenes	Strains
PTSD	Limonene, Beta-caryophyllene, Linalool	OG Kush, Northern Lights
Epilepsy/Seizure Disorders	Linalool, Myrcene	Birthday Cake, Blue Dream
Parkinson's Disease	Limonene, Pinene, Caryophyllene	Blue Dream, Jack Herer
Multiple Sclerosis (MS)	Caryophyllene, Limonene, Linalool	Sour Diesel, GSC
Crohn's Disease	Myrcene, Caryophyllene, Limonene, Terpinolene	OG Kush, ACDC
Glaucoma	Limonene, Pinene, Myrcene	Sour Diesel, Northern Lights
Chronic Muscle Spasms	Linalool, Pinene, Caryophyllene, Limonene	OG Kush, Sour Diesel
HIV/AIDS	Limonene, Myrcene	Northern Lights, Charlotte's Web
Amyotrophic Lateral Sclerosis (ALS)	Myrcene, Pinene, Caryophyllene	Charlotte's Web, Jager, Larry OG
Cancer	Limonene, Caryophyllene, Linalool	Fire OG, OG Kush
Chronic Nonmalignant Pain	Caryophyllene, Limonene, Linalool, Myrcene	Skywalker, Mars OG, Granddaddy Purple

Strain and terpene information is for educational purposes only. Effects vary by individual and are not intended to diagnose, treat, or cure any condition.

CANNABIS EDUCATION

CBD



What is it?

CBD (cannabidiol) is a non-intoxicating compound from the cannabis plant, commonly used to treat pain, anxiety, and seizures. While most cannabis strains are high in THC, some are bred for higher CBD levels. CBD can be smoked as flower but is more often extracted for oils, edibles, and vape products.

How does it work?

CBD interacts with the body's endocannabinoid system to help regulate mood, sleep, pain, and immune response, promoting balance without causing a "high" like THC. It's commonly used for stress relief, better sleep, pain management, and overall wellness, offering natural, calming benefits.

YOUR RECOMMENDATION RECOMMENDED RATIOS

CBD : THC RATIO

Symptom

20:1

12:1

9:1

6:1

1:1

1:6

1:9

1:12

1:20

Seizures



Pain



Inflammation



Muscle
Spasms



Anxiety



Nausea



Insomnia



Appetite
stimulation



CBD

THC



YOUR RECOMMENDATION

INTAKE METHOD DETAILS

Method	Vaping/ Inhaled	Oral	Sublingual	Topical/ Patch
Onset (min)	~5	~60 - 80	~15 - 40	~30 - 90
Duration (h)	~2 - 4	~4 - 6	~4 - 6	~8 - 72
Advantages	Rapid onset advantageous for acute or episodic symptoms (nausea/ muscle spasms/ pain).	May be more advantageous for chronic disease/ symptoms due to longer duration.	Onset more rapid than oral method. Can have longer duration of action compared to inhalation. Improved bioavailability compared to oral.	Less systemic effect, good for localized symptoms.
Disadvantages	Dexterity required, inhalation technique results in varying amounts.	Titration challenges due to delayed onset. Absorbed more slowly & less bioavailability.	Absorption may be more unpredictable compared to other methods.	Localized effect, very slow absorption.

- **For patients with no cannabis experience**, start with heavily weighted CBD products and lowest strength of milligrams; generally, around 5-10 milligrams for most products.
- If using sublingual (under tongue) or oral routes, do not re-dose for at least 6 hours.
- If using a vaporizer, do not re-dose for at least 4 hours.
- If using a vaporizer, a 3 second inhalation delivers approximately 1.5 mg.

RESOURCES

HELPFUL LINKS

DocMJ is not affiliated with any medical marijuana treatment center, dispensary, or related organization. DocMJ serves as your independent medical marijuana physician and provides patient guidance applicable to all state-licensed dispensaries.

Connect With Our Community

DocMJ Patient Forum

www.FB.com/groups/DocMJPatientSupport

DocMJ patient group

medicalmarijuanaregistry.zendesk.com

Tips on navigating the state registry

Understanding Your Orders

A step by step guide to help you better understand your orders in the Registry.

The statements, charts, and guidance in this journal are not intended for medical advice nor to be relied upon, or a substitute for, professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

RESOURCES

OHIO ADULT USE BILL

Ohio is considering updates to its marijuana laws through a bill that recently passed the Ohio House with bipartisan support and is now awaiting action in the Senate.

Under the proposal, medical marijuana would remain exempt from the 10% adult-use excise tax, helping keep patient costs lower. The bill would also set a 70% THC cap on extracts and concentrates and clarify that personal marijuana use is allowed on residential property, not only indoors.

As always, laws and regulations can change, so be sure to stay updated and talk with your medical provider or dispensary if you have questions.





BOOKING YOUR FOLLOW-UP EXAM



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You will receive an email reminding you it is time to renew your recommendation.

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