

Review of 400 CBD Prescriptions 2018, Auckland

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Section 29 medicines are considered 'new' medicines because they do not have a consent for distribution and advertising of such medicines is prohibited under section 20 of the Medicines Act.

20 Restrictions on sale or supply of new medicines

(1) Except as provided in [sections 25](#), [26\(4\)](#), [28](#), [30](#), [31](#), and [32](#), this section applies to new medicines.

(2) **No person shall—**

(a) sell; or

(b) distribute by way of gift or loan or sample or in any other way; or

(c) **advertise the availability of—**

any medicine to which this section applies before the consent or provisional consent of the Minister to the distribution of the medicine has been notified in the *Gazette*, or otherwise than in accordance with such conditions as may be imposed by the Minister on giving his consent or provisional consent and notified in the *Gazette*.

These regulations, which came into force on
7 September 2017,
amend the Misuse of Drugs Regulations 1977

- allow CBD products to be supplied, administered, or prescribed without the approval of the Minister of Health...
- ie All NZ doctors may prescribe CBD.

Products containing THC

- Products containing more than 2% THC require Specialist Application to Ministry of Health, approval usually 48 hours
- Regulations appear unnecessarily complicated.



‘I don’t want to get high’

‘I just want relief from pain, nausea, insomnia, anxiety etc’

CBD is non-euphoriant, no risk of dependence, widely therapeutic, few adverse effects

‘Every patient deserves a chance to try CBD’.

Patient Distress



Firstly

Symptoms are distressing: imagine your feelings if you had to live with unrelenting pain, anxiety, insomnia, incurable cancer, spasms or seizures – but note that 50% get very good help with CBD oil.



Secondly

Medical treatments cause distress: strong drugs (chemo, opioids etc) can have nasty side-effects and often they don't work.

Thirdly

Doctors add to the distress

- Patients say their doctors have never heard of CBD or say its illegal
 - Or they don't know how to prescribe CBD
 - Or state it is addictive
 - Pain specialists and neurologists often say there is not enough evidence – hey, many patients report significant benefit, way better than many medicines, and the literature contains abundant evidence.
 - THC approvals, finding specialists, MoH approval process
- Listen to our patients, and read the literature!



Fourthly

Legal distress: patients report buying cannabis of variable quality and unknown constituents from dodgy dealers or fear prosecution for possession.

Have you any patients who are 'stuck'?
Conventional medicines just not working?

CBD Good news & Bad news

- All NZ registered medical practitioners may prescribe CBD for any condition
- Chronic pain & chronic anxiety are a good place to start
- CBD not in Practice Management Software – add manually
- THC difficult to prescribe.

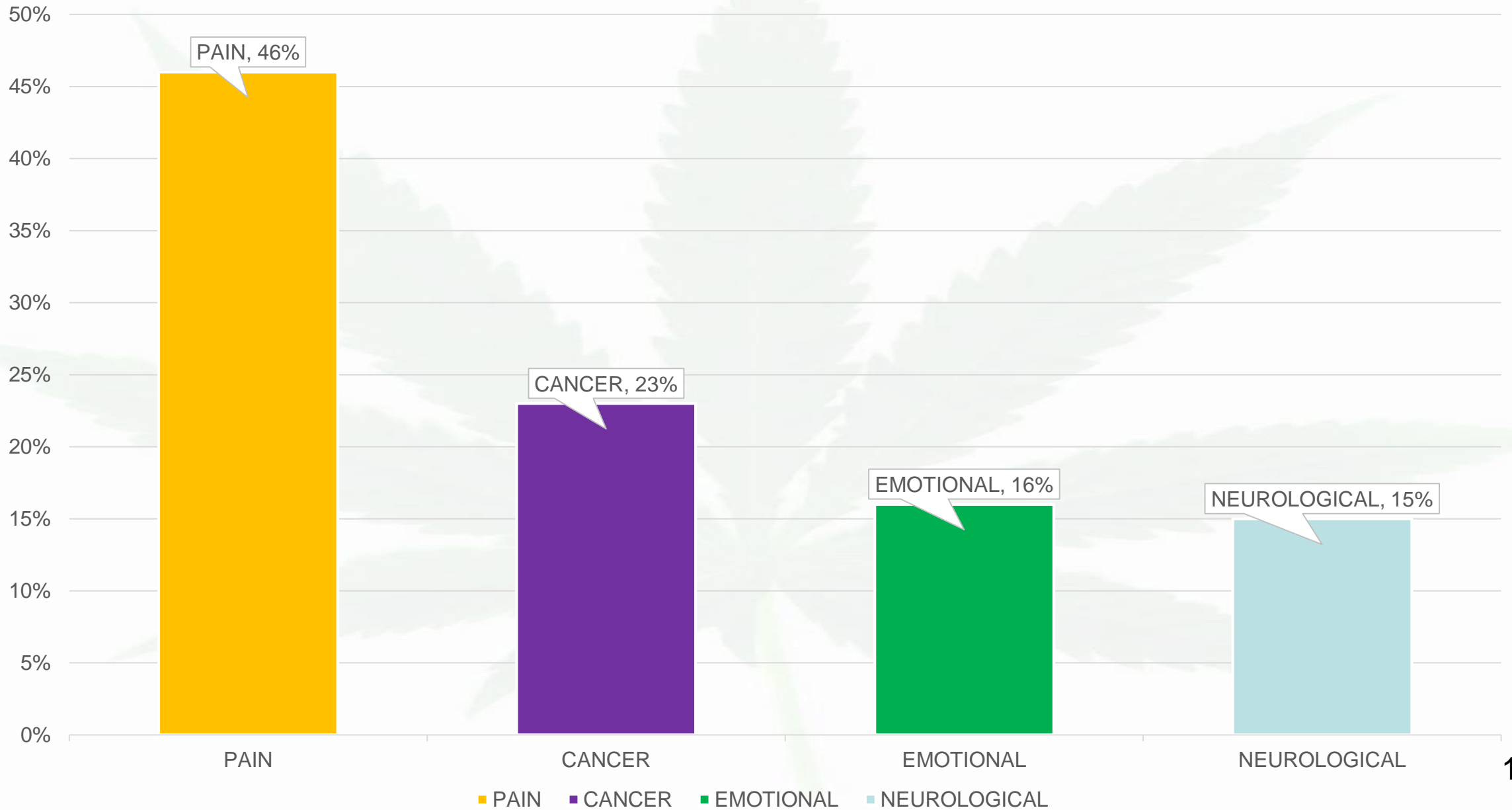
CBD Audit

- Study design – follow up after using 25ml of CBD oil
- N=397
- Scale: NG – G – VG - E $250/397 = 63\%$
- QoL eq $109/397 = 28\%$
- QoL VAS $107/397 = 27\%$

CBD Audit

- Age 2 – 94
- 1/3 age 40-59
- 1/3 age 60-79
- Indications for CBD – next slide
 - Pain 181 46%
 - Cancer symptoms 92 23%
 - Emotional distress 64 16%
 - Neurological symptoms 60 15%

N= 397, % Categories



PAIN (chronic) 181 patients

- Fibromyalgia
- Osteoarthritis
- Polymyalgia rheumatica
- Low back pain
- Neuropathic pain
- Central sensitisation
- Endometriosis
- Trigeminal neuralgia
- Inflammatory or irritable bowel pain
- Migraine etc.

CANCER SYMPTOMS 92 patients

- Often advanced with metastases
- Breast
- Bowel
- Prostate
- Lung
- Cervical
- Brain including glioblastoma multiforme (GBM)
- Melanoma etc.

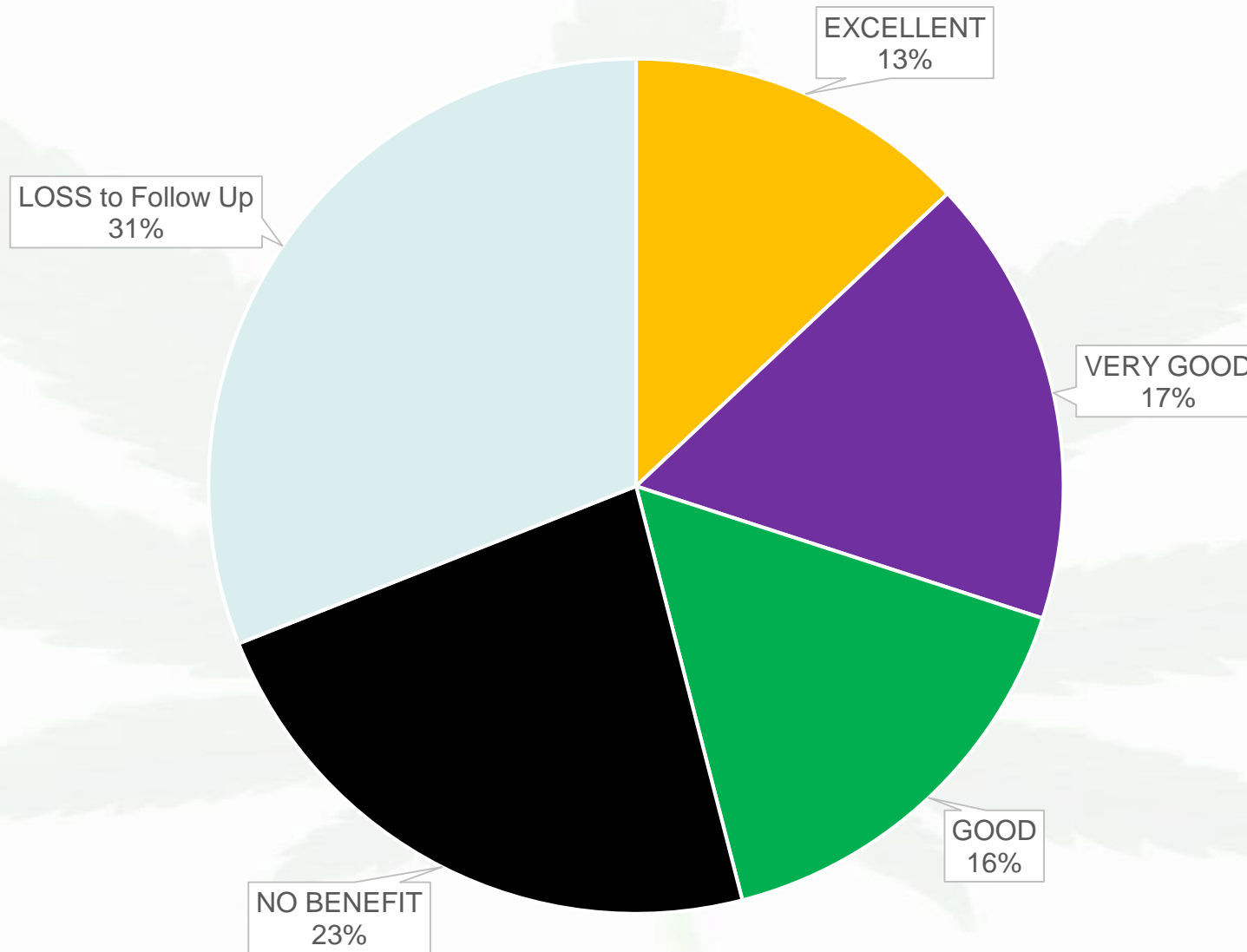
EMOTIONAL DISTRESS 64 patients

- Anxiety/depression
- Insomnia
- ADHD
- Premenstrual syndrome (rages)
- Often comorbidities eg chronic pain, Tourettes, ASD.

NEUROLOGICAL SYMPTOMS 60 patients

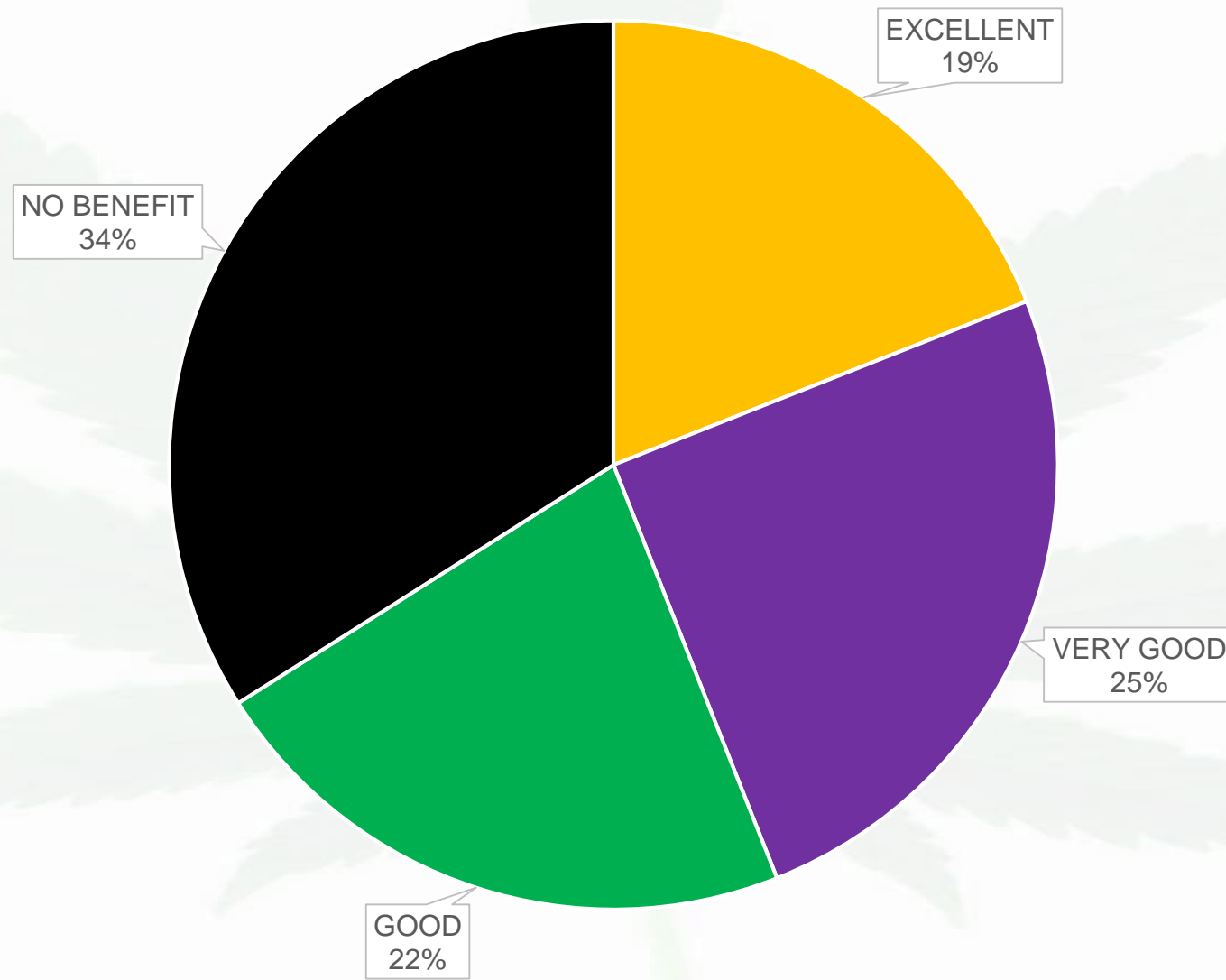
- Seizures
- Autism spectrum with challenging behaviour, anxiety
- Parkinsons disease (with pain)
- Chronic fatigue
- Peripheral neuropathy
- Muscle spasms
- Multiple sclerosis
- Essential tremor etc.

PAIN N= 181, % Benefit



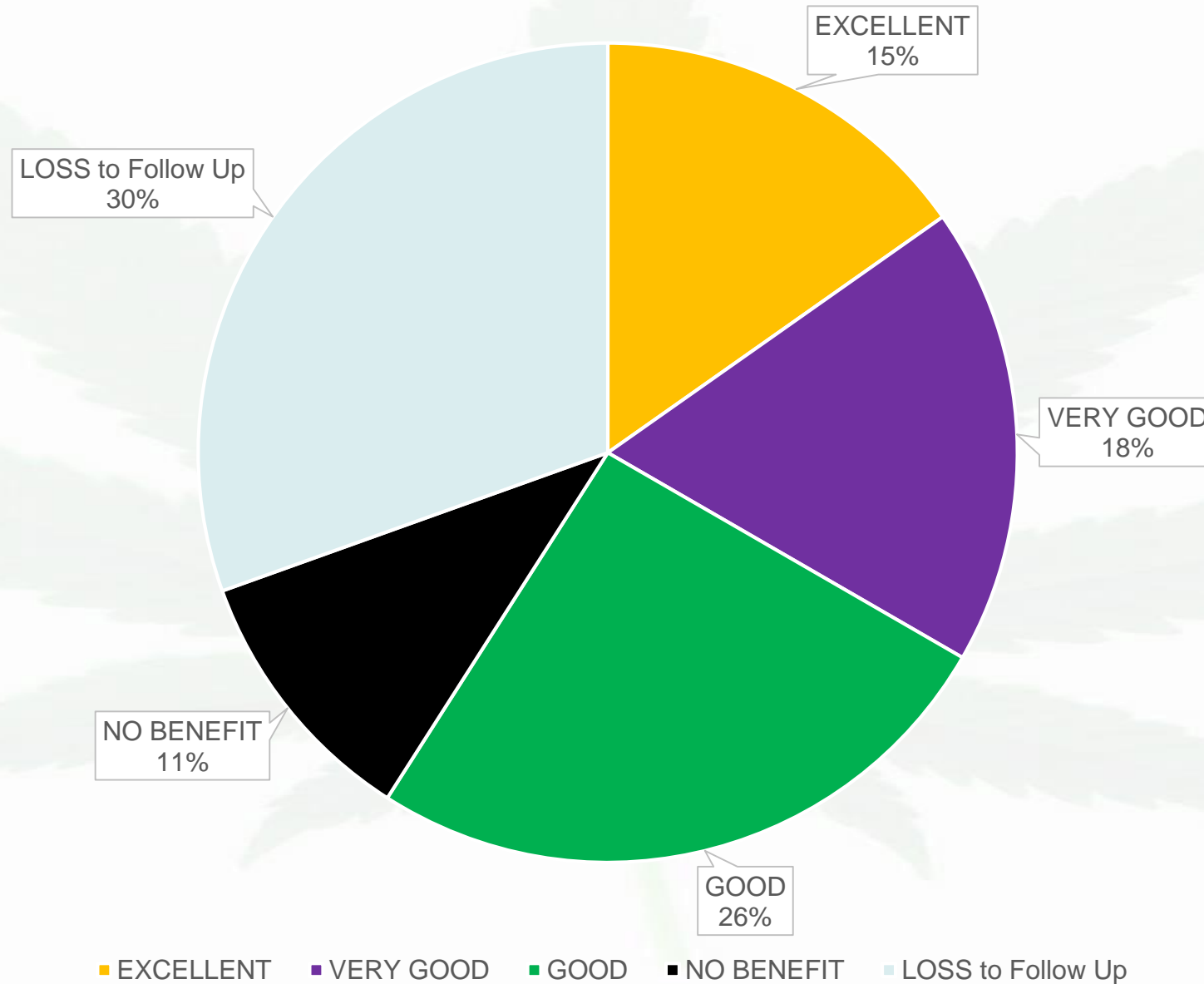
■ EXCELLENT ■ VERY GOOD ■ GOOD ■ NO BENEFIT ■ LOSS to Follow Up

PAIN N= 125, % Benefit

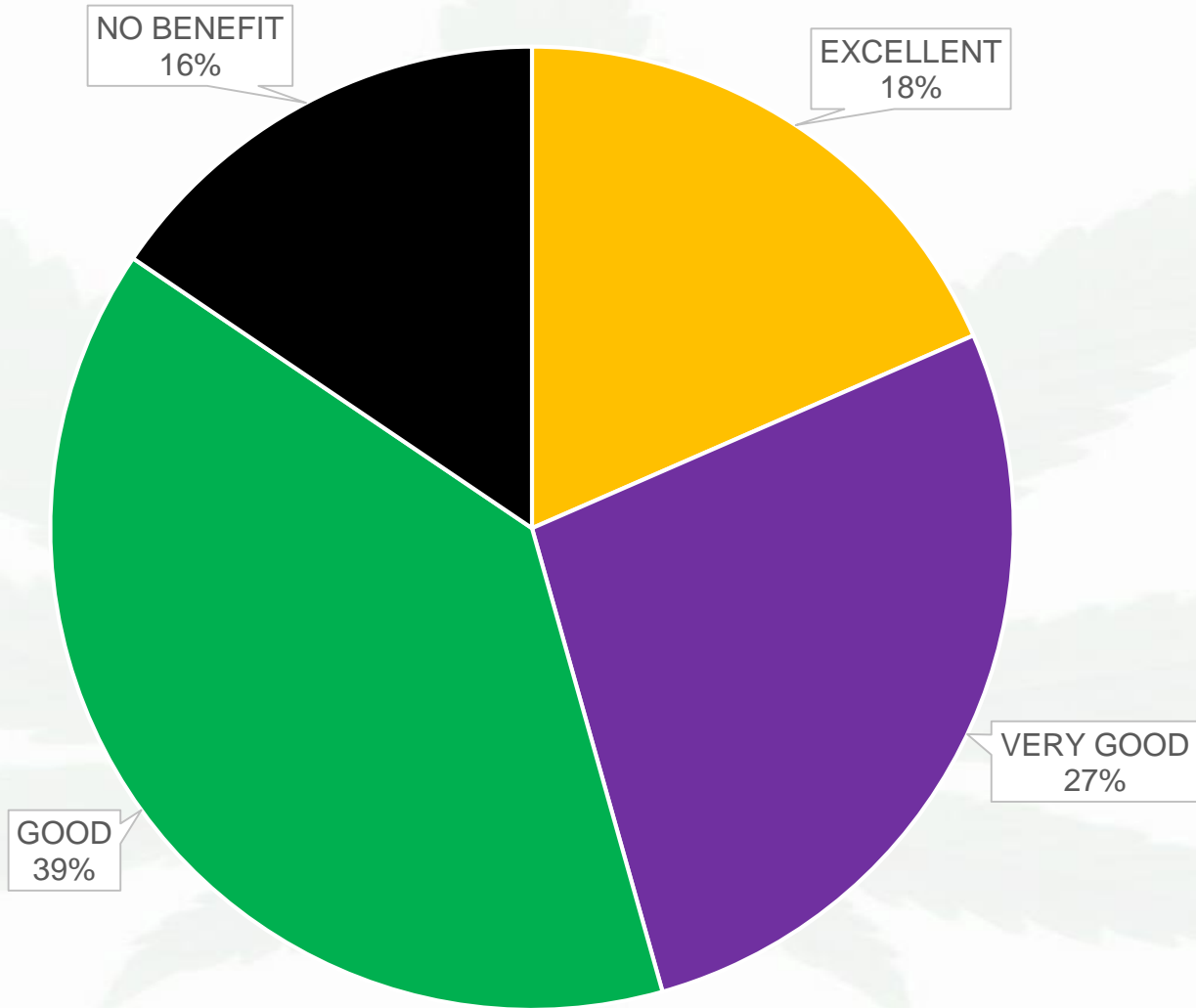


■ EXCELLENT ■ VERY GOOD ■ GOOD ■ NO BENEFIT

EMOTIONAL DISTRESS N= 43, % Benefit

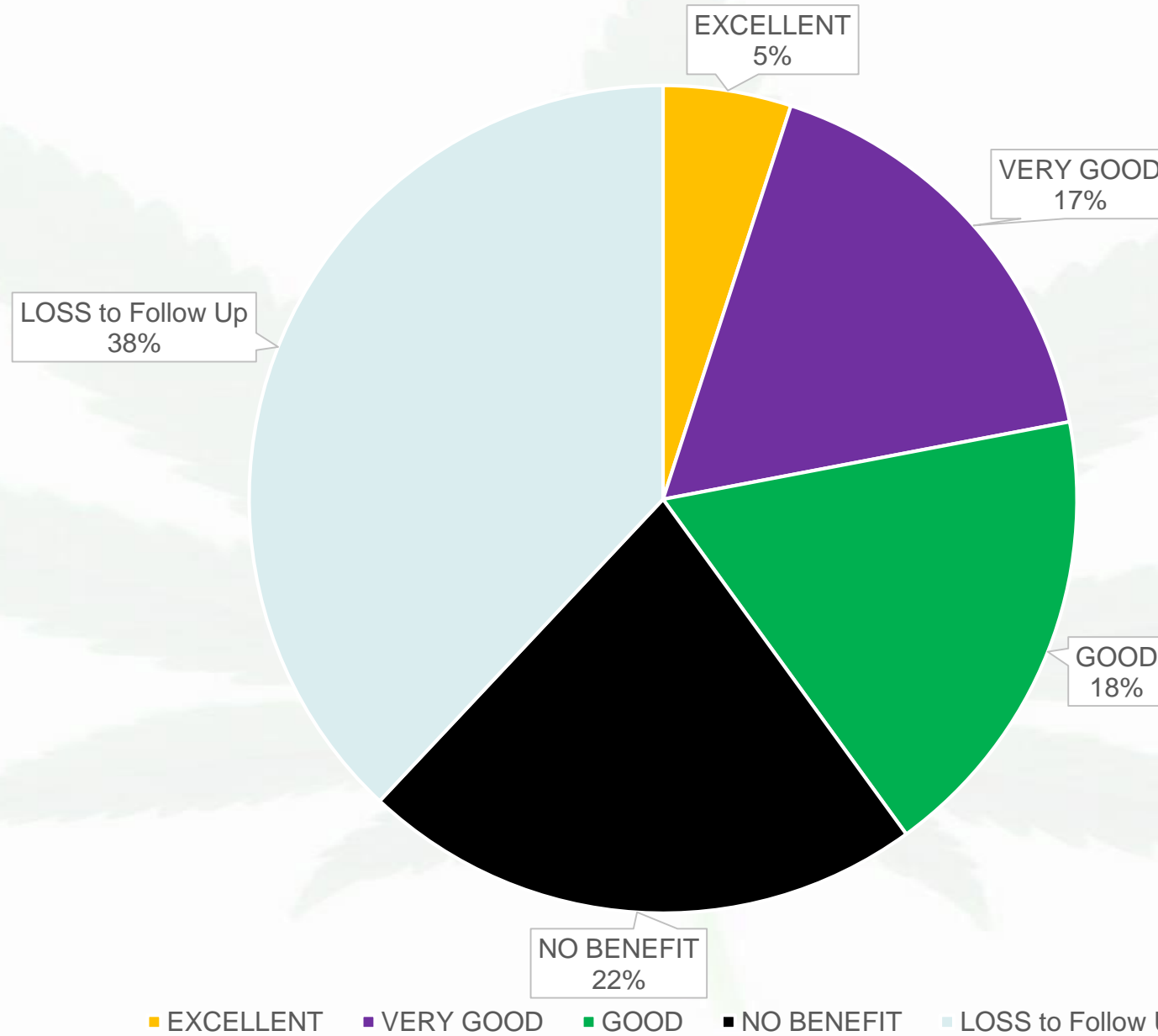


EMOTIONAL DISTRESS N= 43, % Benefit

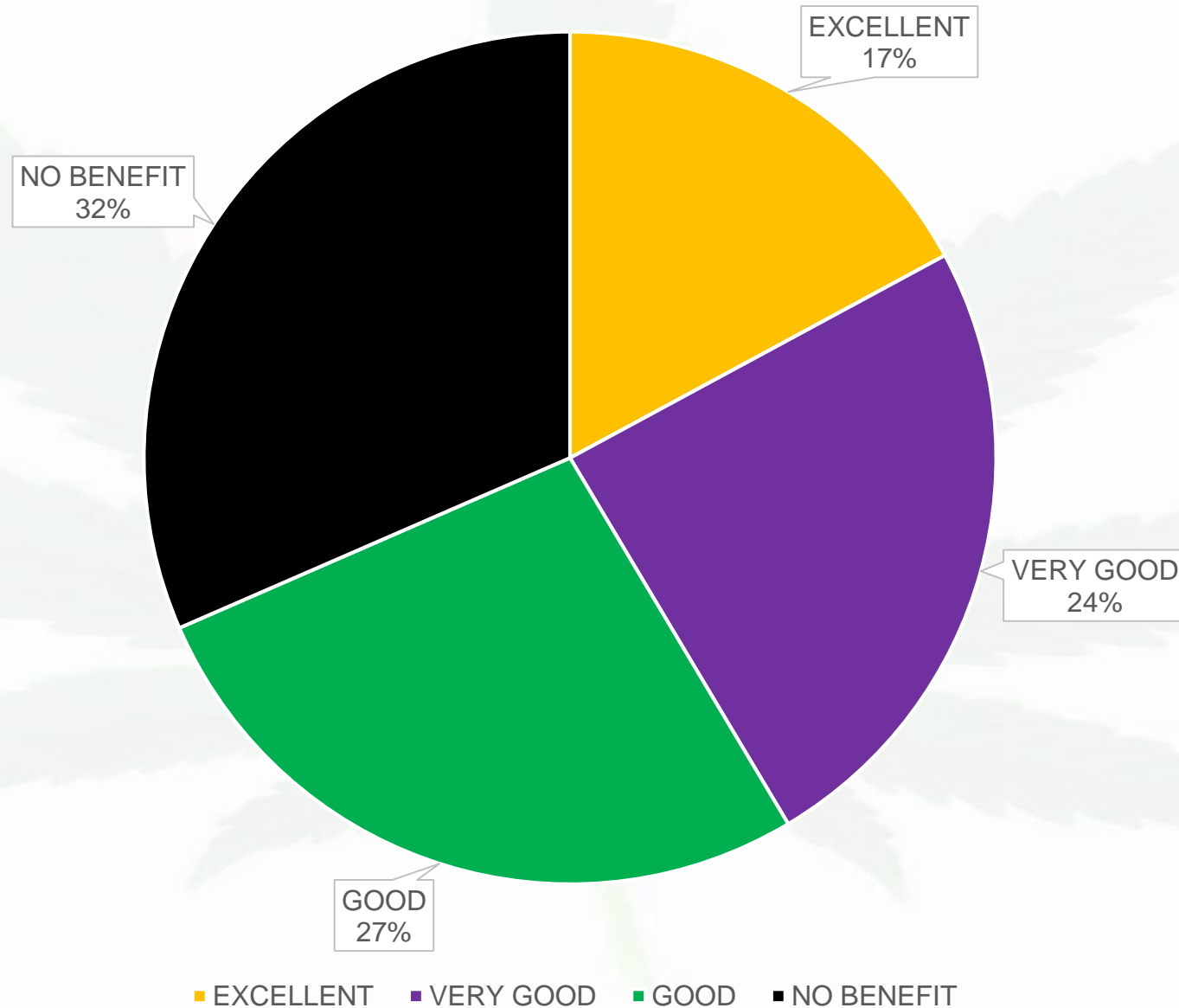


■ EXCELLENT ■ VERY GOOD ■ GOOD ■ NO BENEFIT

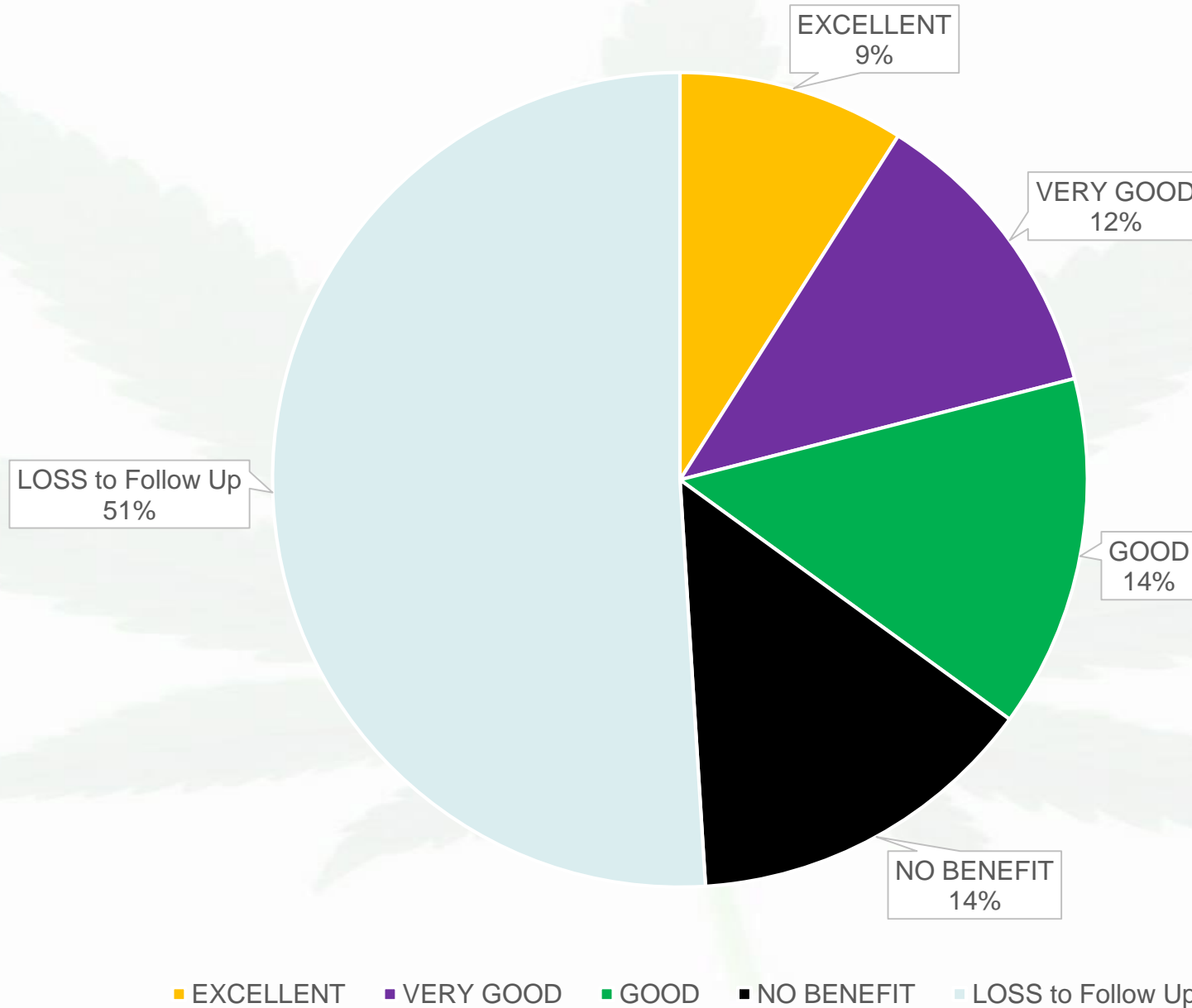
NEUROLOGICAL N= 37, % Benefit



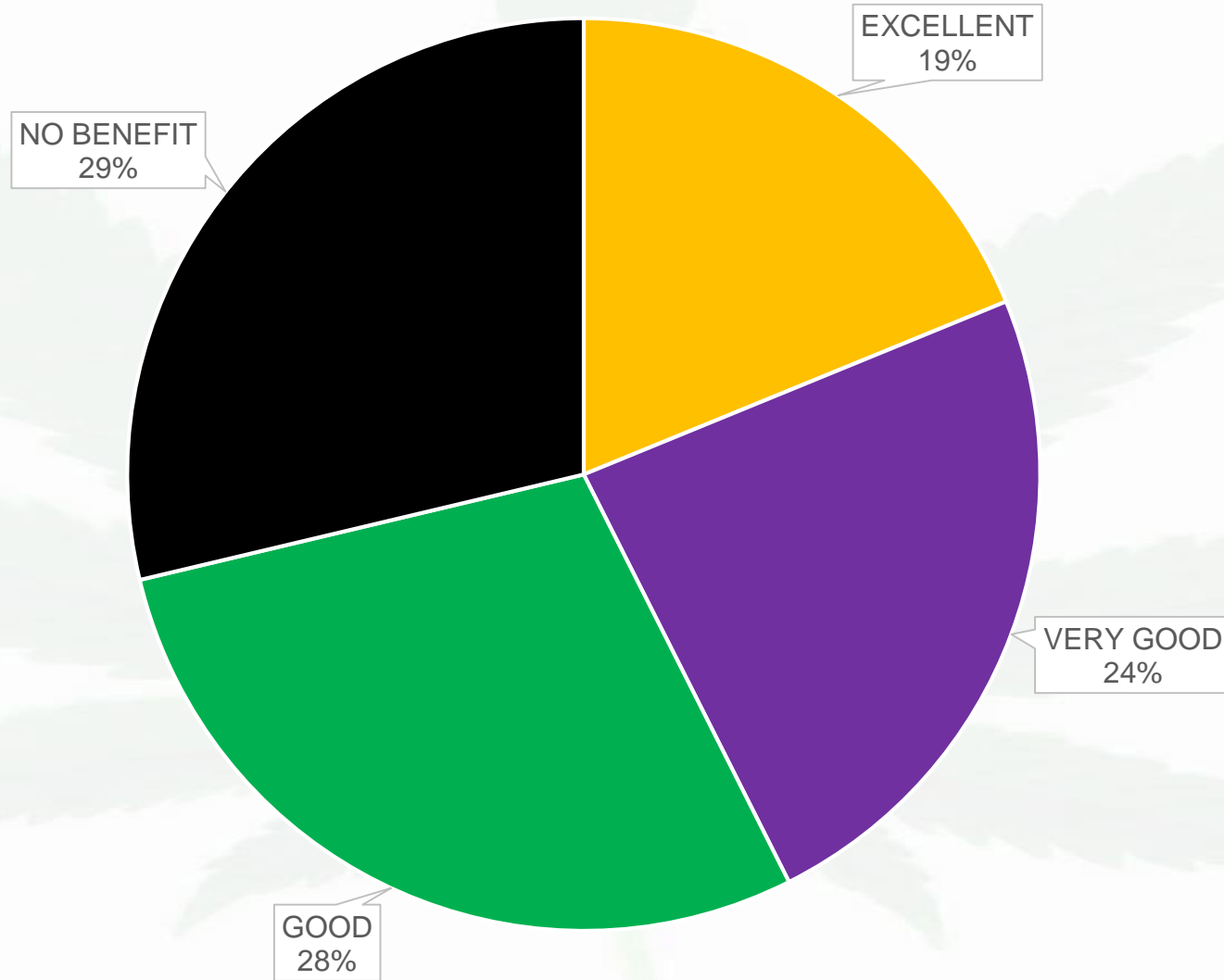
NEUROLOGICAL N= 37, % Benefit



CANCER SYMPTOMS N= 45, % Benefit



CANCER SYMPTOMS N= 45, % Benefit



■ EXCELLENT ■ VERY GOOD ■ GOOD ■ NO BENEFIT

CBD Audit

- Adverse effects 25 of 253 (10%) reported: sedation (5), vivid dreams (5), irritability (5), disorientation (3), nausea, diarrhoea, mouth irritation.
- Dose noted for 42%, 40 – 300mg/d
 - clinician impression is 100mg daily is often effective
- Follow up rate over 5 months
 - New patients 207
 - Follow up patients 116, 56%

QoL VAS responses 107/397 = 27%

QoL eq responses 109/397 = 28%

NAME: _____ DATE: _____

Under each heading, please tick the ONE box that best describes your health TODAY.

MOBILITY

I have no problems in walking about

I have slight problems in walking about

I have moderate problems in walking about

I have severe problems in walking about

I am unable to walk about

SELF-CARE

I have no problems washing or dressing myself

I have slight problems washing or dressing myself

I have moderate problems washing or dressing myself

I have severe problems washing or dressing myself

I am unable to wash or dress myself

USUAL ACTIVITIES (e.g. work, study, housework, family or leisure activities)

I have no problems doing my usual activities

I have slight problems doing my usual activities

I have moderate problems doing my usual activities

I have severe problems doing my usual activities

I am unable to do my usual activities

PAIN / DISCOMFORT

I have no pain or discomfort

I have slight pain or discomfort

I have moderate pain or discomfort

I have severe pain or discomfort

I have extreme pain or discomfort

ANXIETY / DEPRESSION

I am not anxious or depressed

I am slightly anxious or depressed

I am moderately anxious or depressed

I am severely anxious or depressed

I am extremely anxious or depressed

NAME: _____ DATE: _____

We would like to know how good or bad your health is TODAY.

This scale is numbered from 0 to 100.

100 means the best health you can imagine.
0 means the worst health you can imagine.

Mark an X on the scale to indicate how your health is TODAY.

Now, please write the number you marked on the scale in the box below.

YOUR HEALTH TODAY =

Please Repeat questions in one month

Return to doctor@cannabiscare.nz or fax: 09 838 9332
Or post to Dr Graham Gulbransen, Cannabis Care,
West Care Specialist Centre,
131 Lincoln Rd, Henderson 0810.



Keira Mcmurdo (above and inset, with mother Sascha Abey), has had fewer seizures since she began taking medicinal cannabis.

1-in-2-billion tot given cannabis

Emma Russell

An Invercargill toddler with a condition likely to cut her life short at the age of 4 is finding some relief thanks to medicinal cannabis.

Keira Mcmurdo is one of three people in the world with a rare condition known as FUT8.

For most of the 3-year-old's life she has suffered up to 30 seizures a day and cannot talk, walk or swallow.

For Keira's mum, Sascha Abey, watching her beautiful daughter suffer has been heart-breaking.

"I'd never seen a seizure before. I remember her first one — she went blue and her eyes rolled back. It's really tough seeing your own child go through that and not being able to do anything," Abey told the Herald.

But for the past month she has been given 1.5ml of cannabidiol (CBD) through her feeding tube every day

and her seizures have dropped to fewer than five a day.

"She can reach [and push off] the bottom of the pool now, something she had never been able to do before. She is more engaged and now loves interacting with people, you can hear the joy in her voice," Abey said.

She said medicinal cannabis wasn't a cure but it was life-changing.

"I just want to give my daughter the quality of life she deserves even if that's for less than a year."

Abey was 23 when she gave birth to her first-born, Keira. The doctor noticed part of Keira's brain wasn't developing the way it should be when she was in the womb, Abey said.

Keira weighed just 2.4kg when she was born at 38 weeks.

After 18 surgeries, many to insert drains behind her eyes to relieve the pressure of her glaucoma, she was diagnosed with FUT8 last March.

Keira's condition

- Keira is one of three people in the world with a rare genetic condition called FUT8.
- She is unable to produce the right amount of glucogen her body needs.
- She can't walk, talk or swallow properly and has had up to 30 seizures a day.
- There is no cure and the high mortality rates mean sufferers normally don't make it to 7.

"I'd never heard of it and many doctors I speak to haven't heard of it because it's that rare. It doesn't even have a proper name," Abey said.

The disease means Keira is unable to produce the right amount of glucogen her body needs for

development, said New Zealand Organisation of Rare Diseases chief executive Dr Collette Bromhead.

She said the condition was rarely diagnosed because it's so lethal many don't make it.

Abey decided enough was enough and if she couldn't save her daughter she was going to do everything she could to give her a life she deserved.

"Keira's previous paediatrician mentioned medicinal cannabis as a last resort so I decided to do a bit of research.

"I was quite sceptical at first because I thought if it was really that effective, why isn't it recommended or more easily available?"

Abey pays \$460 every 12 days for her daughter's CBD. A Givealittle page set up last month has raised over \$2000 to help cover the costs.

She found Auckland GP Dr Graham Guilbransen, who has treated more

than 400 Kiwis aged 2 to 92 with CBD.

The substance is found in cannabis and has potential therapeutic value but few to no psychoactive effects.

In September 2017 it was made legal for medical practitioners and pharmacies to import CBD products along with persons or firms holding a licence to sell medicines wholesale.

Guilbransen said although it was illegal to promote the product he was getting emails and calls every day from doctors around the country wanting to know more about it.

"One of the reasons doctors are hesitant to prescribe it is because they're not trained or didn't know enough about it."

A bill that gives terminally ill people a legal defence for using illicit cannabis products passed its third reading in Parliament last month.

It covers all people needing palliative relief for terminal illness.

Brief patient histories

GENDER	AGE	PROBLEMS	RESPONSE	
f	2	seizures, developmental delay		VG
f	45	chronic neuropathic pain	very vivid dreams, quit CBD at 10 days	AE
		anxiety	no benefit, consider THC/CBD	NG
f	41	chronic pain, autoimmune condition		E
f	67	emphysema, hip and leg pain		E

m	64	Tilray CBD25	chronic addictions chronic pain	no benefit	N
f	43	Tilray CBD25	chronic anxiety, dysthymia		N
m	28	Tilray CBD100	ank spond pain alcohol abuse, depression	feels less stiff, better mood, sleep	VG
f	64	Tilray CBD100	rheumatoid arthritis	great improvement in pain	E

m	71	Tilray CBD100	Parkinsons Disease, falls	no benefit	N
f	35	Tilray CBD100	chronic abdominal pain endometriosis	small pain relief, skin better	G
m	60	Tilray CBD100	hepatocellular carcinoma progressing	much reduced pain, feels tumour is halted	E
f	67	Tilray CBD100	chronic upper body pain fibromyalgia	high dose CBD gives small relief pain and anxiety	G

Patient Feedback

- Patient 1. Excellent so far....I haven't had a fibromyalgia flare since I started it and haven't spent a day in bed!!!!!!!!!!!! Which is the first time in many years.....
- Patient 2. The cannabis oil has been very successful. It took 3-4 weeks, as I slowly increased the doses, to finally stop my long-term serious pain issue. It is the first relief I've had. I had two weeks with disrupted sleep. That settled down. I have had no other side effects. The relief provided by the oil has seriously improved my quality of life.
- Patient 3. Hi Dr. I don't know what to report back. My symptoms have continued to get worse and I am very concerned by it. I can't say the cannabis did anything to improve my current condition. I will ... make another appointment to see you.

Any Questions?

~NGA MIHI NUI~

Thank you.

Please note that I take questions and referrals

Video consultations available

www.cannabiscare.nz

doctor@cannabiscare.nz

[Pain-calculator.com](https://pain-calculator.com)

