

Public Comments Received about Migraines on the ADHS Website for the July 2013 Petitions

Philip Denney, MD, Co-founder of a medical cannabis evaluation practice, in the June 2, 2005 Whittier Daily News is quoted by Shirley Hsu in the article "Migraine Sufferer Finds Relief from Marijuana": "Cannabis is one of the best medicines for migraines. It's so effective - it works rapidly, and it has limited toxicity, although lung damage from smoking is a concern." Yet this concern would be easily avoidable if patients had access to safe regulated marijuana that could be ingested rather than smoked.

David L. Bearman, MD, physician and medical marijuana expert, in a letter printed in the Feb. 3, 2005 edition of Los Angeles City Beat, wrote: "Not only are there thousands of migraine patients who benefit from cannabis, but cannabis has been cited by such historical medical luminaries as Sir William Osler, M.D. (considered the father of modern medicine) and Dr. Morris Fishbein (long-time editor of JAMA) as the best treatment for migraines (back in the days before the Congress ignored the AMA and over the AMA's objection, passed the Marijuana Tax Act)."

My naturopath recently recommended medical marijuana for my migraine headaches (from glaucoma). I don't smoke and I wanted a safer alternative and I discovered medical edibles and hemp salves (Dixie Elixir's are available at many dispensaries in the Tucson area). My doc gave me an article from Natural News (Marijuana Cannabinoids -- Oral and Transdermal Methods) and I am happy to share since it is copyright free and available for anyone to download at their website: <http://naturalnews.com> Using Medical Edibles and Hemp Salves/Balms to relieve your Migraine Headaches NaturalNews) (NaturalNews)The research indicates that cannabinoids hold the secret to helping heal many of the chronic diseases we are facing. From cancer to diabetes, and from autism to Alzheimer's, medical marijuana helps, and sometimes dramatically so. Cannabinoid medicine holds a great power to alleviate human suffering. There are no words to describe how important this substance is for our race in terms of sanity, compassion and highly rational medicine. Although medical marijuana is nontoxic, smoking it can be hazardous over the long term because toxic compounds are created in the combustion process. Fortunately there are options for the administration of cannabis but in general all different ways of administering hemp oil or raw marijuana can be combined with no harmful side effects. Also there are vaporizers that allow for inhalation or what amounts to transdermal treatments into the lungs without burning the marijuana. It's a cool clean smoke of powerful medicine. Smoking marijuana has limited medical value when used exclusively, especially when it is inhaled through burning. It can reduce blood sugar; it can also help reduce ocular pressure for people with glaucoma. Most people know of marijuana's ability to reduce nausea, and smoking marijuana will often reduce the pain associated with many medical conditions. Smoking "grass" does make a person relax, which in itself can be quite beneficial. Smoking does help reduce the symptoms of many conditions but in general it does not work on a curative level like oral consumption does. Rick Simpson, the most courageous medical marijuana expert of them all, says, "Smoking is the least effective method of using hemp as a medicine. The power of hemp medicine is magnified many times when the concentrated essential oil of the hemp plant is produced. If you want to see the real medicinal magic in the hemp plant, start ingesting high-grade hemp oil. When one starts ingesting the raw, unburned THC and its associated cannabinoids, medical miracles often occur. When a person smokes a joint, over 90% of the medicinal aspect of the plant material goes up in smoke. It's ironic to see people who have taken chemotherapy smoke hemp to reduce their nausea. They are smoking the very substance that, if taken properly, could cure them." Cannabis, or marijuana, has been utilized as an ingredient in food and drink for thousands of years. Recipes were often recorded in rhyme, assisting in the memorization process. One such recipe, Bhang (a milk-based drink), dates back to 800 B.C. when it was first concocted in India. The Chinese use of cannabis as a staple food source -- for both humans and animals -- dates back to the 7th century B.C. Gathered for their exceptional nutritional value, cannabis seeds provided an exceptional source of protein and nutrients. Oral Cannabis When we ingest marijuana it is absorbed via the intestines and then passes through the liver, which processes the THC into a byproduct called 11-hydroxy-THC, which then travels to the bloodstream and then on to our brains. 11-hydroxy THC is thought to be four to five times more potent than regular THC. This is one reason why edibles are known to be more potent when compared to inhaled cannabis. Edibles are also thought to be strong sedatives and many patients use them for treatment of insomnia. Marijuana taken in edible form

usually takes from 40 minutes to one hour to start working and the peak effect is at two hours. The effects last though from six to eight hours, which is very convenient for those patients who want to sleep or have longer control of pain. The key to proper use of oral marijuana is to know how much to eat so as to get the best medicinal effect without taking too much. The general rule is, if you buy an edible product from a registered marijuana dispensary, cut the edible product into four pieces and eat one piece to start. Wait at least one hour. If you feel braver start with half! If you feel the effects of the medication, do not eat any more. If you do not feel the effects of the medication, you can eat another piece. There have been patients who unknowingly have ingested too much and have felt "too high," nausea, vomiting, and very groggy, so it's best to start out slow in the beginning. If you do not feel much at a full dose than try a dose and a half or even two doses. Transdermal Marijuana Marijuana is lipophilic, which means that it can be dissolved into a fat-soluble substance and readily enter cell membranes. In other words, it can be effective when applied topically on the skin. Marijuana can be used transdermally to relieve pain from many conditions. Medical marijuana can be a balm, lotion, ointment or rubbing alcohol solution. In the old days when people only had plants to use for medication, many patients would soak marijuana leaves in alcohol and apply them as a poultice to an arthritic or swollen joint. Many substances pass easily through the skin and that is why transdermal medicine has been more evident in contemporary medicine. When it comes to marijuana's anti-inflammatory effect people have long experienced this in action when they have applied marijuana to their skin. Patients with arthritis, muscle and joint pain can testify to the easing of the aches and pains that they feel on a regular basis. Topical marijuana preparations usually provide only local relief and do not have effect on the brain, meaning there is usually no high. This is helpful for those times when marijuana use is inappropriate (like when you have to drive your car) and you still need pain relief! Topical preparations can be purchased or made at home. Transdermal medicine is ideal for pain management as well as sports and pediatric medicine. In fact it is one of the best ways to administer medicines quickly and effectively. Transdermal methods of delivery are widely used because they allow the absorption of medicine directly through the skin. Gels, emulsion creams, sprays and lip balm stick applicators are easy to use and are effective in getting medicine into the bloodstream quickly. Traditional methods of administering medicine such as tablets or capsules get watered down and become much less effective due to stomach acids and digestive enzymes before they eventually get into the bloodstream. Bypassing the stomach and liver means a much greater percentage of the active ingredient goes straight into the bloodstream where it's needed. In many cases, transdermal methods are used to help avoid potential side effects such as stomach upset or drowsiness. The full potential for transdermal medicine has not been explored by modern medicine though it has been practiced for thousands of years in hot springs around the world. Of course the use of magnesium oil for these same effects is also recommended and using topical magnesium and marijuana together in combination is excellent for difficult, stubborn pain. One of the main points for everyone to understand is that when we are thrust back to simpler lives, having access to versatile medicines without cost is important. If the governments would get off their people's backs, marijuana would be legal and virtually free because it's so easily grown. It is highly regrettable that the deficiency of such an inexpensive, low-toxicity nutrient like magnesium results in diseases that cause incalculable suffering and expense throughout the world. Dr. Steven Johnson Bottom line, when it comes to pain medications that work on the source of pain and disease, there is nothing like magnesium chloride and nothing like cannabinoid medicine. Together they are the Batman and Robin superhero medical team for the world of pain, heavy emotional upset, and the general treatment of disease. Add sodium bicarbonate (baking soda) and iodine and you already have a full medical team at your fingertips. Hemp Salves and Oils Offer Potent Solutions One hospital pathologist cut his finger during an autopsy; bacteria resistant to antibiotics infected the wound and it seemed that an amputation was going to be inevitable. Then someone had the idea to ask Prof. Kabelik, who was known for his research on the medicinal use of cannabis, for help. He applied his hemp salve and two days later the wound was already healing and the amputation was avoided. Topical Solution Uses Arthritis ----- Pain Dry/chapped skin -----
----- Rashes Eczema ----- Rheumatism Headaches or migraines ----- Swelling Insect bites ----- Sunburns Burns ----- Stiff neck Muscle soreness -----
Tendonitis A Seattle company is reportedly developing a medical marijuana patch for pets, calling it a "question of quality of life." Jim Alekson's Medical Marijuana Delivery Systems, LLC has patented the patch, called

Tetracan, and says it could be used on dogs, cats, and even horses. The patch would be available for human use as well. According to Alekson, "Dogs suffer from the same maladies that humans do," and pets can suffer greatly from pain -- everything from arthritis to cancer. He said that harsh pharmaceutical painkillers have proven harmful, sometimes fatal to animals. In California an adult may grow, buy and smoke marijuana, all while remaining safely within the confines of state law. Dr. William Courtney tells his patients "Don't smoke the stuff. Eat it!" It won't get you high eaten raw, and juiced with a handful of carrots to cut the bitter taste, its leaves and buds may well offer an important contribution to getting people well. Courtney juices carrots to cut the harsh taste of the ingredients largely absent in the psychotropic variety of cannabis. Karl Vick for The Washington Post Kristen Peskuski summarized her return to near-full health -- including debilitating lupus, interstitial cystitis, rheumatoid arthritis and 40 medications a day -- after juicing fresh pot leaves over a 30-month period. Courtney's approach promotes marijuana as a good-for-you vegetable like spinach. Raw bud has a high concentration of cannabinoids and is excellent for consumption. When consumed, raw marijuana generally does not make a person high. The main psychoactive compound in dried, aged cannabis is delta-9 THC, which is absent in the raw, fresh leaf. However, the other compounds, such as the terpenes, may have an effect on mood or energy levels. Raw leaf contains mainly THC acid (not THC) unless you are using a strain that is much higher in CBD. In that case, you will be getting some CBD from the leaf. Leaves are picked from a plant that is about three months of age. Buds should be at the state where the trichomes are fully present but not yet amber (i.e. cloudy). Some of the benefits of raw cannabis include: Immune modulating ----- Anti-diabetic Anti-inflammatory ----- Neuroprotective Antioxidant ----- Antispasmodic Anti-tumor/anti-cancer ----- Anti-anxiety Bone stimulation ----- Antibacterial Pain-relieving What are the "active" ingredients in raw cannabis if there is no delta-9 THC? Terpenes ----- Cannabigerol (CBG) Flavonoids ----- Cannabidivarin (CBDV) Phytocannabinoids ----- Cannabichromene (CBC) Cannabinol (CBN) ----- CBD Acid Cannabidiol (CBD) ----- THC Acid Cannabigerol (CBG) There are more than 525 molecules found in raw cannabis, some with synergistic effects. According to Dr. Courtney it takes about 4-8 weeks before full clinical benefit is reached. It takes that long to fully saturate the fat tissue with phyto-cannabinoids. Phyto-cannabinoids are fat molecules that are stored in the adipose or fat tissue similar to the fat-soluble vitamins A, D, E and K. It appears that a wheat grass juicer is probably the best method of breaking up the cannabis plant cells. Mix with a minimal amount of organic fruit or vegetable juice -- just enough to cut the bitter taste of the raw cannabis. Choose lower sugar juices to minimize your ingestion of simple sugars. Store leaves in a green bag in the refrigerator; do not rinse until immediately before using. Dr. Courtney recommends soaking leaves in water for five minutes before juicing. Use organic cannabis that does not have any pesticides applied at any point in its life cycle. Dr. Courtney recommends using ten large fan leaves per day in juice, salsa, pesto, salad, etc. If you have access to fresh bud, he recommends one bud/day. Cannabinoids and THCA are cleared rapidly from the blood, so frequent consumption of a small amount of juice is ideal. Split the juice into five parts for five divided doses per day. Special Note: Part two of this essay Rick Simpson on Hemp Oil and Marijuana Tinctures is coming soon. For all the references, sources and more articles, please visit Dr. Mark Sircus blog. About the author: About the author: Mark A. Sircus, Ac., OMD, is director of the International Medical Veritas Association (IMVA) <http://www.imva.info/>. Article is public domain and no copyright (free for fair use). Learn more:

http://www.naturalnews.com/034425_marijuana_cannabinoids_medicine.html#ixzz2j8AZW9H4

I watched the Public Hearing for Migraines held this morning and speaker #2 (Mr. Zuckerman) referenced a scientific article written on the subject of migraines and cannabis. I went to the National Library of Medicine (PubMed) and found the article referenced in today's public hearing and here is the website for the reference: The American Alliance for Medical Cannabis (http://www.letfreedomgrow.com/cm/cannabis_and_migraine.htm) C A N N A B I S A N D M I G R A I N E H E A D A C H E S (American Alliance for Medical Cannabis) Cannabis and Migraine Many suffer from occasional or frequent headache (20-40 million Americans). While all migraines are headaches not all headaches are migraine. Most headaches are of the "tension" or exhaustion type. These types can be nasty but migraine can be seriously disabling. Those who suffer from migraine find that attacks can occur occasionally (1-4x/year) or as frequently as daily. Attacks can last anywhere from 3-4 hours to 3-4 days. Migraine can be

"classical" (with aura) or "common" (without aura). Migraine refers to a type of headache that is vascular in nature. Spasm and narrowing of the blood vessels leading to the brain produces a migraine "syndrome". Reduced blood to the brain causes lower oxygen levels, which in turn triggers the release of the brain chemical serotonin and the vasodilatation of blood vessels outside of the brain that can become congested with platelets. Migraine can be focused on one part of the head (hence the term "cluster") or may involve the entire head and neck region. The origin of migraine remains mysterious but certain clues are being studied including: The role of nicotine and/or caffeine in initiating migraine The fact that most (certainly not all) migraine sufferers are women indicates a possible role of hormones in triggering events That migraine seems to run in families indicating a genetic basis The role of food or other allergens in prompting migraine The possible basis for changes in environmental conditions leading to migraine (temperature, barometric pressure, etc.) Emotional triggers including anxiety, stress, and anger may play a major role. If you have ever had migraine you know how truly terrible they can be. Classic migraine is preceded by an "aura" 20-30 minutes prior to the onset of the attack. This aura may include a metallic odor and bursts of light in the corners of vision. As the migraine proceeds light sensitivity increases and nausea is common. Over sensitivity to sound may also be present. Head pain is intense from nerve inflammation and vessel congestion. The migraine sufferer can be almost entirely at the mercy of symptoms. Frequent bouts of vomiting may occur along with the head pain. Driving, talking, and walking can become difficult. The most common and frequently effective treatment of migraine is to promptly reduce light, take Excedrin (acetaminophen/aspirin/caffeine), reduce noise, apply cool compresses, and wait. Additional traditional treatment may include drugs such as: Ergomar (an ergotamine derivative) to dilate blood vessels Imitrex (sumatriptan succinate) to dilate blood vessels Inderal (propranolol) to reduce blood pressure and relax blood vessels (a preventative measure) Elavil (amyltriptaline)- a tricyclic anti-depressant (a possible preventative medication Naprosyn (naproxin sodium) an anti-inflammatory pain reliever Tigan (trimethobenzamide) an anti-histamine to treat nausea Compazine (a phenothiazine) to treat vomiting Narcotics such as Demerol, codeine, or morphine to reduce pain Toradol IM to reduce pain and inflammation Fiorinal with or without codeine- a barbiturate medication to relieve vessel spasticity Often, when acute episodes of vomiting are present, oral medication cannot be used. In these instances patients usually receive treatment from a physician or ER where IM or even IV injections are used. If vomiting is particularly severe dehydration is a consideration and IV fluids may be administered. Many of the medicines prescribed for the treatment and/or prevention of migraine can have serious adverse reactions and side effects. Life style changes to reduce migraine "triggers" may be of real benefit as treatment once a migraine has started can be difficult. Non-drug preventative measures including recognizing and avoiding migraine "triggers" are important. First and foremost, those who suffer from migraine need to receive proper medical care including diagnosis by a specialist. A variety of tests may be utilized including MRI, CT Scan, EEG, and blood analysis. Other causes for headache such as tumor or blood clot need to be identified or ruled out. Alternatives to drug therapy should be considered including behavior modification and biofeedback. Sometimes something as simple as pressure applied just in front of the ear on the side of head where pain is present can help relieve nerve inflammation and blood vessel congestion. In many cases, though, medicines are necessary although they are often ineffective or the side effects may be intolerable. One of the most serious "side effects" is the risk of long term addiction to narcotic painkillers used to dull the ache of migraine. Regular use of analgesic medication for headaches in general can create "rebound" headaches when patients decide to cut down. This is true of non-narcotic as well as narcotic pain relievers. How then might adjunctive therapy with medical cannabis be of benefit to those victims of these terrible headaches? History shows that cannabis preparations in the 19th century were widely prescribed for migraine. In England and America, cannabis was the primary drug used to treat "sick headache". Today tinctures are available that are absorbed under the tongue (sublingual) and work in minutes. Inhalation through a vaporizer or smoking can produce even more rapid relief. Absorption of cannabis through the lungs or sublingually is independent of the GI tract so is unaffected by nausea or vomiting. Cannabis contains a variety of cannabinoids that act synergistically to help relieve migraine symptoms. Cannabis is both anti-inflammatory and analgesic in addition to its known anti-emetic properties. Recent research demonstrates that cannabis is also a mild vasodilator that can lower blood pressure. Cannabis can provide relief from muscle cramps that can accompany migraine (particularly of the neck and shoulders). Patients whose headaches may be anxiety related

<p>need to be cautious about cannabis as it can aggravate symptoms of anxiety in some patients. Dose is patient dependent and is easily controlled with either tincture or through the smoking or vaporization of flowers (bud). A dose as low as 3-4 drops of tincture or less than a gram of flowers is often sufficient providing long lasting action (4-6 hours). Patients are advised to consult with their physician about adjunctive therapy with cannabis and initiate a trial period of treatment with the physicians expressed approval. Cannabis works best when combined with a migraine prevention program and non-drug relief such as restricted light and sound when attacks occur. Medical References: National Library of Medicine - PubMed The American Alliance for Medical Cannabis (http://www.letfreedomgrow.com/cmu/cannabis_and_migraine.htm) Thank you for offering this opportunity to submit feedback via your website.</p>
<p>Less side effects than many other pain killers</p>
<p>i have a prescription for migraines it prevents them when i eat my marijuana</p>
<p>It works</p>
<p>Because it is effective with no harmful side affects.</p>
<p>medical marijuana can help easy the pain associated with migraine headaches.</p>
<p>I am a 62 year old woman who has suffered from migraines since the age of 16. Marijuana is the only medicine that gives me relief without giving me side affects like most prescription or over the counter drugs.</p>
<p>I have been a migraine sufferer since I was 15, I am 32 now. I take daily...1200mg of Gabapentin (600mg in the morning and at bed), 400mg of Topiramate (a very high dose), 1800mg of Ibuprofen (600mg three times a day) and because of this I now have gastric issues and take Prilosec twice a day and cannot eat some of my favorite foods anymore. Even with my high doses of medications I still get migraines frequently and dull to medium headaches almost everyday. My vision, hearing, teeth, hair are all affected. I see colors and light auras and it is terrible. I cannot sit or lay down when this happens either so I stand in the dark for hours. I take Imitrex (sometimes twice) and Compazine for nausea and still end up in the emergency room for an I.V. treatment in which case I cannot drive for 12 hours. I am loading myself up with medication on top of medication and it does not help half the time. If there is another method that would help I am all for it. Please help ease the constant pain without the medicines, they are damaging my body and I am only 32. I currently take 17 pills a day and that does not count the Imitrex if a migraine hits. HELP</p>
<p>Medical marijuana is fully suited to treat migraines and is far healthier than prescription drug alternatives and pain killers that burn ulcers in users' stomachs.</p>
<p>As one of the most debilitating diseases affecting female patients, it is important for AZDHS to understand why migraines should be added to the registry for MMJ patients. Only 25% of the registry currently are females and the reason for why this is low is twofold: First AZDHS with the help of friendly media outlets (Arizona Capitol Times) have made it impossible for the average patient to use MMJ in any format except the smoking of the "bud". Females are not interested in smoking cannabis but using it in tinctures, medical edibles and balms/salves. Migraine headaches occur monthly in most females from the age of 25-55 to coincide with the menstrual cycle and hormone fluctuations. Having medical edibles, tinctures and vaporizing with very high CBD strains (currently not available at the state run dispensaries) is one of the most effective ways to treat a migraine headache. Allowing migraines to be on the registry (it is accepted as a treatment on more than 2 out-of-state MMJ registries) allows for further research and will bring more females into the program who are not interested in SMOKING which for some reason is the delivery method being pushed by Will Humble. This should be investigated especially his relationship with Ryan Hurly (Rose Law Group), and Arizona Organix which is making obscene profits off of ill patients by selling poorly grown cannabis that has no medicinal qualities (low low low CBD). The owner is a profiteer that is using his friendship with Humble to make millions off ill patients. Shame on you Humble you are a disgrace to the State of Arizona!</p>
<p>MMJ has been shown to help the in the treatments of Migrains</p>
<p>It helps mine</p>
<p>Suffering from chronic migraines makes it hard to function when they begin. Medical marijuana would help with blood circulation and relax my brain and blood vessels that constrict.</p>
<p>It helps aliviate symptoms without incapacitating the patient. Current RX meds have many side effects.</p>

Migraines can cause severe nausea and pain. Many patients are unable to take traditional medications for migraines due to allergies, or sometimes with more serious medications, side effects.
Because I am friends with a person who suffers from migraines and medical cannabis is the only medicine that provides relief.
Because it can be debilitating, chronic and cause severe nausea and severe pain
As a person experiencing migraines prior to my medical marijuana use, it is natural medicine and significantly reduce the throbbing pain I would have in a shorter time span than taking over the counter medications.
The petition to add Migraine headaches was very thought out and made a compelling case for cannabis as a very benign medication which offers palliative and therapeutic relief. Even Thomas Jefferson (3rd president, hemp farmer and migraine sufferer) understood that hemp (marijuana and cannabis are the exact same thing) had medicinal qualities that were even mentioned in botanical guides written in the 1700s. The Arizona medical marijuana program needs to understand that women are suffering greatly from migraine headaches (75% of all migraine sufferers are women) but are under represented on the registry. Adding migraine headaches will be a positive step in putting on the registry one of the most debilitating and chronic medical conditions that affect females.
Migraines can be quite severe and impact one's ability to function in daily life. At the very least, medical marijuana can help them rest until the migraine subsides/other prescribed medication kicks in. It can also relieve associated depression.
I think migraines should be added as a medical condition for medical marijuana because of the fact that it is a chronic condition. People suffer from these pains almost every day to the point where they can't normally function due to the fact that they have to stay in a dark quiet room to try to get rid of the pain. Not to mention the risk of addiction of pain killers for migraines which will only make things worse if eventually these people want to take higher dosages resulting in body/ organ damages or even overdosing. Medical marijuana has none of those side effects and can even actually do more than the pain killers. In example, migraines can cause excruciating pain, nausea, unstable focus, insomnia due to the pain, and can last up to hours. Medical marijuana has already been helping with chronic pain and nausea and can even help with insomnia to shorten the time frame in which the migraine takes place. I honestly think all the effects of a migraine should be able to qualify this condition and make the list for medical marijuana.
Migraines are a devastating disease that typically impact the most productive members of society. Migraines cost the US economy more in lost productivity than any other medical condition - billions of dollars every year. There are many migraine sufferers in the U.S. who have tried all conventional medical and pharmacological interventions for migraine, yet continue to have disabling migraine attacks. I personally suffer from severe, chronic migraines that prevent me from working and frequently keep me from driving or performing personal errands and chores. All four of my siblings also suffer from migraines, as do many of my friends. While I suffer from many other severe medical conditions (including Ehlers-Danlos Syndrome with severe and chronic muscle and joint pain, painful muscle spasms, Asthma, Mitral Valve Prolapse, GERD, IBS, chronic nausea and cyclic vomiting, and recurrent infections), my migraines affect and disable me more than any other health problems. I was able to work as a business professional with all of my other health problems, but my worsening migraines have made work and any other scheduled activities impossible. I have suffered from migraines for over twenty years and have tried nearly every conventional therapy, including every available triptan drug, ergot drugs, multiple beta-blockers, calcium channel blockers, many different tricyclic antidepressants, SSRI's, anti-psychotics, anti-seizure drugs, anti-emetics. I have tried many physical therapy modalities, including manual manipulation, massage therapy, traction, aquatic therapy, TENS, NMS, Russian stim, ultrasound, the topical application of heat and cold. I have also tried hormonal therapy, biofeedback, trigger avoidance, steroid drugs in the form of nerve block, trigger point and cervical facet injections, and botox injections. To date, nothing has worked consistently. I have never used marijuana at all, in any form, but if the option were legally available, I would gladly try it. If marijuana actually reduced the frequency and/or severity of my chronic migraines, it would completely change my life. If my migraines were controlled, I could return to work. I would no longer be a burden upon my husband and family. I would no longer need to rely on SSDI disability benefits for support

and I could make payments into the Social Security system again. I could make productive use of my education and skills, which include a Master's Degree in Business Administration and SPHR certification. I could once again become a productive member of society.
It seriously effects the ability for me to go about my daily life and affairs.
I suffer from status migrainosis (migraines lasting longer than 72 hours) and PTSD. I have been hospitalized 5 times for migraines and been in the emergency department many more times than I can count. I have seen multiple neurologists, including a headache specialist, a chiropractor, an acupuncturist, OB/GYN, and psychiatrist. I take almost a dozen medications to prevent and treat my migraines. I even follow a special diet to help prevent them. I cannot seem to get the migraines under control. The migraines usually last 5 to 8 days. I miss out on work, family, and social activities. The pain keeps me in bed in one position for days at a time, but it's not just the headache... sensitivity to light and sound, nausea, and heightened sense of smell all play a role to make the migraines an all encompassing dread. Most medications don't even touch the symptoms. While admitted to the hospital, I get numerous expensive tests, (including MRIs of the brain, blood work, etc.) and expensive medications that make me feel horrible and flat out don't work. I have never in my life tried any kind of "drug" other than that prescribed to me. I feel that I am at my wits end with getting treatment for my migraines as they are sapping the life out of me. I have no idea if medical marijuana would work for me, but I am willing to give it a try, especially since it is more "natural" than the lab created toxins that are coursing through my veins right now. Please consider adding migraines and PTSD to the list of approved conditions for medical marijuana. (My comments to be added to the PTSD section also.) Thank you.
I SUFFER FROM CHRONIC MIGRAINES AND HAVE BEEN TOLD THE DRUGS I TAKE (THE ONLY ONES THAT SEEM TO WORK) ARE ADDICTIVE. THIS CONCERNS ME. NOT TO MENTION I DON'T LIKE TAKING DRUGS.
Anyone that has ever suffered from migraines would know just how debilitating they can be. Once the onset of a migraine occurs the whole day is dedicated to just "dealing" with that, which usually means hiding yourself away in your room with the lights off and removing yourself from your family's activities or other obligations. For those that have regular occurrences, it becomes a way of life. Any relief from that distraction would help the people suffering from it return to a productive life. It makes sense that since marijuana reduces pain and inflammation that it would be helpful in treating migraines and therefore should be added to the list of approved illnesses.
Because I have had debilitating migraines for close to ten years now. MMJ from California is the best remedy out there. Sumatriptan is horrible. The best prescription drug I have found, for me, is Compazine (nausea), mostly because it allows me to still function normally. MMJ works, head and shoulders, better than either of these two prescription medications.
If those who suffer from the debilitating effects of severe migraines can have access to another option for treatment, our state government should not stand in the way of that individual's ability to better treat their migraines with cannabis.
Only people who suffer from migraines know the pain that a human being has to go through during a migraine. I have had many injuries and illnesses throughout my life, but nothing is as bad as a migraine in my opinion. It is something that starts eating you from the inside of your head and what starts as brain pain becomes one big compounded pain in every part of the body. Moving, breathing, talking, and even thinking makes increases the pain. There are not a lot of options when trying to get rid of it. Marijuana is one of the few things that has worked for many people and it should be at people's reach. It is not fair to make people helpless when having migraines by taking one of the best solutions to it from them.
As a person who has migraines sometimes nothing helps and some people might respond to it.
I have personally observed my wife, and many friends get rid of their migraines with CBD/THC tinctures, and by smoking. The US government has a patent on its use for many forms of pain. Migraine pain is one of the most debilitating and often chronic. I have also used cbd based chocolate bars to get rid of a regular sinus headache I get in the spring and fall every year. I do have my card by the way.
Some severe migraines can be debilitating to point of nausea and extreme pain to the head, most cases

<p>migraines can last up to a few hours to as long as a week. When you see a doctor migraines you're given a list of pills, certain cases will have you take a combination of pills which include large amount of NSAIDS, antiinflammatorys, antidepressants, and seizure medications with another list of side effects. so you may be given as much as a 3rd set of prescriptions before you find the right medication that won't affect the patient negatively.</p>
<p>it can help and i think it can.</p>
<p>I've been ongoing battle with migraine headaches it gets to the point sometimes when I can't even get out of bed because of the pain. I smoke a little bit the pain subsides I'm able to function normally</p>
<p>Marijuana is a safe, very effective cure for migraines</p>
<p>I've had migraines since I was a child and I can speak from personal experience, that migraine medication is harsh and mind numbing. Its not an easy solution, the medication, it comes at a price. You lose focus, drive, and rational thinking ability. As someone who deals with this condition, and will continue to for the rest of my life, having the option for an alternative medication that would allow me to be more functional, while also suppressing my migraines, would be a god-send for me. I know that the other members of my family that suffer from migraines would also benefit from access to medical marijuana. Ultimately it comes down to you, but as someone who suffers from migraines regularly and a contributing member of society I would greatly benefit by being included in the medical marijuana program. Thank you for your time.</p>
<p>My wife has severe migraines. The prescription medications can have serious side effects like liver damage and even death. It would be great to have access to another medical option with much less severe side effects.</p>
<p>Because migraine headaches are the result of artery spasms combined with over-relaxation of veins, the vascular changes cannabis causes in the covering of the brain (the meninges) usually make migraines disappear.</p>
<p>There is hard evidence that marijuana helps ease the pain and intensity of migraine headaches.</p>
<p>I suffer from migraines nearly every day and after trying just about everything method out there, I found that cannabis is the most effective in treating my headaches. One administration will last me 3 good days without a migraine.</p>
<p>Because it is a natural remedy that would help relieve the pain that migraines cause</p>
<p>Migraines should be added as a medical condition because personally, i would rather use medical marijuana rather than have to take pills that make me fall asleep and dont allow me to continue with my daily activities.</p>
<p>My Migraines come with nausea and intense pain. Marijuana has the benefit of minimizing pain as well as nausea. Sometimes prescription drugs have little effect and others have too many side effects.</p>
<p>It is the more effective than any migraine medicine currently available.</p>
<p>Marijuana has been the only way to relieve the debilitating effects caused by my migraines. Using traditional methods was successful, but the costs, side effects and timing (both for kicking in and when to take) are far beneath what marijuana can accomplish.</p>