

Submission  
No 114

## INQUIRY INTO USE OF CANNABIS FOR MEDICAL PURPOSES

**Name:** Name suppressed

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Partially Confidential

Submission:

### Safety and Efficacy of Cannabis for Medical Purposes.

In this paper I wish to make a submission for the use of cannabis as a safe and effective intervention in the treatment of pain related to osteoporosis, post organ transplant hypertension with associated depressive anxiety and malaise. This submission is in relation to a personal and informed choice to use cannabis, in this case as a brewed tea, in which the markers of successfully countering pain remain subjective.

I suffered a debilitating disease which led to an organ transplant. As an outcome to this change in bodily status I suffered hypertension and a massive decline in bone density which later developed into a debilitatingly painful osteoporosis. The outcome of my situation triggered a spiralling anxiety and depression. Further, the use of immunosuppressant drugs to maintain my new organ from rejection presented side effects of chronic anxiety, lower back pain and increased blood pressure.

I had in my previous working life been proactive in health and nutrition. However after re-establishing my life post-transplant my ability to work was hampered by pain, fatigue and depression. The use of prescribed pain medications seemed only to exacerbate my symptoms. I tried with limited success various modalities and a multitude of medications and programs.

I commenced supporting people with terminal illness in their own homes and was able to experience firsthand the use of cannabis as an adjunct to pain relief, in most cases in reducing opioid usage, whilst also recognising the benefits it had to offer in support of my client's demeanour, sleep patterns, nausea relief and wellbeing. The cannabis was used in several differing formats including smoking as a rolled cigarette or with a vaporizer, or cooked into biscuits or cake, and also as a tea.

On researching its use as a tea for personal use I learned that THC is not water soluble and therefore has a minimal psychoactive effect. I began drinking it as a tea several years ago and continue on a daily basis. The efficacy established in reducing pain and associated conditions of anxiety and depression appear to be noticeably effective whilst maintaining clarity in cognition.

The clarity I refer to is noticeable in my return to university studies and the quality of grades which I am achieving without the unbearable distraction of pain. Further I have achieved over the past 5 years a level of athletic

ability allowing me not only to qualify at a level worthy of run-  
but to achieving gold and silver on several occasions.

In summary I submit to the Inquiry into Medical Marijuana the above anecdotal evidence of my experience to suggest the positive effects of the use of cannabis as a medicinal support for pain and quality of life for a variety of situations. As a 30 year old male I rely on the use of cannabis as a tea in place of the option of opioids or anti-inflammatories to release me from a depressive lifestyle due to complex health while issues supporting me to experience a quality of life I would otherwise not have had.

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