

## Minnesota Medical Cannabis Program Petition to Add a Qualifying Medical Condition

### *Making your petition*

- Any person may petition the Minnesota Department of Health ("the department" or "MDH") to add a qualifying medical condition to those listed in subdivision 14 of Minnesota Statutes section 152.22.

**Petitions will be accepted only between June 1 and July 31, 2017.  
Petitions received outside of these dates will not be reviewed.**

**Petitions must be sent by certified U.S. mail to:**

Minnesota Department of Health  
Office of Medical Cannabis  
P.O. Box 64882  
St. Paul, MN 55164-0882

- You must mail the original copy of the petition with an original signature.
- Complete each section of this petition and attach all supporting documents. Clearly indicate which section of the petition an attachment is for.
- Each petition is limited to one proposed qualifying medical condition. If your petition includes more than one medical condition, it will be dismissed.
- If you are petitioning for the addition of a medical condition that was considered but not approved in a prior year's petition process, you **must include** new scientific evidence or research to support your petition or describe substantially different symptoms. Please refer to our website to see which medical conditions were reviewed in prior years (<http://www.health.state.mn.us/topics/cannabis/rulemaking/addconditions.html>).
- If the petition is accepted for consideration, MDH will send the petition documents to the Medical Cannabis Review Panel ("Review Panel"). MDH staff will also provide information to the Review Panel about the proposed qualifying condition, its prevalence, and the effectiveness of current treatments.
- You may withdraw your petition any time before the Review Panel's first public meeting of the year by submitting a written statement to the Department stating that you want to withdraw it.

### **Petition review process**

- An appointed citizens Review Panel will meet to review all eligible petitions.
- MDH will post notice of the public meetings of the Review Panel on its medical cannabis website.
- After the public meeting and by November 1, the Review Panel will provide the Commissioner of Health its written report of findings.
- The Commissioner will approve or deny the petition by December 1.

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Section A: Petitioner's Information			
Name (First, Middle, Last): [REDACTED]			
Home Address (including Apartment or Suite #): [REDACTED]			
City: [REDACTED]		State: MN	Zip Code: [REDACTED]
Telephone Number: [REDACTED]		E-mail Address: [REDACTED]	

Section B: Medical Condition You Are Requesting Be Added
Please specify the name and provide a brief description of the proposed qualifying medical condition. Be as precise as possible in identifying the condition. <b>Optional:</b> Include diagnostic code(s), citing the associated ICD-9 or ICD-10 code(s), if you know them. <i>Attach additional pages as needed.</i>
Peripheral Neuropathy (disorders of the peripheral nervous system) If the sensory nerve is damaged, symptoms include pain, numbness, tingling, muscle weakness, burning, loss of feeling.

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**Section C: Symptoms of the Proposed Medical Condition and/or Its Treatment**

Describe the extent to which the proposed qualifying medical condition or the treatments cause suffering and impair a person's daily life. *Attach additional pages if needed.*

peripheral neuropathy in my feet severely impacts my daily life. The burning, sharp, jabbing pain restricts my activities to the point that I have difficulty getting daily tasks completed. By late afternoon the pain is intense + I need to <sup>have</sup> feet elevated with an ice pack + take pain meds.

**Section D. Availability of conventional medical therapies**

Describe conventional medical therapies available and the degree to which they ease the suffering caused by the proposed qualifying medical condition or its treatment. *Attach additional pages if needed.*

I have tried many types of medications (Amitriptyline, gabapentin, Lyrica, Tylenol, Oxycodone, Ambien, Lidocaine patch) I have also tried TENS, acupuncture, massage therapy, I had surgery on the left foot (Dellon Nerve Decompression) which actually did more harm to my foot

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**Section E: Anticipated benefits from Medical Cannabis**

Describe the anticipated benefits from the medical use of cannabis specific to the proposed qualifying medical condition. *Attach additional pages if needed.*

I feel the long term use of Tylenol + oxycodone is doing harm to my body (liver + stomach problems) I'm particularly interested in cannabis sublinguals since I don't want to smoke or eat cannabis laced brownies

**Section F (optional): Scientific Evidence of Support for Medical Cannabis Treatment**

It will strengthen your petition to include evidence generally accepted by the medical community and other experts supporting the use of medical cannabis to alleviate suffering caused by the proposed medical disease or its treatment. This includes but is not limited to full text, peer-reviewed published journals or other completed medical studies. Please attach complete copies of any article or reference, not abstracts.

**I have attached relevant articles.** (check box if you have attached scientific articles or studies)

**Section G (optional): Letters in Support of Adding the Medical Condition**

Attach letters of support for the use of medical cannabis from persons knowledgeable about the proposed qualifying medical condition, such as a licensed health care professional.

**I have attached letters of support.** (check box if you have attached letters of support)

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**Section H: Acknowledgement and Signature**

*Please Note: Any individually identifiable health information relating to any past, present, or future health condition or health care contained in this Petition is classified as a health record under Minnesota Statutes §144.291, and is not subject to public disclosure.*

**I certify that the information provided in this petition is true and accurate to the best of my knowledge.**

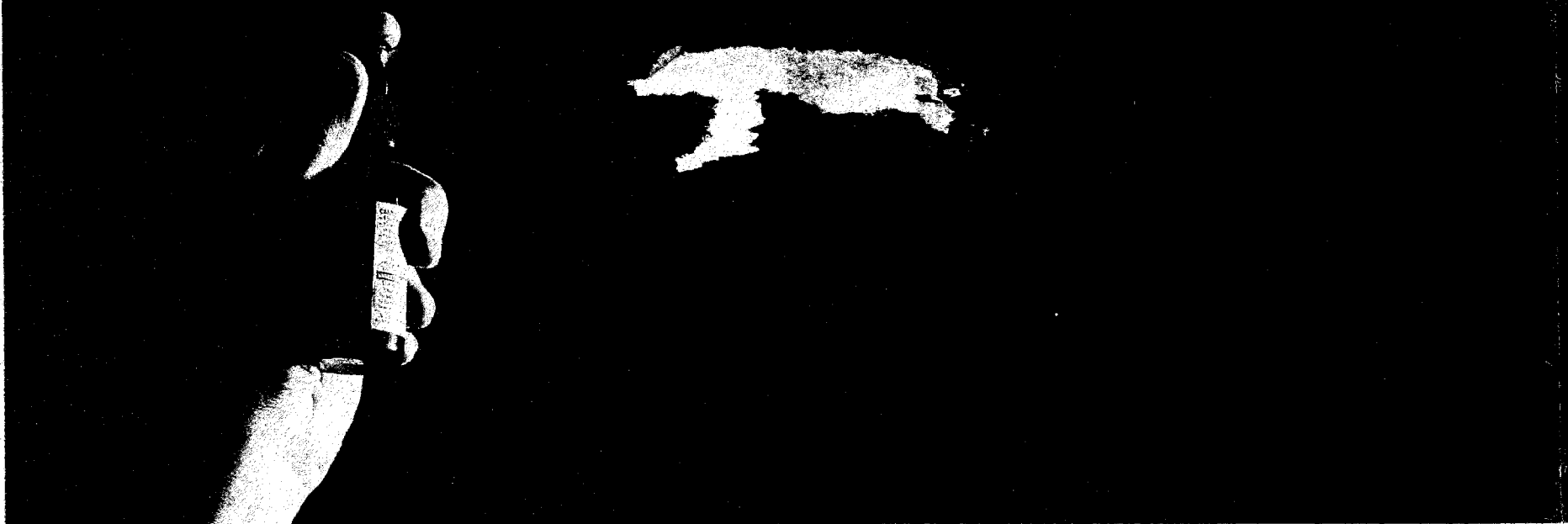


SIGNATURE

7 - 11 - 17  
DATE (mm/dd/yyyy)

*To obtain this information in a different format, call:  
(651) 201-5598 in the Metro area and (844) 879-3381 in the Non-metro.*

## SUBLINGUALS



Photos by Liz Hafalla / The Chronicle

# From underground to under the tongue

By Emily Earlenbaugh

When Sarah Wall was first diagnosed with rheumatoid arthritis 25 years ago, her doctors prescribed her various pharmaceutical drugs. But the Marin County resident, now 59, said none of them helped, and some even caused painful gastric problems. Eventually, Wall turned to cannabis, which she said gave her more relief than any medication. While she tried smoking, vaping, topical creams and edibles, she finally settled on under-the-tongue tinctures, called sublinguals, as her preferred medicine.

"It is much better than consuming edible cannabis, which is much harder to control the dosage and leaves me feeling stoned and groggy in the morn-

ing," said Wall. She added that while she still smokes cannabis daily, she prefers sublinguals to all other methods, calling them miraculous for their ability to relieve pain quickly.

Although not as common as smoking or ingesting, sublingual delivery is gaining in popularity among medical and recreational users alike because it doesn't

require the inhalation of smoke or vapor. Sublinguals come in a variety of forms, primarily tinctures and sprays, but they all rely on the same mechanism: absorption through the mucosal mem-

branes under the tongue, where the plethora of capillaries provides a more direct route to the bloodstream.

Bonni Goldstein, a medical cannabis physician in Lawndale (Los Angeles County)

who treats patients using sublingual products, says their effects depend on how long a person lets them absorb. "It is difficult to measure

how much is absorbed, as some of the product will be swallowed," she said.

But she pointed out that studies of the sublingual spray Sativex — which is approved for use in Europe to treat

**While more research on sublinguals is needed, current studies point toward their efficacy.**



### Shopping List: Trending Tinctures and Sprays

**Care by Design tinctures and sprays**

**Price:** \$48 (15 ml)

**Where to find it:** The Green Cross, San Francisco

**Thera-Cann High CBD Spray**

**Price:** \$60 (30 ml)

**Where to find it:** Berkeley Patients Group

**Forest Nymph Botanicals Sweet Dreams Tincture**

**Price:** \$45 (30 ml)

**Where to find it:** The Bloom Room, San Francisco

**Fiddler's Greens Raw Tinctures**

**Price:** \$50 (30 ml)

**Where to find it:** 7 Stars Holistic Healing Center, Richmond

**Moxie Meds Relief and Recovery Tinctures**

**Price:** \$40 (15 ml)

**Where to Find It:** 7 Stars Holistic Healing Center, Richmond

—Emily Earlenbaugh

spasticity, neuropathic pain and other symptoms of multiple sclerosis — show “excellent bioavailability if the liquid is held under the tongue and allowed to absorb.”

According to Goldstein, sublinguals’ effects begin 15 minutes to an hour after application — faster than edibles, which take about one to three hours to take effect, but slower than inhaling. The duration of sublingual effects varies, but they can last between six and eight hours, she said.

That’s longer than smoking, notes Shannon Hattan, co-creator of sublingual tincture maker Fiddler’s Greens in Sonoma County. “The research is showing that you’re getting more consistent balance in your system versus smoking, where it kind of spikes within the first one to

two hours,” she said. She added that tinctures can be taken several times a day — “the same way you would take Advil or something.”

Sublinguals are usually made from a base of alcohol or oil — coconut, olive and the man-made fats known as medium-chain triglycerides are popular choices — and contain the active ingredients in cannabis called cannabinoids, such as tetrahydrocannabinol (THC) or cannabidiol (CBD). Sometimes other herbal medicines or flavorings are added. A few drops or sprays are put under the tongue and held there for around 30 seconds.

While more research on sublinguals is needed, current studies point toward their efficacy. They’re also an easy, discreet alternative to smoking and vaping.

Nationally, edibles continue

to be more popular than sprays and tinctures, but in California, sublinguals rank higher in terms of interest, according to a recent Cannabis Brand Study conducted by Canna Ventures, a marketing and branding agency.

“As smoking has become less socially acceptable, cannabis consumers are looking for alternative experiences to smoking a joint, using a bong or pipe,” the study’s authors wrote.

As Wall points out, they are “a great way to get quick pain relief without having to smoke cannabis, and it gives you very specific control over how much you need.”

*Emily Earlenbaugh is a cannabis patient consultant and wellness researcher. Read detailed reviews of sublinguals and sprays at [www.GreenState.com](http://www.GreenState.com)*



**Sublinguals**  
“give you very specific control over how much you need.”

*Sarah Wall, patient*

Sublingual products are delivered by spray or dropper.

Liz Hafalia/ The Chronicle

# SERIOUS PAIN RELIEF

(No Inhaling Required)

Whole Plant · Triple-Tested · All Natural

2017 HIGH TIMES  
**WINNER**  
BEST TOPICAL

RELEAF BALM™

**PAPA & BARKLEY**

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