



ARTHRITIS
TALKS

Medical Cannabis

December 3, 2025



Presenters



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(Moderator)



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**Special thanks to our exclusive event
presenting partner:**



WHAT ARTHRITIS STEALS,
**RESEARCH
RESTORES.**

GIVE NOW.



Webinar tips

- Use the Q&A section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the Chat box to connect with other participants and the Arthritis Society's chat moderator.
- If you have further issues, email **arthritistalks@arthritis.ca**





**How medical
cannabis works**



Safe usage



Q & A





How does medical cannabis work in my body?



Endocannabinoid system (ECS)

We produce two types of endocannabinoids

1. **Anandamide(ANA or AEA)** - name derived from the Sanskrit word for bliss
2. **Arachidonylglycerol (2-AG)** - 170-fold more abundant than anandamide

We have two receptors throughout the ECS found within our nervous system

1. **CB1** - primarily found in the brain and CNS
2. **CB2** -found in peripheral organs; the skin, heart, digestive system, abundant in the immune system.

Cannabis interacts with the same receptors as anandamide and 2-AG.



How the endocannabinoid system works

- The POSTsynaptic neuron is activated and endocannabinoids are made on demand
- They then travel backward to the presynaptic neuron and attach to the cannabinoid receptors
- Regulates an organism's overall sense of arousal during novel situations





What is the best approach for using medical cannabis for my arthritis?



- **Using an ointment is the best approach to using medical cannabis**
 - No side effects and is not contraindicated with any condition or medication
 - It can be applied directly to the affected area
- **If this doesn't work or the targeted joint is too deep (hip joint) then a tincture is the best approach**
- **Be cautious of contraindications if using a tincture**





How can I access medical cannabis safely?



- **Safest access is by authorization from your general practitioner or naturopathic doctor.**
- **This allows for a follow-up to determine if it was effective or if a different strain can be tried.**
- **This also gives you a receipt for the purchase.**
 - The authorization and receipt can be submitted with your income tax return as a medical expense.





Q: What excites you about the future for those diagnosed with arthritis today?



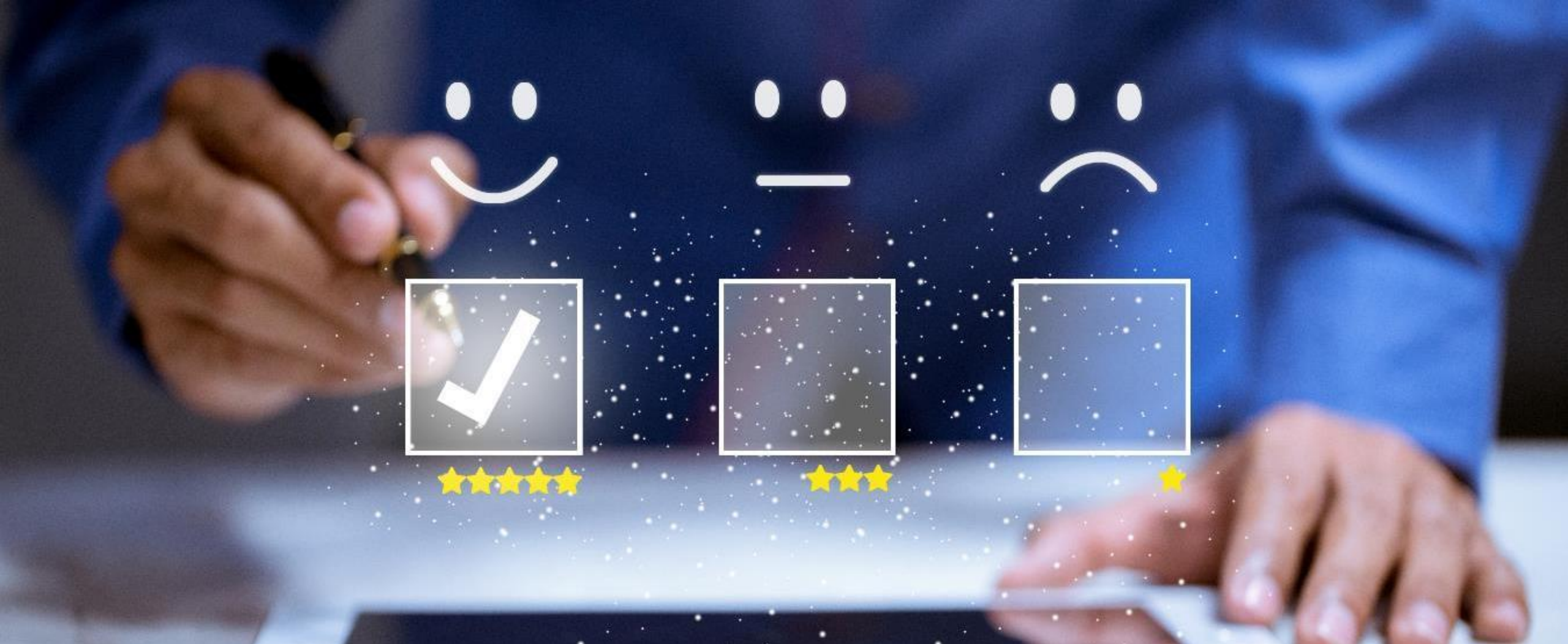
- **Cannabis gives an alternative to narcotics**
- **It can also be used safely in conjunction with over-the-counter medications**





Questions





Tell us what you think...



Virtual Information Booth

- Join Megan Dexter and Denogh Valentine from Canadian Cannabis Clinics at a virtual information booth immediately following this live webinar.
- They will be available to answer your questions about medical cannabis and how to access it safely.

arthritis.ca/booth



Thank you!



