

# How To Become A Medical Marijuana Patient In New York State

1) Patients must be a valid citizen residing in the State of New York and can readily provide an authentic form of New York State identification as a proof of residency. If in the event that a patient does not have a valid New York I.D. card, there is the potential that the state will accept a U.S. passport or another other form of photo identification that features the patient's proof of residency on it. Examples of possible forms of identification may include a bank statement or even a utility bill.

2) Patients are required to obtain medical records or legitimate health documentation that outlines a specific medical diagnosis. A patient's health records are an extremely important component of this process and should be transferred over to the recommending doctor's office prior to a patient's first visit.

3) Patients must also obtain a written certification from a healthcare practitioner that is licensed to practice and recommend medical marijuana in the State of New York. Patients must also take into consideration that establishing a long-standing and bona fide relationship with the recommending physician is an essential factor in determining if alternative medicine is the right treatment option.

4) For full approval into the New York State's medical marijuana program, an application for a New York medical marijuana card must be filled-out and submitted to the appropriate state authority. This is the final process before the actual obtaining of the card. Once a patient has received their New York medical marijuana card or temporary authorization, they are then able to

## Medicinal Marijuana is Distributed in 2 Forms:

### Oral:

a) Tincture: An oil that is placed below the tongue (Sublingual) and absorbed, thus bypassing the liver for quicker onset of action.

b) Syrup: A viscous (Thick) liquid, that is swallowed and absorbed in the small intestine. Liver is not bypassed, this onset slower of action.

c) Pill: A capsule is ingested and absorbed in the small intestine. Liver is not bypassed, thus onset slower of action.

### Vapor

A cartridge filled with a oil is placed in a Vaporizer. Heating coils within the vaporizer heat the oil until it turns into a vapor. The vapor is then inhaled. Thus, absorbed in the lung bypassing the liver for fast onset of action.

As with any prescribed medication, start with a low dosage and progress slowly to find the balance and method that works best for you.

## Medical Marijuana Access

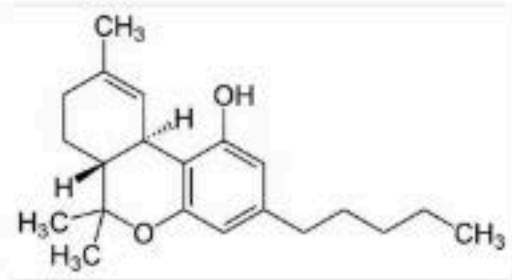
**NYS Registered Dispensaries** are comprised of teams of pharmacists and other professionals who will work with you to determine the best product and dosage for you.

To visit a New York State Certified Dispensary, you will be required to provide your (1) Medical Marijuana Qualifying Certificate from a New York State Medical Marijuana Certifying Physician; (2) Medical Marijuana ID issued by the State of New York; and (3) valid New York State ID. Some dispensaries may have additional requirements which should be listed on their websites.

To find a New York State Certified Dispensary, [click here](#).

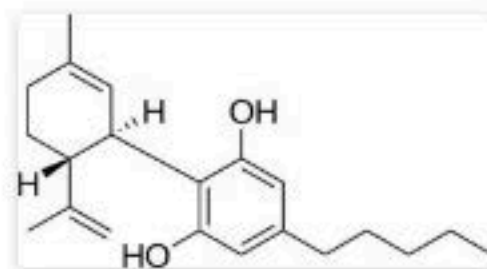
## What Type of Medical Marijuana is Available in New York State

The two main, active ingredients in Medical Marijuana are:



**THC** (*tetrahydrocannabinol*) is best known as the psychoactive ingredient that produces the “high” effect of cannabis, which has earned all of the “negative press.” It stimulates parts of the brain that release dopamine, which creates a sense of well being and euphoria. THC also has properties that can offer relief from the symptoms of pain and inflammation.

**CBD** (*cannabidiol*) is a compound that produces medicinal effects without the mind-altering effects, which can give patients benefits without fear of mental limitations or other unwanted effects. Studies continue to suggest that CBD reduces the intoxicating effects of THC.



CBD and THC are 2 of many cannabis compounds known as *cannabinoids* and have the same chemical composition with a slight variation in the arrangement of atoms. Benefits from *a balance of THC and CBD* have been demonstrated by patients worldwide.