

# HAWAII MEDICAL CANNABIS NEWSLETTER

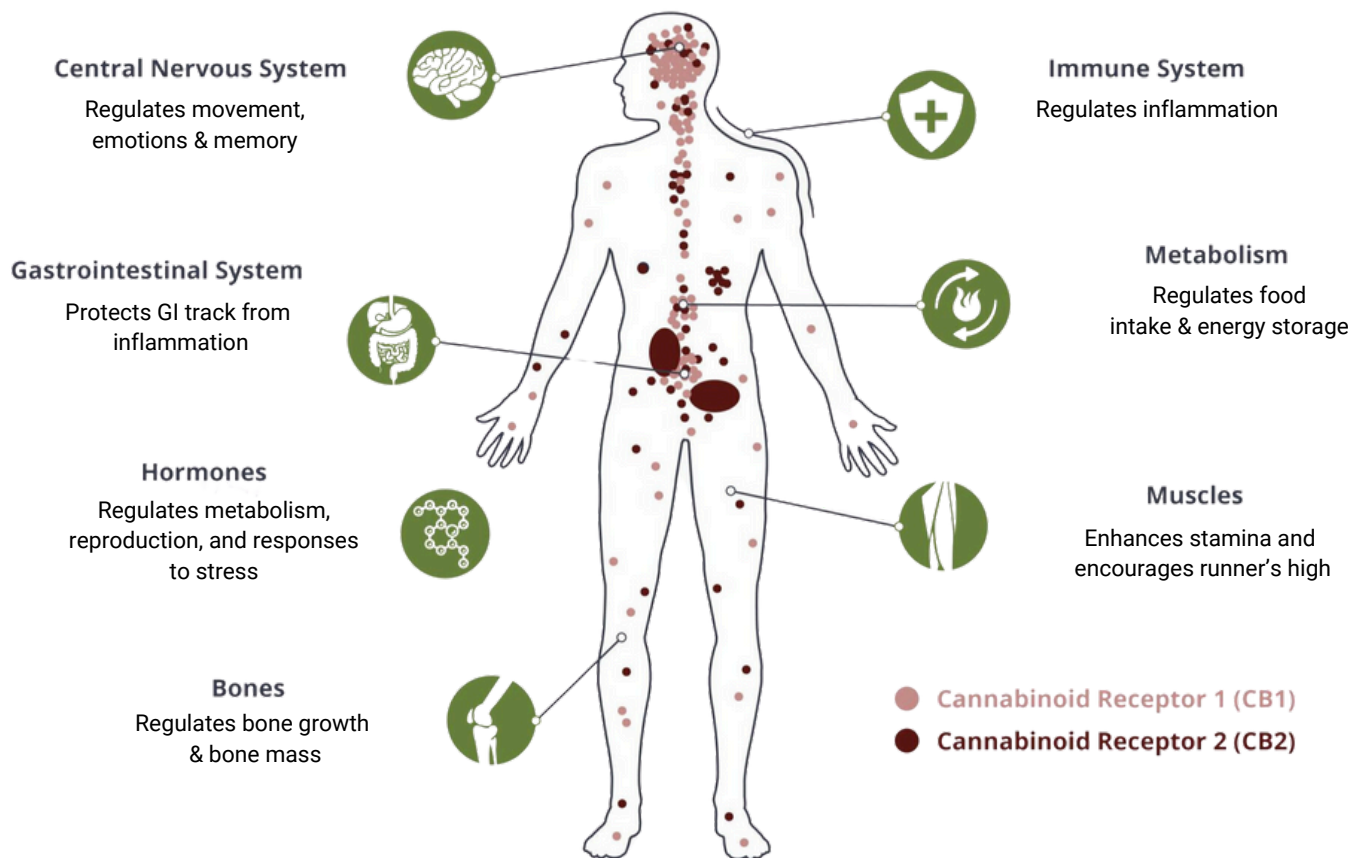
Aloha! Welcome to the inaugural edition of this monthly newsletter, brought to you by the OMCCR. This newsletter will bring you current cannabis science, important program changes, and address common questions Hawai'i 329 patients may have.

**So, let's start the conversation!**

## The Science

### Ever wonder how cannabis works in the human body?

Get to know your endocannabinoid system. It is the largest neurotransmitter system in your body. THC, CBD, and other cannabinoids mimic the endocannabinoid system neurotransmitters and can help produce these results:



## ENDOCANNBINOID SYSTEM

The endocannabinoid system (ECS) is the largest signaling system in our body, present in both our central nervous system and nearly all cells throughout our organs and tissues. The ECS helps keep our body in balance and regulates important functions like mood, memory, pain, appetite, metabolism, immunity, reproductive system, stress, sleep, and inflammation. The ECS is made up of endocannabinoids, receptors, and enzymes. **Endocannabinoids** are chemicals naturally made in our bodies, and they activate receptors to correct imbalances.

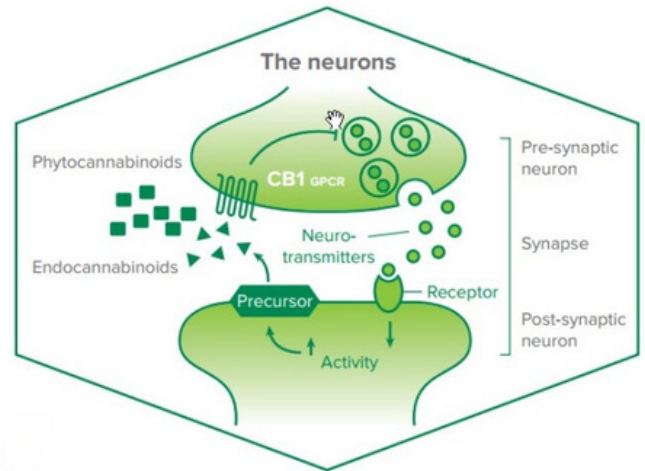


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Every person's ECS is unique. This means people have different levels of endocannabinoids and number of receptors, and these can change depending on what's going on around them in the body, resulting in different effects person to person.

## THE MAIN ENDOCANNABINOIDS AND RECEPTORS

The two main receptors that make up the ECS are CB1 and CB2, discovered by scientists in the late '80s and early '90s researching how cannabinoids like THC and CBD interact with the body. The two endocannabinoids are anandamide (the bliss molecule) and 2-AG. These attach directly to CB1 and CB2 receptors, which starts chemical reactions that help to regulate our body's response to maintain and regulate balance.



## HOW THE ENDOCANNABINOID SYSTEM WORKS

To understand how the ECS works, let's take pain as an example. Imagine Lani, who loves surfing, falls off her board and hurts her arm. Lani immediately feels a lot of pain, but then it starts to calm down. That's because her body's ECS released endocannabinoids to slow down and stop pain signals to her brain, restoring balance.

## HOW MAY CANNABIS HELP

Now imagine Lani's injury has resulted in constant pain. Her ECS may become dysregulated and is unable to provide balance. Her medical provider may recommend cannabinoids from the cannabis plant, known as **phytocannabinoids**. These phytocannabinoids mimic endocannabinoids and help Lani's ECS to restore balance.



Tune into the next Newsletter to find out more about the cannabis plant.



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## Hawai'i State Law

## Guidance for staying compliant with grow site regulations

- Patients choosing to grow their medical cannabis can designate a **grow site** on the patient's application.
- Only a single grow site can be designated, and can be one of the following **locations**:
  - Patient's residence
  - Registered primary caregivers residence
  - Another site the patient or primary caregiver owns or controls
- The patient **must declare**, under perjury of law, that they or their primary caregiver resides at, owns, or controls the grow site.
- The patient and primary caregiver are allowed to grow **up to 10 cannabis plants total**. This limit includes plants at any stage of maturity. A clone or immature plant counts as one plant.
- Each cannabis plant at the grow site must be **individually tagged [1]** with the patient's valid registration number and registration expiration date. The tag must be hung from or around the bottom of the plant.
- Only the patient or the primary caregiver named on the patient's 329 registration card are allowed to **handle that patient's cannabis plants**. No other person may care for, touch, water, or harvest a patient's cannabis plants.
- A patient **may not assign their right** to grow, handle, or process cannabis plants to a grow site or a third party. Only a patient's registered primary caregiver may assist with growing a patient's cannabis plants. **Please note that a grow site or cooperative cannot be a caregiver.**

## WHAT'S NEW



### PRE-ROLLS

The Hawai'i Medical Cannabis program added pre-rolled cannabis flower products, also known as "pre-rolls," as a product that licensed medical cannabis dispensaries may produce and dispense in the state. These changes became effective on **April 5, 2024**.

### What to expect

Pre-rolls sold at dispensaries can contain up to 1g of dried flower material and must be, rolled in plain, unbleached paper that may include a filter. Pre-rolls shall consist of only dried flower with no other additional additives such as kief, hashish or other concentrates.

Please check with the dispensary for availability.

[Dispensary Websites](#)



[1] <https://health.hawaii.gov/medicalcannabisregistry/files/2019/03/Cannabis-Tagging-Be-a-Good-Neighbor.pdf>