

# World Congress on Complementary and Alternative Medicine

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## Medical cannabis: A practical primer

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The cannabis plant contains more than 100 different chemicals called cannabinoids. Each one has a different effect on the body. Delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD) are the main chemicals used in medicine. These plant cannabinoids are similar to endocannabinoids, chemicals the body makes that are involved in appetite, memory, movement, and pain. Medical cannabis is used in a number of different conditions, including appetite loss, inflammatory bowel disease, epilepsy, mental health conditions such as Post Traumatic Stress Disorder, Multiple Sclerosis related muscle spasms and chemotherapy-induced nausea and vomiting. This presentation will give basic information on cannabis, the human Endocannabinoid System, current available research data of medical cannabis, forms of therapy and dosing.

### Biography

Mimi Vo graduated from the University of Missouri-Kansas City School of Medicine and has been a practicing physician for over 15 years. She is Board Certified in Internal Medicine and Obesity Medicine, as well as practicing Cannabinoid Medicine. She is the owner of a medical practice and recently awarded Most Influential Business Women of 2019 by the St. Louis Business Journal for her advocacy and education of patients and physicians. She has had over 30 speaking engagements in the past year alone. She is an Executive Board Member for the Missouri Medical Cannabis Trade Association, where she is Chair of the Healthcare and Education Training Committee. She is also a Board member of the Society of Cannabis Clinicians, founded 20 years ago to advance research and educate on Cannabis for medical use.

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