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A clinical case study of a 45 y/o female suffering with PTSD, bipolar d/o, depression, anxiety and chronic pain syndrome taking 42-58 pills per day as weaned off of all medications using medical cannabis

Post Traumatic Stress Disorder (PTSD) is a prevalent, chronic and disabling anxiety disorder that may develop following exposure to a traumatic event. Although the use of medical cannabis for the treatment of physical and psychological disorders is controversial, medical marijuana is currently legal in Canada, 30 states in the United States and a handful of countries in South America. Studies published in *Molecular Psychiatry* and *Science Daily* showed that treatment using particular compounds found in marijuana may benefit those with PTSD and that plant-derived cannabinoids (psychoactive chemicals) such as marijuana may possess some benefits in individuals with PTSD by helping relieve haunting nightmares and other symptoms of PTSD. As a result of taking medical marijuana, participants reported a decrease in re-experiencing the trauma, less avoidance of situations that reminded them of the trauma and a decline in hyper-arousal, respectively. There is also convincing evidence from multiple studies for reduced endocannabinoid availability in PTSD, i.e., reduced levels of the endocannabinoid anandamide and compensatory increase of CB1 receptor availability in PTSD and an association between increased CB1 receptor availability in the amygdala and abnormal threat processing, as well as increased severity of hyperarousal, but not dysphoric symptomatology, in trauma survivors. Other studies suggest that medical cannabis therapy, as an adjunct to a traditional analgesic therapy, can be an efficacious tool to make more effective the management of chronic pain and its consequences on functional and psychological dimensions. The patient in this case study had been treated for over 20 years with multiple opiates, SSRIs, SNRIs, typical and atypical antipsychotics, antiepileptics, etc. to manage her conditions which demonstrate how in less than three months, she was off of all of the pharmacological treatments and solely using medical cannabis is having a quality of life she had not experienced since before her adolescence.

Biography

Joseph Rosado after spending several years in central Florida working as an Orderly, then as EMT/Paramedic and Heart Cath Lab Technician, he realized his passion for the medical profession. He started Chiropractic program at Life University in Marietta, Georgia, where he graduated cum laude with a BS degree in Clinical Nutrition and a Doctor of Chiropractic degree. After practicing for several years, he went on to Universidad Central del Este in San Pedro de Macoris where he graduated summa cum laude with his Medical degree in 2001. In 2005, he has completed his MBA in Health Care Management from University of Phoenix. He has worked as a Physician, Clinic and Hospital Director of the Communicable Disease Division/Epidemiology and Immunization Departments. Presently, he is the Medical Director of a medical cannabis clinic and volunteers once a month at a community clinic. He was and is on the bureau of speakers for political campaigns, cannabis advocacy and medical cannabis dispensaries. Till date, he has worked with over 1,000 patients for the evaluation, recommendation and management of medical cannabis.

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