



Medical Marijuana for Migraine: Who, What, Where, Why and How

2

Nicole Stagg Rizi 4 hours ago in Headache & Migraine Pain 0

Migraines are no joke: More than 38 million people suffer from migraine pain — 75% of whom are women – and when one hits, 90% of sufferers can't even go to work. (Source: [Migraine.com](#))

While it is advised that you try to [prevent migraines in the first place](#), the majority of patients are prescribed opioids for symptom management. According to a study presented by Justin S. Yu, PharmD, in 2018, 54% of the chronic migraine patients and 37% of the episodic migraine patient filled one or more prescriptions for an opioid.

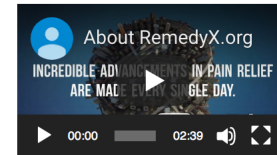


And yet, many [non-opioid treatments for migraine relief](#) are available as well — including cannabis, which has become quite a popular option: According to a study published in [The Journal of Headache and Pain](#), a "high percentage of cannabis users take the drug — particularly strains with high concentrations of Δ^9 -tetrahydrocannabinol (THC) and tetrahydrocannabinolic acid and low cannabidiol (CBD)/cannabidiolic acid content — to treat headache and probable migraine."



Dr. Andrew Weil says "that [cannabis appears to reduce the frequency of migraines](#). Researchers [from a University of Colorado School of Pharmacy study published in 2016] looked at its effects of cannabis use on 121 migraine patients who had been referred by their physicians to

OUR MISSION



We're on a mission to establish a comprehensive, educational and unbiased resource for non-opioid pain remedies to help the public make educated decisions for their personal pain management.. Read [about us](#) and [learn how this platform works](#).

RECENT SUGGESTIONS



Cefaly: FDA Approved Device For Migraine Treatment [Cefaly.US](#)



Body Scan Mindfulness Exercise For Pain [Health.Harvard.Edu](#)



Nerve Pain In The Legs? Medical Marijuana May Alter Brain... [Aan.Com](#)



GammaCore: FDA Cleared Wearable For Migraine Pain [Gammacore.Com](#)



FDA Greenlights New Wearable Device For The Treatment Of Acute... [Everydayhealth.Com](#)



I Used HeadSpace For My Chronic Pain. Here's What Happened. [Headspace.Com](#)



Mindfulness For Pain In 5 Simple Steps [Mrsmindfulness.Com](#)



Beneficer Hand Grip Strengtheners Work Out Kit [Amazon.Com](#)



New Cannabis Patch For Fibromyalgia And Nerve Pain [Healthy-Holistic-Living.Com](#)



New In Pain Technology: Robotic Pets For Pain Relief

effects of cannabis use on 122 migraine patients who had been referred by their physicians to medical marijuana dispensaries in Colorado. They found that 85 percent of the patients reported getting fewer migraines during treatment: an average drop of 10.4 to 4.6 episodes per month. In addition, 12 percent of the patients said that using cannabis at the onset of a migraine often aborted the headache."



Although research about using cannabis for migraine has only just begun, a review published in [Cannabis and Cannabinoid Research](#) says that "it appears likely that cannabis will emerge as a potential treatment for some headache sufferers."

An added benefit? [Harvard Health](#), says that substituting cannabis for opioids shows promise. "A study in *JAMA Internal Medicine* showed that when medical marijuana laws went into effect in a given state, opioid prescriptions fell by 2.21 million daily doses filled per year. When medical marijuana dispensaries opened, prescriptions for opioids fell by 3.74 million daily doses per year."



How does cannabis for migraine work?

"The main chemicals in cannabis that impact our brains—THC and CBD—are called cannabinoids. We have a whole system of the body—the endocannabinoid system—that has receptors that the chemical compounds in weed latch onto. According to David Bearman, M.D., vice president of the American Academy of Cannabinoid Medicine, cannabis slows down neurological signals firing in our brains. 'This slowing of speed is what provides some of the [migraine] relief,' Bearman said in [SELF Magazine](#). He also adds that cannabis is an analgesic (pain-killer), an anti-emetic (anti-vomit)."

CBD vs. THC?

If you want to try cannabis for migraine pain relief, should you turn to CBD, THC or a hybrid of the two?

Despite the hype around CBD oil, the [American Migraine Foundation](#) says that "There is no scientific evidence or research on CBD as an effective treatment for migraine—in large part because it has not been formally studied. However, it may still be a viable topical option for some patients with joint and muscle pain associated with migraine. Dr. Stephen Silberstein, director of the Headache Center at Jefferson University Hospital, added that "If you have a lot of neck pain or soreness, it is perfectly reasonable to use CBD oil. It may even prevent nausea and vomiting."



PAIN AREAS

[Ankle Pain](#)
[Arthritis](#)
[Back Pain](#)
[Chronic Pain](#)
[Elbow Pain](#)
[Emotional Pain](#)
[Endometriosis](#)
[Fibromyalgia](#)
[Foot Pain](#)
[Hand & Wrist Pain](#)
[Headache & Migraine](#)
[Inflammation](#)
[Jaw & Tooth Pain](#)
[Joint Pain](#)
[Hip Pain](#)
[Menstrual Pain](#)
[Muscle Pain](#)
[Neck Pain](#)
[Nerve Pain](#)
[Shoulder Pain](#)
[Stomach Pain](#)
[All Pain Areas](#)

FOLLOW US



The material on this website is for informational and educational purposes only and represents the freely-expressed opinions of all those involved. We do not recommend any particular remedy or treatment option for pain, or any medical health condition. The information on this website is not a substitute for medical advice, diagnosis or treatment provided by a qualified health care provider. Consult with your doctor before trying any remedies listed here.



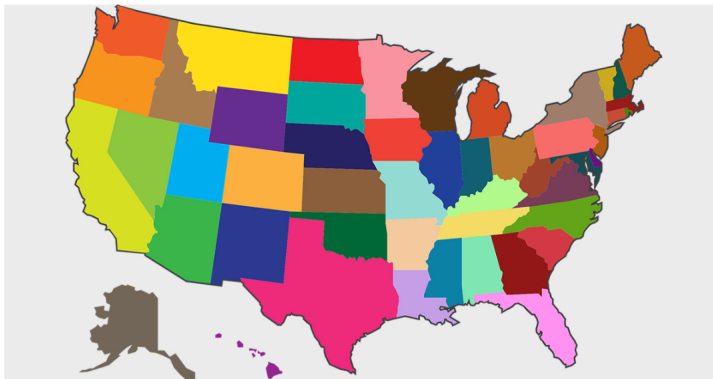
The Journal of Headache and Pain reported on a 2018 study that showed that “hybrid strains were preferred” for migraine and headache” with “high THC, low CBD” which “could reflect the potent analgesic, anti-inflammatory, and anti-emetic properties of THC, with anti-inflammatory and analgesic properties of β -caryophyllene and β -myrcene.” Additionally, patients with headache “were more likely to prefer Sativa over strains with equal proportions of CBD and THC compared with patients with chronic pain and arthritis.”



Other researchers agree that using CBD and THC in combination may get the best results. Eric P. Baron, DO, clinical assistant professor of neurology at Cleveland Clinic Lerner College of Medicine of Case Western Reserve University, told *NeurologyLive* that “using them in combination is best, ‘as CBD attenuates the THC [adverse] effects. A good place to start is 15% to 20% CBD with less than 1% THC.’ He also suggested CBD preparations for daytime use, with THC preparations for post-work, nighttime use.’ Ultimately, Baron suggested that starting low, going slow, and staying low with doses is the best general use recommendation. This, he noted, allows for a promotion of tolerance to the psychoactive effects of THC.”

Who can get medical marijuana?

States like California, New Jersey, Illinois and New York have already approved medical marijuana. [See the full list of states here](#), and which [conditions qualify for medical marijuana](#). Most states allow cannabis use for migraine and/or severe and chronic pain.



How do you get a medical marijuana card?

Leafly explains that “The cards are issued by the state, but the patient must first get a signed recommendation from a licensed physician to qualify. The patient and doctor need to agree that cannabis would be an effective treatment option, and the patient’s condition must be an approved condition by the state. With the doctor’s recommendation, the patient then needs to apply through the state and pay a fee, which will also vary depending on the state. Doctors can’t simply prescribe cannabis to patients due to the plant’s federally illegal status.”

Even in states where marijuana is legal for recreational use, like California, many [people still prefer to get a medical marijuana card](#) because you can save money and purchase limits are less restrictive.





There are also websites where you can have a [virtual consultation with a prescribing doctor](#) — but no, [you cannot](#) have marijuana mailed to you across state lines:



Once you have your card issued by your state, you just need to [find a dispensary near you](#) — many of which have free home delivery — and talk to your pharmacist about the [various methods of delivery](#) like vaping, edibles and tinctures.

Have you tried cannabis for migraine relief? Let us know in the comments below!

Get the Latest News About Non-Opioid Pain Remedies

Be the first to find out about the newest methods, research, products and therapies for relieving pain without opioids. It's free!

Sign Up

And don't worry, we hate spam too! You can unsubscribe at anytime.

powered by **MailMunch**



[! Report Story](#)

RELATED STORIES



[Cefaly: FDA Approved Device for Migraine Treatment](#)



[Nerve Pain in the Legs? Medical Marijuana May Alter Brain...](#)



FDA Greenlights New Wearable Device for the Treatment of Acute...

GammaCore: FDA Cleared Wearable for Migraine Pain



New Cannabis Patch For Fibromyalgia And Nerve Pain



Mobile App: Migraine Buddy

Tags : [Cannabis](#)

0 Comments | [Moderation Tool](#)

Sort by [Oldest](#) #



Add a comment...

 Facebook Comments plugin

