

LEE ANNE WOMAC

THC24 CBG2 HYBRID



AT A GLANCE

Effective Dose

Cultiva Lee Anne WoMac THC24 CBG2
0.2g PRN (0.6g daily)

CBD Full Spectrum 100mg/ml
0.6ml BD (120mg daily)

Method of Administration

Inhalation, Storz & Bickel Mighty Medic
(TGA-approved vaporiser)

Patient Outcomes

- Maintenance of analgesic effect
- Sustained improvement in sleep quality
- Resolution of gastrointestinal discomfort due to cessation of NSAIDs
- Restoration of occupational productivity, enhanced mobility and exercise tolerance
- Improved outlook due to increased work capacity and resumption of recreational activities and social interaction
- Inhalation method useful for immediate onset symptom management
- Cessation of PRN Paracetamol/Codeine

PATIENT PROFILE

Age 59 **Sex** Male

Presenting Diagnosis

Chronic Pain
(L5/S1 Lumbar Disc Herniation)

History

L5/S1 Lumbar disc herniation resulting from labour intensive occupation
Pain-related insomnia
Associated GI upset (long term use of NSAIDs)

Presenting Symptoms

Radicular nociceptive pain
(left lower limb sciatic pain)
Generalised somatic discomfort
Ongoing sleep disturbance
Gastrointestinal distress and associated nausea

Impact on Life

Persistent anxiety surrounding sleep onset and impact on vocational performance and viability
Impaired mobility and locomotive tolerance impacting vocational performance
Inability to partake in recreational pursuits such as surfing and gym activities

Comorbidities

Generalised Anxiety Disorder (GAD)

Current Therapies

Diclofenac SR 75mg SR BD (150mg daily)
Paracetamol/Codeine 500mg/30mg PRN
Melatonin 10mg nocte
Pantoprazole 40mg daily

Previous Therapies

Tramadol SR 100mg BD
Chiropractic therapies
Exercise physiology rehabilitation program



TREATMENT PLAN

Week 01

Cultiva Lee Anne Womac THC24 CBG2
0.1g PRN (0.3g daily)

CBD Full Spectrum 100mg/ml
0.2ml BD (40mg daily)

Initial report of analgesic effect and improved sleep onset. Pain persists at approximately 4pm post completion of occupational requirements.

Week 02

Cultiva Lee Anne Womac THC24 CBG2
0.2g PRN (0.4g daily)

CBD Full Spectrum 100mg/ml
0.4ml BD (80mg daily)

Evident reduction in pain severity and enhancement in sleep quality. Resumed gradual introduction of exercise with improved functional capacity. Some residual pain and discomfort as result of resuming exercise. Reduced PRN Paracetamol/Codeine.

Week 03

Cultiva Lee Anne Womac THC24 CBG2
0.2g PRN (0.4g daily)

CBD Full Spectrum 100mg/ml
0.6ml BD (120mg daily)

Further improvement in exercise tolerance with increase in oral intake and nutrition. Reported ongoing pain relief and enhanced mobility. Notable enhancements in physical performance and resumption of recreational activities. Reduction in frequency of use of NSAIDs. Cessation of Paracetamol/Codeine PRN.

Week 04

Cultiva Lee Anne Womac THC24 CBG2
0.2g PRN (0.6g daily)

CBD Full Spectrum 100mg/ml
0.6ml BD (120mg daily)

Sustained improvement in sleep quality, with patient continuing to utilise inhalation of cannabis flower for sleep onset with good effect. Complete cessation of NSAIDs resulting in significant amelioration of gastrointestinal symptoms. Significant improvement in tolerance of physical exertion. Maintenance of analgesic effects with sustained improvement in mobility and functional capacity. Patient reported mood enhancement due to increased capacity and resumed recreational activities.

PATIENT OUTCOMES

Effect on Symptoms

- Maintenance of analgesic effect and sustained improvement in sleep quality.
- Resolution of gastrointestinal discomfort due to cessation of NSAIDs resulting in increased oral intake and nutrition.
- Marked improvement in tolerance to physical exertion and vocational performance with improved mobility and functional capacity.

Effect on daily Life

- Restoration of occupational productivity, enhanced mobility and exercise tolerance.
- Improved outlook due to increased work capacity and resumption of recreational activities and social interaction.

Patient Satisfaction

- Patient expressed satisfaction with treatment.
- Patient particularly noted effectiveness of inhalation method for immediate relief of acute sciatic pain and sleep onset.

Doctor's Note

- Progressive improvement in symptoms and quality of life throughout treatment.
- Initial analgesic effect and improved sleep onset but pain persisted at a moderate level with post-occupational requirements and resumption of exercise.
- As treatment progressed, patient reported ongoing pain relief, increased exercise tolerance, improved mobility, and enhanced physical performance.
- Treatment resulted in a significant reduction in the frequency of NSAID use and the cessation of PRN Paracetamol/Codeine, indicating a decreasing reliance on traditional analgesics.
- This was accompanied by a notable improvement in gastrointestinal symptoms, likely due to the cessation of NSAID & opioid therapy.
- Overall, the treatment had a positive impact on daily life, leading to better outlook and increased engagement in recreational activities.