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THE ENDOCANNABINOID SYSTEM & BEYOND

15TH NATIONAL CLINICAL CONFERENCE
ON CANNABIS THERAPEUTICS

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JUNE 9TH - 11TH 2022
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WELCOME: CONFERENCE FACULTY, ATTENDEES, AND SUPPORTERS



Mary Lynn Mathre, RN, MSN Founder & President

On behalf of Patients Out of Time and the newly created Academy of Cannabis Education (ACE) we want to welcome you to The 15th National Clinical Conference on Cannabis Therapeutics and our theme for this year is The Endocannabinoid System & Beyond, to be held on June 9-11, 2022. COVID has affected so many throughout the country over the past few years and along with the increased cost of living, including travel, many are reluctant to travel to a live event. Because of that, this year we are offering a hybrid conference: We will be live in Kansas City or folks can opt to attend the conference online from the comfort of their home.

Why Kansas City, Missouri you may ask. We could say for their Blues and Barbecue and we plan to deliver on that end. However, the primary reason is a celebration of the unfolding of the science surrounding the discovery of the endogenous or endocannabinoid system (ECS) – the molecular signaling system that is responsible for our overall health since its purpose is to protect us from stressors and help maintain balance or homeostasis.

We originally thought we should hold the event in St. Louis. It was in 1988 (34 years ago!!) at the St. Louis University where Allyn Howlett, PhD and her

research team discovered the first cannabinoid receptor in the brain – CB1 receptors. Four years later, at Raphael Mechoulam's lab in Israel, the first endogenous cannabinoid, Anandamide, was discovered and that was only the beginning of our understanding of this very complex and pervasive system. Understanding the ECS provides clinicians and patients with an understanding of how and why cannabis provides relief and healing from such a wide array of health problems. This is real science about the human body and it is vital for health care clinicians to understand how to incorporate this science into their practice.

The mission of Patients Out of Time is to educate health care professionals and the public about the endocannabinoid system and the therapeutic use of cannabis. Local cannabis advocates and activists convinced us to hold the event across the state to Kansas City instead of St. Louis. Why? Because of their concern for their neighbor state, Kansas, which has yet to allow the medical use of cannabis. Kansas City allows for adult use of cannabis along with the state provisions for their medical cannabis program. Folks in KC can enjoy the benefits of cannabis, but must be mindful that they become criminals if they cross the state line into Kansas with any cannabis in their possession. Once clinicians understand the potential healing of cannabis, the extreme harm from the federal prohibition of cannabis becomes very clear.

We are grateful for the wonderful group of local volunteers who have worked with us to create 3 days of amazing science interspersed with great entertainment and food. Let me share the highlights and schedule:

We start off with a virtual preconference event from 8:45 am to noon on Thursday at the Unity Temple, our venue for the educational programs (3 CMEs). A sister organization, the Integrative Providers Association, is presenting this cannabis workshop to include topics covering the cannabis plant, diet and the ECS, and cannabis & substance use disorders.

For those new to cannabis and the ECS, we have an afternoon pre-conference workshop (2 – 5 pm), Cannabis 101 (2.75 CMEs), to provide the attendees with the basics on the ECS and the plant and its constituents, along with legal considerations.

Thursday evening we will hold a fun-filled reception that will take place at The Guild for the conference faculty and attendees from 6:30 – 9:30 pm. Our goal is to begin the networking among all and we will introduce leaders from Patients Out of Time, the Academy of Cannabis Education, the American Cannabis Nurses Association, the Society of Cannabis Clinicians, the Cannabis Nurses Network, the Integrative Providers Association, the Veterans Action Council, Project CBD, the International Society of Cannabis Pharmacists, the Coltyn Turner Foundation, and possibly more.

The main conference will take place at the Unity Temple from 8 am to 5 pm on Friday, June 10 and from 8:30 am to 5 pm on Saturday, June 11 (13.25 CMEs). Friday's focus is on much of the science behind the ECS and cannabis pharmacology, while Saturday delves

more into the clinical aspects of incorporating cannabis therapeutics into practice. We are honored to have the faculty of expert researchers and clinicians and proud to include the voices of parents and patients to provide a full picture of the current state of cannabis therapeutics.

As a separate event, from 7 – 10 pm on Friday evening, we will host the Patients Out of Time Benefit Dinner at the elegant and historic Arvest Bank Theatre at The Midland, locally known as The Midland. We will have music from Fletcher Christian & Friends, live and silent auctions, and great food. This is a fundraising event to help us expand our educational outreach and we hope you can join us in support.

Patients Out of Time began this conference series in 2000 as a biennial event and in 2015 we increased the conference series to an annual event. I can attest that the attendees have been amazed at the quality and amount of information they receive at our conferences. Our goal has always been to bring the truth - the good, the bad and the ugly - regarding ECS/cannabis research and clinical practice.

Times are changing with the majority of states now recognizing cannabis as medicine and we see a time for change. Cannabis is recognized as medicine by the majority of US citizens. There are now formal professional organizations specializing in the ECS and cannabis care. With this growing acceptance throughout the US, a new organization has been created – The Academy of Cannabis Education (ACE). Patients Out of Time has transferred our conference series to ACE and this conference marks the beginning of a new era in cannabis education. This year's conference is jointly sponsored by ACE and the University of Virginia School of Medicine and School of Nursing. Patients Out of Time will continue to exist, but our focus will center on educating patients about the legal status of cannabis in their state and community, as well as appropriate use and to educate health care professionals about the road blocks to patient access to cannabis. We hope this focus on the legal issues and roadblocks can ultimately lead to the end of the federal prohibition so that patients in all states can have access to cannabis.

As always, this conference is dedicated to all of the PATIENTS OUT OF TIME – to all those who are suffering and simply need safe and legal access to this healing plant and/or medications made from it.

Mary Lynn Mathre, RN, MSN
President and Co-Founder



“Volunteers do not necessarily have the time; they just have the heart.”

Thank you for having the heart and your hard work to bring Patients Out of Time to Kansas City.

Dolores Halbin
Karin Chester-Spinks
Corina Merritt
Victoria Cromwell
April Hatch
Leigh Carr
Wendy Calliccoat
Mark Pedersen
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GETTING TO KNOW THE ACADEMY OF CANNABIS EDUCATION (ACE)

There's been some movement in the last century regarding society and cannabis. Whether we look at the nature of the change over time, or the nature of the social activity that produced it, it's pretty significant, as in 'Wow, that's Some Movement you've got there.'

The ongoing emergence of legal access to medical cannabis is due to two factors – people and science.

The Academy of Cannabis Education was founded to bring those two factors together. Our mission is to empower people with science to facilitate the effective use of cannabis for therapeutic benefits. Working closely with Patients Out of Time, ACE will adapt the educational model provided by the National Clinical Conference on Cannabis Therapeutics to meet the new challenges of the day. We aim to present scientific findings, in terms of both research and practice, to the people who can make use of them to enhance the lives of patients and enrich our communities through care and compassion.

We have a lot of construction work to do. We have things that need to be built. We need to widen our ability to produce educational resources, communicate with a larger number of stakeholders, take the lead in the creation of professional standards, and develop new ways to educate and engage with patients. These are just some of the tasks we need to address to effectively influence the creation of our society's medical cannabis system.

So, here's what we're about: more science for more people to care for more patients.

Your support for Patients Out of Time is greatly appreciated by the Academy of Cannabis Education, as is your support for ACE by way of your participation in this event. As Chairman of the Board of Directors of ACE, I also want to assure you that your support of Patients Out of Time is not only appreciated it is respected. It is something not to be taken for granted, but instead something to be valued and preserved.

In plain terms, thank you for your support of this event and taking the time to get to know us. We'd like to get to know you a little better as well. That's one of the purposes of this event – so, please, enjoy yourself.

We will be launching the ACE website soon, and I hope you will find the initial presentations there of interest.

And, thanks . . . because that's Some Movement you've got there. It's very cool, and inspiring, and it's very important to the health and well-being of our families, our friends, and our communities.

Sincerely yours,
Jon Gettman
Chair, ACE Board of Directors



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THE HISTORY OF PATIENTS OUT OF TIME



PATIENTS OUT OF TIME

The story of Patients Out of Time really began in the late 1970s - 1980s with Robert Randall and his wife, Alice O'Leary. Robert was busted for growing "marijuana" after he discovered that it controlled his intraocular pressure due to glaucoma. He won his case using the medical defense argument - any rational person would break the law to use this medicine if it could save their sight. His legal team then worked to get the federal government to provide Robert with cannabis grown under federal control at the University of Mississippi. The access was via the "Compassionate Investigational New Drug (IND) program" - this required paperwork to be submitted by his physician, which ultimately meant that he could receive government grown cannabis, even though it was not approved by the FDA as a legitimate medicine. Robert began to receive canisters containing 300 marijuana cigarettes from the federal government.

Robert and Alice understood how unfair it was that he was able to get cannabis for free, yet others who may need the medicine would be susceptible to arrest. They formed the Alliance for Cannabis Therapeutics (ACT) and began to educate others about the IND program access.

I had gotten out of the Navy Nurse Corps in 1979, met my husband, Al Byrne, while stationed at Roosevelt Roads Naval Hospital in Puerto Rico and married in 1980. Al was still in the Navy and stationed at Whidbey Island, WA, while I worked at a local hospital in Anacortes, WA. During that time I cared for an elderly male cancer patient who was admitted to our hospital and among his medications, he was receiving

dronabinol (Marinol) to treat his chemotherapy-induced nausea and vomiting as a research subject in the clinical trials. His son and daughter attested to its efficacy for preventing nausea and vomiting from his chemotherapy and helping him gain a few pounds.

We left WA and moved to Ohio where Al was stationed as a Navy contract officer in Cleveland and I went back to school at Case Western Reserve University to get my masters in nursing. I decided to do "A Survey on Disclosure of Marijuana Use by Health Care Professionals" and went through the National Organization for the Reform of Marijuana Laws (NORML) to send my survey out to their membership. This was 1984 and the Just Say No campaign was alive and well, so this was a great way to find willing participants.

The results of the survey were life changing for me. I received roughly 900 responses and it was the last question that caught my attention the most. I asked about their health concerns regarding cannabis use and gave them a list of options to choose from (concerns about addiction, effects on their brain, lungs, heart, liver, fetus during pregnancy for women, and left an option for "other"). To my surprise, I received write ins regarding their medical use of cannabis - for multiple sclerosis, spinal cord injury, morning sickness, glaucoma, nausea and vomiting from cancer chemotherapy. I had heard about its use by cancer patients, but the other uses were new to me and that led me to research the history of "cannabis" - a healing medicine that came out of fashion following the reefer madness campaign that led to the passage of the Marihuana Tax Act of 1937.

Upon graduation in 1985 we moved to Charlottesville, VA where I worked at the University of Virginia School of Nursing and later at the UVA Hospital as an addictions nurse consultant. As a volunteer I served as the Director of NORML's Council on Marijuana and



Health and later on NORML's Board of Directors. It was through the Council that I met Lester Grinspoon, Andrew Weil, Melanie Dreher, Robert Randall, Alice O'Leary and many more cannabis pioneers, which furthered my education.

In 1990 Al and I organized NORML's annual conference in Washington, DC and I invited the 5 patients who were in the IND program to make a panel presentation. This conference was filmed by CSPAN and was aired repeatedly following the live presentation. As a result, patients from across the country wanted to know how to get into the program – many of whom were HIV positive and desperate for help. By 1992 there were 15 patients in the IND program, over 30 who were approved but hadn't received their medicine, and hundreds of applications waiting for approval. This was not OK with the federal government, so they shut the program down. Hundreds of applications were put in the circular file, those who had been approved but not yet supplied were told the program was closed, and only the first 15 were allowed to continue. By 1995, only 8 of those patients were still alive.

This marks another turning point. Robert Randall was ill and he and Alice had moved to Florida, unable to continue with ACT. By this time I realized that health care professionals were too intimidated by the federal prohibition to even consider the legalization of cannabis. But the history and growing evidence of the therapeutic value of cannabis could not be ignored. Once you focus on cannabis as medicine, one needs to discuss dosage, risks and benefits and that's when you recognize the remarkably wide margin of safety and therapeutic potential of this herb. Al and I realized that the federal government just wanted the remaining IND patients to be forgotten. One of the federal patients, George McMahon, suffered from a rare genetic disorder, nail-patella syndrome and had commented that patients were out of time.

So, in 1995, Al and I formed Patients Out of Time and per Robert Randall's advice we continued to always stress the name of our organization, not the acronym POT. Our goal was to provide accredited education to health care professionals about the therapeutic use of cannabis and the blossoming research on the newly discovered endocannabinoid system (ECS) along with education for the general public. We believe that once educated, we can create a force of advocates to help end the federal prohibition. We wanted to ensure credibility as we created our board of directors. Originally we included 3 of the IND patients on our board: George McMahon, Barbara Douglass and Corinne Millet. These brave patients were willing to speak out in support of cannabis despite intimidation from the federal government with threats of ending their access to cannabis. Irvin Rosenfeld and Elvy Musikka were supportive of our efforts and joined our board years later. To date, George, Barbara, Corinne and Robert,



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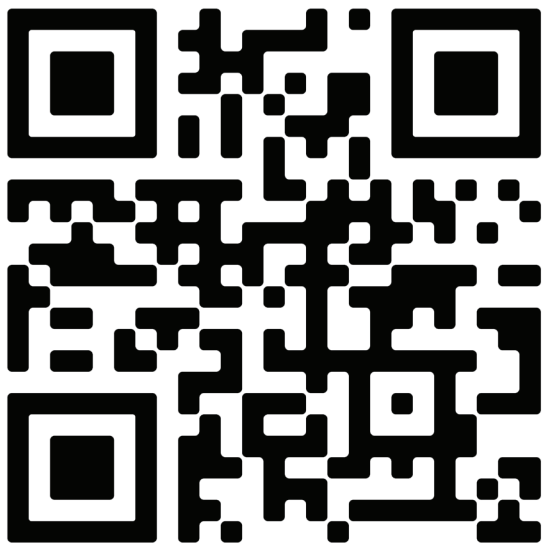
are deceased. Elvy has left the program since she has a safe supply of medicine in Oregon and Irvin remains the last patient to receive cannabis via the IND program. Also on our initial board were Michael Aldrich, PhD, Melanie Dreher, RN, PhD, Denis Petro, MD, and Dan Dansak, MD (a VA physician who was involved in the Lynn Pierson Program in NM).

While we incorporated in 1995, it took 5 years to find an institution that would provide continuing education credits for health care professionals. Finally, Melanie Dreher, a board member who was currently the Dean at the University of Iowa's College of Nursing, was able to convince the College of Medicine at the U of IA to sponsor The First National Clinical Conference on Cannabis Therapeutics in Iowa City, IA in the spring of 2000. We began this educational series as a biennial event, but increased the frequency to an annual conference in 2015 due to the incredible increase in research stemming from the growing understanding of the ECS. Our conferences are always interdisciplinary including cannabis researchers, clinicians, and patients, along with family members, policy and legislative folks. One of my early goals was to make the cannabis researchers "rock stars" so the public would be aware

of the incredible science of the ECS and Cannabis therapeutics. We don't claim that cannabis is the magic healer or that there are no risks related to its use. No medicine works for everyone. However, this plant is key in supporting our amazing ECS and when used appropriately it can improve the quality of life in so many patients where modern pharmaceuticals fail. And this plant is so much more than medicine – food, shelter, clothing, fuel, can replace plastic, and more.

We're including a listing of our past conferences with their agendas and speakers so you have a record of the incredible wealth of cannabis research and clinical experience with cannabis. The conferences have all been recorded and we will have them archived on our website as well as the newly created Academy of Cannabis Education so that you can access this historical record at your leisure. Continue to learn, but more importantly, share this information.

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The 15th National Clinical Conference on Cannabis Therapeutics
THE ENDOCANNABINOID SYSTEM & BEYOND
Unity Temple, Kansas City, MO

Thursday, June 9, 2022

- 7:00 am Yoga – poolside at the Sheraton Suites Country Club Plaza
- 8:45 am – noon Pre-conference workshop: Integrative Providers Association (IPA) Cannabis Workshop (virtual)
- Lunch On Your Own
- 12:00 – 2:00 pm Special luncheon program for Veterans at the Brio Italian Grille
- 2:00 – 5:00 pm Pre-conference workshop: Cannabis 101
- 6:30 – 9:30 pm **Welcome Reception at The Guild “Blues & Barbecue”**

Friday, June 10, 2022

- 7:30 am Registration Opens
- 8:00 am -12:15 pm Main Conference Morning Sessions
- 12:15 - 1:45 pm Lunch (included in conference registration)
- 1:45 – 5:00 pm Main Conference Afternoon Sessions
- 5:30 pm Yoga – poolside at the Sheraton Suites Country Club Plaza
- 6:00 – 10:00pm **Patients Out of Time Benefit Dinner at Arvest Bank Theatre at The Midland**

Saturday, June 11, 2022

- 7:00 am Yoga – poolside at the Sheraton Suites Country Club Plaza
- 8:00 am Registration Opens
- 0830 – 12:15 pm Main Conference Morning Sessions
- 12:15 – 1:45 pm Lunch (included with conference registration)
- 1:45 – 5:00 pm Main Conference Afternoon Sessions

Q & A – In order to keep our program on schedule, we limit questions to the last session of the day on Friday and Saturday. Index cards are available for you to write down your questions as they come up. Please write clearly and give them to one of our volunteers. You may address it to a specific faculty member or to the faculty of that day at large. Print your name on the question if you'd like to be acknowledged for the question.



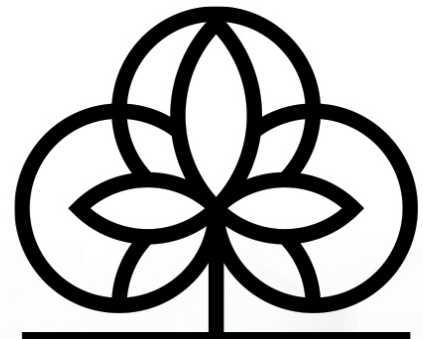
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