

Can Marijuana Relieve PTSD?

# Sisley's Study Stymied

Her plan is to enroll 50 veterans with "PTSD arising from their service in the US armed forces" and to assess their responses to marijuana of varying potency, including one CBD-rich strain.

Sue Sisley, MD, is an assistant professor of internal medicine and psychiatry at the University of Arizona medical school, and a psychiatrist in private practice in Scottsdale. She has designed —and gotten FDA approval to conduct— an "Investigation of the Safety and Efficacy of Medical Marijuana in Veterans with Chronic, Treatment-Resistant Post-traumatic Stress Disorder."

Such a study is called for, Sisley states, because "PTSD plagues between six and 10% of the US population at some point during their lifetime. A significant percentage of PTSD patients fail to respond adequately to FDA-approved treatments such as Zoloft and Paxil —suggesting a need to develop innovative treatments."

A new treatment would be especially timely, she adds, because one in five soldiers returning from combat in Iraq and Afghanistan will have PTSD.

The Multidisciplinary Association for Psychedelic Studies raised \$10,000 to support Sisley's project and intends to raise more. Her plan is to enroll 50 veterans with "PTSD arising from their service in the US armed forces" and to assess their responses to marijuana of varying potency, including one CBD-rich strain. Participants will be men and women 18 or older with a diagnosis of PTSD that has not improved after medication or psychotherapy.

The investigation Sisley proposes seems small, simple, and short-term.

In the first stage (four weeks) groups of 10 patients each will use marijuana of varying potencies—0% THC, 2% THC, 6% THC, 12% THC, and 6% THC plus 6% CBD. Their daily dose will be 1.8 grams. Within each group, half will smoke pre-rolled cigarettes, half will vaporize.

In the second stage (also four weeks), to begin after two weeks of abstinence, participants will be divided into three groups —20 using 6% THC, 10 using 12% THC, and 20 using the CBD-THC combo. In each group, again, half will smoke and half will vaporize the 1.8 gram daily dose.

Perceived effects will be reported by subjects to the investigators daily by phone during the first week of each stage, and at weekly meetings.

**CBD in the mix**

Sisley puts forth three hypotheses:

- "Marijuana will ease the symptoms of PTSD, specifically reducing nightmares, improving sleep, and improving mood as measured by the Clinician Administered PTSD scale (CAPS)" and other evaluation methods.

- "Marijuana, in a dose dependent manner, will ease the symptoms of PTSD.

- "Marijuana with 6%THC and 6% CBD will be more effective than marijuana with 6% THC alone."

Sisley and MAPS have been getting the runaround from the federal government. The Food and Drug Administration (FDA)

approved Sisley's study protocol in April 2011. But it was rejected in September by a review committee from the National Institute on Drug Abuse and the Public Health Service (NIDA and PHS, which are part of Health and Human Services).

The rejection letter contained four put-downs. The first was personal: "While Dr. Sisley's CV indicates that she is an experienced clinician, she lacks sufficient research expertise." (When the name of the game is Science, freshmen can't play for the varsity.)

Secondly, the study design was deemed too "complex" and "a simpler design might be preferable for this pilot study."

Third, the experts criticized the study because it did not "provide a basis for determining individual differences in efficacy" —which contradicts the call for a simpler design.

Finally, "A number of safety concerns were raised. Some reviewers were concerned about the use of drug-naive participants. Documentation of an IRB review

*Excerpted from comments submitted online and in person by members of the public to the Arizona Department of Health Services, which held a hearing May 24, 2012 on whether to add PTSD to the list of conditions for which doctors can authorize marijuana use under state law.*

- I am a veteran with PTSD. I know for me it helps me to keep calm and helps my stress level. Many veterans and residents of Arizona are suffering from PTSD. They are searching for another way to help their symptoms. Getting the people in need certified for medical marijuana would not only give patients another answer for therapy, but also an economical boost for the state of Arizona.

- I was treated at Jerry Petiss VA hospital in Loma Linda, California. I may have never received treatment had it not been for an alert and compassionate on-duty police officer who recognized the symptoms and spoke to the judge on my behalf. Probably a Vietnam vet cop who'd been in the shit too long just like these kids coming back today. PTSD is real, it was identified as such way back when, during other wars. Guys who had this debilitating condition back in the day was called Shell Shock or nerves, etc. It's not joke of a condition, there are both physical and emotional delays to this thing. I control it with cannabis. Pain pills leave me lethargic and are too hard on the body. Cannabis is both natural and good for the body. It leaves me feeling more normal, better mindset than without it. Great for sleep... We have a lot of vets coming home. Be very careful in your decision-making, sir, this is no joke for real patients.

- Out of all the medications prescribed to me from the Veterans Administration nothing has come close to the relief medical marijuana provides for my PTSD. I also have no adverse side effects from medical marijuana which I cannot say the same about the prescription medications. PLEASE add this to the list of debilitating conditions!!

- Any person with PTSD can get great relief from marijuana. It calms the nerves and makes people feel more comfortable and not so stressed.

**Meanwhile, In New Mexico...**



ARIZONA'S NEIGHBORING STATE, NEW MEXICO, specifically acknowledges PTSD as a condition that can be treated by marijuana. As of February 2013, 3,467 patients had been authorized by doctors to medicate with it —out of 8,263 patients authorized overall. The high percentage of New Mexicans with PTSD diagnoses using cannabis indicates that it is one of the conditions for which the herb is most beneficial.

was not submitted." (In October 2012 the University of Arizona Institutional Review Board approved Sisley's protocol, removing that particular hurdle.)

"Marijuana is the only Schedule 1 drug for which the federal government not only controls the supply, but also requires a special review of all scientific protocols by a NIDA/Public Health Service (PHS) review panel," observes Rick Doblin of MAPS, who has spent more than a decade fighting federal bureaucrats on behalf of Lyle

Craker, a UMass Amherst botany professor who wants to grow marijuana for research purposes.

With no herb legally available to provide to patients, Sisley's PTSD study remains in limbo. "Until," says the ever-hopeful Doblin, "NIDA agrees to sell our researchers the marijuana, until MAPS succeeds in growing its own marijuana for research, or until the marijuana can be legally imported."

## Arizonans' Anecdotes and Attitudes



**"IT SAYS RIGHT THERE ON MY DIAGNOSIS..." disabled vet Bill Mancis arguing for adding PTSD to the list of debilitating conditions for which marijuana use can be authorized by Arizona doctors.**

- Helps a lot with anxiety and nightmares (disabled veteran)

- I have been able to reduce significantly my reliance on pharmaceuticals by using Cannabis. I am a USMC Vietnam disabled veteran diagnosed with PTSD. I have a current Arizona Medical Marijuana Program ID due to chronic pain from Peripheral Neuropathy which is managed very well using this medication. It should be added.

- Cannabis is safe and relatively non-addictive compared to benzodiazepines like Diazepam, Alprazolam, Klonazepam and Lorazepam. PTSD is often treated with these benzodiazepine drugs, especially when it is associated with panic attacks. These drugs are extremely addicting and, after regular use, these drugs have a dangerous withdrawal —they are known to cause withdrawal effects that can give patients deadly seizures, mania, psychosis, and (unhelpfully) extreme anxiety. While I recognize that cannabis itself can cause paranoia in some users, some medical cannabis strains are less likely to cause anxiety or paranoia.

- I believe that ANYTHING we can do for these poor individuals who are suffering due to PTSD is worth a look for sure! I can't see any reason not to allow it.

- I am an honorably discharged, service-connected disabled Army veteran. I served in Iraq and brought home PTSD, among other injuries. There are current studies of

cannabis on PTSD sufferers in Israel, Germany, Switzerland and Spain. MAPS (Multidisciplinary Association for Psychedelic Studies) has been trying to get studies approved for decades now. 27 percent of New Mexico's medical cannabis patients list PTSD as their qualifying condition...

This medicine HELPS. It has helped me, and literally every other veteran with PTSD I have ever met, from any conflict. Traditional treatments for PTSD are talk therapy and truly dangerous, often repurposed and experimental pharmaceuticals that empirically are not effective and often cause a laundry list of side effects that endanger the veteran and anyone around them.

mental pharmaceuticals that empirically are not effective and often cause a laundry list of side effects that endanger the veteran and anyone around them.

**NO MORE VETERAN SUICIDES.** Let us grow our own medicine that doesn't KILL us!!!

This process of cultivating your own medicine can also be of therapeutic benefit to a PTSD sufferer, particularly those with war trauma, because in the process you are giving life, instead of destroying it, you are feeling, caring, nurturing life instead of numbing, hating, destroying and degrading it. Its a model of reintegration as a productive member of society. We may be broken, but don't write us off after our sacrifices for this Nation. We still have much to offer.

- I am a medical patient in AZ with a card, I am approved for Chronic Pain and Muscle Spasms, but I also have PTSD and I can state from my own experience that it is very helpful to me for the symptoms. Particularly with so many veterans returning with PTSD, they should be offered every possible option to help them recover/cope.

- It's been proven to help with this condition. The amount of soldiers addicted to high opiates is ridiculous. Those pills will kill your liver, whereas cannabis is a safe, non lethal substance to use. Help our veterans live a more relaxed and emotional trauma-free life.

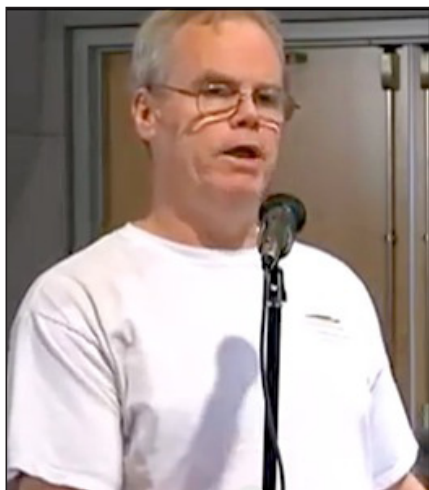
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SUZANNE A. SISLEY, MD



## PTSD Arizona from previous page



**I'm a combat veteran... I thought I would be a sprinter. I was the fastest 18 year old in the city of Buffalo back in 1967... When I got out of the helicopter that got me to where my unit was I was in a firefight within 24 hours... I was in six firefights in my first four months.**

- I work at a certification center and have seen many veterans with PTSD not able to get certified for medical marijuana. Their conditions are severe and truly affecting the activities in their everyday lives. I personally get to see the trauma in the lives of patients suffering from PTSD. They have tried all different types of pharmaceuticals and medications. Nothing has worked for them. I think every person has the right to decide if their medical condition can be cured through cannabis.

- My wife is suffering from PTSD. It's hard for many of us to imagine the thought of not feeling safe in your own home, or managing some of life's simplest tasks, but that's exactly what life is now like for my wife.

The slightest unfamiliar noise can send her into panic and unable to relax. Over a few years I watched her go from an outgoing, cheerful person to someone emotionally detached from everyone and afraid to leave the very home she feels unsafe in.

## Opposing Arguments

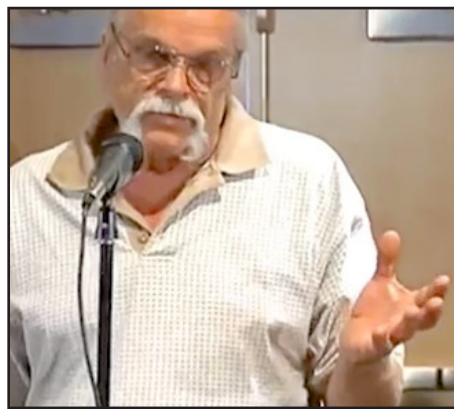
- As a Health Care Provider in Mental Health, I do not support clouding my client's ability to think and deal with the stress and trauma of their lives. I work with substance abuse and mentally ill individuals and do not see any benefit to adding another problem to their list of diagnoses in their lives.

- This condition can be "faked" too easily. We should be making medical mj more difficult to obtain. Protect our young people from falling into the addiction trap.

- My concern is that marijuana has not been approved to treat PTSD by the FDA. Marijuana should be subject to the same consideration and study as any other medicine. The FDA is the only federal agency that approves drug products as safe and effective for intended indications. Marijuana has not been proven safe and effective to treat PTSD. The FDA has not conducted clinical trials to provide the necessary scientific data upon which it makes its approval and labeling decisions to ensure that the drug is safe and effective. If you bypass the FDA drug approval process, patients might be exposed to unsafe and ineffective drug products. The FDA has not approved smoked marijuana for any condition or disease indication.

- PTSD is not a condition that would benefit from the use of Medical MJ. Those who suffer from PTSD have many symptoms that the MJ would impair any ability to think rationally to someone who is already thinking irrationally. It makes no sense to issue MJ to PTSD patients.

- Studies have shown that substance abuse among veterans that suffer PTSD is



**I've been through so much stuff in the past it's hard for me to even talk about it. I had amnesia. I got hit so hard my eye was hanging out of my socket... I re-enlisted to be a helicopter mechanic.**

She was prescribed Xanax by her physician that left her feeling like a zombie. She was able to sleep, but unable to function much beyond that.

About a year ago she decided to try medical marijuana and was able to obtain a card for the chronic nausea she also suffers from. It has made a dramatic difference in her life. While she still suffers from symptoms of PTSD, they are now manageable. She's addicted to the prescription drugs she was given, but the use has been cut by about 80%. After five years of unemployment, she is now working again and rebuilding her social life. I can't stress enough how much of a difference this has made in her life. For her it's been nothing short of a miracle treatment. While marijuana may not be for everyone, I would strongly encourage the option be made available for those who suffer from similar symptoms.

- I think this is a more than acceptable use as United States Army Retired due to wounds received in combat. The event and the injuries that happened there have had a huge impact on my life ever since. I sought

simply a way of self-medicating and not a way to address their issues from their service. Smoking marijuana will only continue the denial by the individual that they need to receive professional mental health care. This is now being offered with success through the VA and other veterans affairs agencies. We will be doing a disservice to our veterans by not addressing the true issues they face each day.

- Smoking MJ only delays or avoids healing in this situation. People with this condition need medical and psychological treatment that seeks to deal with the core of the problem. Feeling relaxed and distracted does not correct the problem....only prolongs it.

- The risk is too great for patients to become dependent on marijuana and, since it is a proven gateway drug, it is too risky they will move on to other drugs and become addicted. There is no way to know whether you have that gene inside you to become addicted to drugs or not; why take the chance?

- Should the Arizona Department of Health Services even be considering adding more conditions for using a federally illegal substance?

- As a psychologist, I am concerned that people with PTSD would cover up their symptoms with marijuana rather than treat their symptoms and eliminate them with known interventions that are recognized as the best practice for this disorder. Intervention approaches such as Eye Movement Desensitization and Reprocessing (EMDR), Prolonged Exposure, and other cognitive behavioral interventions are ef-



**"I was in the Marine Corps from 1991 through 1994... I still love the Marine Corps... When I am on them (prescription drugs) I am a zombie. But when I am off them, I want to fight. On marijuana, I can be socially acceptable again."**

treatment with the VA here in Arizona and received the best treatment they could give me at the time.

*The side effects from the meds were horrible and came to a point where it was detrimental to my physical health.*

I was put on several different medicines at one time to treat my PTSD, TBI [Traumatic Brain Injury], and pain from my injuries. As many as eight different pills a day at one time. The side effects from the meds were horrible and came to a point where it was detrimental to my physical health. I began to use MMJ for my pain and to get away from the Oxycontin and hydrocodone that I was on for my physical wounds.

As I progressed with the MMJ I was also able to wean myself with the help of my Doctor off my SSRI and the anti-anxiety meds that I had become dependent on. My outlook and my health has made a nice turnaround since. I use MMJ as I would have any of my other meds. Only as need-

effective treatment methods that do not interfere with healthy brain functioning like marijuana does. I support medical marijuana for medical conditions such as pain, which may have no symptom relief with any other intervention. That is not the case for PTSD. If marijuana use for this diagnosis is approved, I would hope that one requirement prior to resorting to marijuana would be that all other forms of recognized effective mental health treatment and psychotropic medications would have been tried and had failed.

- I work for a substance abuse treatment facility and I see PTSD in the majority of my clients. I feel that adding this disorder to the approved list is overkill and unnecessary. I feel that instead of using a drug to help with PTSD what a person would benefit more from is trauma therapy, EMDR, and somatic experience. Otherwise we are just possibly creating more addicts over time.

- As a disabilities advocate, I can tell you the individuals that I have worked with with PTSD, most of them were using marijuana when they received their injury.

- There are current medications for this illness that work.

- This should not be accomplished until the effects of the program covering conditions at present is evaluated.

- It is not appropriate for the Arizona Department of Health Services to add marijuana as a treatment for mental or physical conditions knowing that marijuana remains an illegal substance under Federal Law.

*[This point was made, almost word-for-*

ed. And my life has begun to return to what it was before the war.

My fellow brothers and sisters that are suffering right now face the biggest killer of all US Soldiers right now, which is Prescription Medicine. I beg you to look at the evidence of the help and the relief this can bring to us who suffer from the full effects of this long war we have fought. This is not a cure-all but a wonderful tool that has and will save the lives of more of our veterans as they come home from war.

- PTSD is not strictly associated to serving in the Middle East. It can hit post a hostile divorce, loss of job, no medical insurance, loss of home. PTSD should be looked at today in a broader sense than than as a vets' disease. It is more and more common in everyday life particularly in a state like AZ where there are no jobs and endless foreclosures.

- As a veteran who has seen cannabis alleviate this condition I am very happy to see this added.

- This seems like a no-brainer to me. Something like marijuana, which can provide a generalized feeling of well being, would seem like a perfect potential treatment for this terrible disorder.

- I believe PTSD is a very serious disorder and I feel I have no right to judge or take away their right to use marijuana if medically fit.

- I am vet, no hero, but there's lots of heroes coming home. They pass out antidepressants that do more harm than good, with serious side-effects, when a good joint would do the trick. Been there, done that.

- I am a veteran, and have been diagnosed with PTSD as well as other mental health issues. I believe that medical marijuana in coordination with therapy can be an effective component of treating this disorder.

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*word, by several people.]*

- There are better, more therapeutic methods of counseling such as EMDR to deal with this condition. I am a Master Degree'd, LISAC, CADAC and have not really seen marijuana help this condition. When used with PTSD it is also used often with heavy amounts of alcohol.

- The ease of obtaining a marijuana card is startling. Will we need intoxicators to see if people are driving stoned? Do we not have enough deaths by vehicles already? As someone with experience in counseling, PTSD is best treated by group and individual counseling, NOT drugs.

- I believe that adding further indications for the use of marijuana in the absence of good clinical data will be a disservice to both the patient and the community. Until we have good clinical data from which we are able to base our decisions, I believe we should leave Marijuana where it belongs, and that is as a Class I controlled narcotic as indicated and regulated by the DEA. In this case, we do need to follow the lead of the federal government. I believe the position statement provided to ADHS by the Arizona Pharmacy Association, is the position your department should consider as this issue continues to progress.

- Expansion of 'medical' marijuana for use in other conditions, although allowed under the Initiative Prop 203, should only be considered in extreme situations because of the Federal illegality, increasing substance abuse risks, health and safety risks it places upon youth and other Arizona citizens.

Further, the AZ Department of Health

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**PTSD Arizona** from previous page

I have tried many different medications and all that I have tried have either been ineffective or have come with side effects that are as debilitating as the condition itself. For those of us dealing with traumas that came as a result of serving our country, having a less invasive option for treatment will aid us in dealing with life after service and be beneficial for the community as a whole.

• Those individuals with post traumatic stress disorder receive great benefit from the use of medical marijuana to reduce many temperamental and psychological conditions commonly associated with their diagnoses. Speaking as an individual working in the department of Veterans Affairs, I get first-hand knowledge as to the benefits of the substance on veterans with PTSD. It should be valid to note that the VA system has issued memos to doctors throughout their system instructing them to accept the legitimacy of medical marijuana use in veterans, especially in the treatment of post traumatic stress disorder. I very strongly support the inclusion of PTSD as a valid condition for medical marijuana use.

• It worked.

• PTSD should be added to the list of debilitating conditions. There is plenty of evidence that shows it is beneficial to these patients and could help lessen the need for dangerous prescription drugs that have a high overdose/death potential.

• Needs to be added. Most effective non-narcotic alternative.

**Opposing**

Services is not in the business of approving untested medication for treatment.

• Not a helpful use. Likely to increase symptoms of numbness and further the condition. Other treatments for hypervigilance and anxiety, such as antidepressants are safer. Psychotherapy should be the first line of treatment.

• Patients with PTSD have many other options than to resort to an ILLEGAL substance!

• The World Health Organization (1997, p. 15) concluded: "There is sufficient consistency and coherence from experimental studies and studies of cannabinoid levels among accident victims...to conclude that there is an increased risk of motor vehicle accidents among persons who drive when intoxicated with cannabis...The risk is magnified when cannabis is combined with intoxicating doses of alcohol."

• There is some research that suggests that marijuana exacerbates and heightens trauma symptoms, making treatment even more difficult. Use of marijuana for PTSD would be like drinking alcohol to numb out the symptoms. Marijuana is not "treatment" per se —it does not result in improvement over time.

• Please don't make our state more of a disaster by adding these illnesses. PTSD is a serious illness, but someone being "high" isn't a cure.



"The FDA is an honorable institution..."

• The application is geared towards patients who have suffered battle-fatigue-related PTSD but what about sexual trauma victims? Victims of criminal violence? Rape victims? What about people that work in animal shelters —what about their PTSD from the thousands of animals they put to sleep every year —will cannabis be allowed for them? This is a huge category and conceivably over 100,000 new patients just from this one condition so as long as it's applied fairly and not just to veterans (who should get their medicine for free). I think this one is a slam dunk.

• I am certified as a medical marijuana patient. I am also diagnosed with PTSD. In using my medicine to help me control my physical pain, it has also lessened my PTSD symptoms as well.

• As a sufferer of PTSD and a medical marijuana patient I can testify first-hand that the use of this medicine for PTSD works and should be added as an ailment that qualifies for the use of medical marijuana.

• There should be no question about the validity of cannabis and its positive effects related to PTSD. I do not use cannabis nor do I ever intend to, but I am aware of its benefits. The vast majority of patients who would need to use marijuana for PTSD are veterans, for whom we have a moral obligation to take care of if injured while serving our country. If cannabis can alleviate their pain, then we as a society must do whatever we can to help them.

The only alternatives to using marijuana for PTSD are pills that make you feel dopey and alcohol. Marijuana is safer than either of these. People who have suffered extreme trauma have a right to safe, effective medicine, and deserve compassion.

• I have seen firsthand how my combat veteran husband has benefited from medical marijuana for his PTSD. He is a legal patient in the state of Arizona due to the chronic pain that also resulted from injuries sustained during service, but since he has been able to use medical marijuana, he suffers from far fewer nightmares/flashbacks, and it helps to keep his temper in check. In addition to the benefits from the use of marijuana, he also benefits from growing it. Nurturing his garden has helped give him a sense of peace and accomplishment, something he hadn't felt in a long time. One could argue this is the case with any garden; however, I disagree: Marijuana plants are particularly conducive for this type of "therapy" due to their fast-growing, resilient nature.

• From a person that has been diagnosed by the Military and the Department of Veterans Affairs as having severe PTSD. Having to suffer through the multitudes of medications that the V.A. prescribe to "break the cycle" of nightmares, hypervigilance and anxiety. I can honestly say that cannabis is by far and above the treatment of choice.

In the last year that I have been on the AZDHS MMJ program for severe and persistent pain, the one thing that I am truly grateful for is the sleep. Sleep that is nearly nightmare free, a huge difference in hypervigilance and anxiety. My outlook on life in general is worth every bit of risk with



**"My husband served 10 years in the air force as a helicopter gunner. He worked in special operations and he fought in multiple conflicts. Bosnia, Iraq... His job was to blow things up... Fifteen years later he still sees and smells death. His dreams are horrible. When he was still flying he could not use marijuana. He was prescribed narcotic drugs, sleeping pills and anti-depressants that only made things worse When he wakes up now, he can get up, go outside, smoke his cannabis and go back to bed."**



**"...When he found that he was deploying for Afghanistan, all of a sudden he couldn't trust me anymore and all of a sudden he punched me in the face... I have the x-rays... I came here to say what happens when PTSD doesn't get treated."**

this program. My job evaluations have improved, people at work comment on how much better I am to get along with, and did I mention that I have actually started sleeping nearly all night.

Before being on this program, I would be awake every 3-4 hours either with nightmares or jolting awake to get up and check around the house (hyper-vigilance). I started the MMJ program because of the ability to moderate pain due to a severe back injury and the addictive nature of the prescription pain medication I was on, but the benefits to my PTSD makes me wonder why no one is jumping up and down and shouting from the rooftops at the VA that "This Works" —and a whole lot better than Trazadone, Zoloft and other SSRI medications.

I am more productive at work, more pleasant to be around and feel immensely better than I have in nearly twenty years. I can honestly say that MMJ is not a cure, but being able to medicate responsibly for the pain and being able to sleep a whole night through is testament to this being very viable alternative for PTSD. I will advocate for adding this, definitely, because of my personal experience.

• PTSD is not just a military caused condition. Many "life traumas" take patients over the edge, having various physical and emotional consequences.

• PTSD is something that results in extreme psychological horror and pain. If people suffering from this disorder find that medical marijuana helps, they should be able to use it.

• I suffer from PTSD from Vietnam 1969. I have found over many years, Marijuana is the only medication that will stop emotional pain..... No other medicine will do so..... This illness needs to be included in the schedule of illnesses with the State of Arizona.

• I'm pro for natural cures for ongoing medical conditions. PTSD is a long-term illness that must be managed. The side effects of the prescribed medications currently used to treat this illness often negate their benefits.

• There seems to be strong clinical and anecdotal documentation about the use of cannabis for the treatment of PTSD. Since PTSD affects so many veterans, I can't imagine not being willing to provide this medicine to those who have served this country.

• Our Veterans need this medicine, and to not be told by any other man that they cannot use it once they have served their country, and have received this terrible, scary disease. Cannabis eases the mind, and it is a wellness issue. It can be used mildly to great effect. I know first hand, and feel much happier now overall with cannabis legalized for the sick. The legalization of medical cannabis itself has eased the nerves of this Marine Veteran —who served prodly with the 3rd Recon (Swift, Silent, Deadly). Please consider these men and what some of them went through. The medicine works for this, and should be approved.

• My belief from my own experience is that sustained stress takes as big a toll, or perhaps even bigger, than a singular event —our soldiers, after experiencing tragedy, must return to the battlefield. Based on my experience this likely causes more PTSD than a one-time situation ever could.

• I think it would be a much safer way of medicating people and I can see it being very effective in treating these symptoms.

• I am a combat veteran and am currently a medical marijuana program patient. Over the last year I have found that medical marijuana helps with multiple symptoms of my PTSD. I feel there are many people that could defiantly benefit from PTSD being a qualifying condition.

• This condition should have been without question on the original list.

As a two-time Iraq war vet, recently diagnosed with PTSD, and suffering from reoccurring, dreams, rather nightmares, and have stopped using marijuana because of a conflict with big pharmacy pills I'm taking from VA, I believe that the use of marijuana would greatly help my sleep and anxieties from this.

US vet and medical marijuana patient.

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