

Considering medical cannabis or CBD for your seizure management?

Get the Facts and Talk to Your Health Care Team.

Everyone's journey to finding seizure management is different. Some people explore medical cannabis or cannabidiol (CBD), when they're looking for more options to help manage their seizures. Having an open conversation with your health care team about alternative therapies can help you explore all your treatment options safely.



What is Medical Cannabis? What is CBD?

Medical cannabis is generally used to refer to a large variety of cannabis productions including dry leaf products and tinctures of isolated cannabinoids such as cannabidiol (CBD). CBD is a compound derived from the Cannabis Sativa L. plant. CBD does not cause intoxication or euphoria (often referred to as the "high").



What It is Known?

Studies show CBD has helped people living with:

- >>> Lennox-Gastaut syndrome
- >>> Dravet syndrome
- >>> Tuberous sclerosis complex



Talk to your Health Care Team.

One risk of using CBD is that it can interact with other medicines or supplements. **Before using CBD or cannabis-based products, please speak with your health care team.** Already using it? Let your provider know — it helps them keep you safe and informed.

Learn more about medical cannabis:
epilepsy.com/medicalcannabis

- 1 Thiele EA, Marsh ED, French JA, Mazurkiewicz-Beldzinska M, Benbadis SR, Joshi C, et al. Cannabidiol in patients with seizures associated with Lennox-Gastaut syndrome (GWPCARE4): a randomised, double-blind, placebo-controlled phase 3 trial. *Lancet*. 2018;391(10125):1085-1096. [https://doi.org/10.1016/S0140-6736\(18\)30136-3](https://doi.org/10.1016/S0140-6736(18)30136-3)
- 2 Devinsky O, Cross JH, Laux L, Marsh E, Miller I, Nabbout R, et al. Trial of cannabidiol for drug-resistant seizures in the Dravet syndrome. *N Engl J Med*. 2017;376(21):2011-2020. <https://doi.org/10.1056/NEJMoa161618>
- 3 Thiele EA, Bebin EM, Bhatthal H, Jansen FE, Kotulska K, Lawson JA, et al. Add-on cannabidiol treatment for drug-resistant seizures in tuberous sclerosis complex: a placebo-controlled randomized clinical trial. *JAMA Neurol*. 2021;78(3):285-292. <https://doi.org/10.1001/jamaneurol.2020.4607>



Some important questions to ask your provider are:



Is a cannabis-based product an option for me/my loved one's treatment plan?

What are the differences between cannabis-based products approved by the FDA and those that are not?

What safety information do I need to know about cannabis-based products?

Will I need extra monitoring or additional visits?

Will insurance cover this treatment?

What other approaches can I consider to improve my quality of life?

It's important to **check the legal status of medical cannabis or CBD in your state**, so you and your health care team can **make informed, safe choices** that align with both health guidelines and the law.



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