

NOVEMBER 2020

**MEDICAL
CANNABIS
PATIENT
SURVEY**



UTAH DEPARTMENT OF
HEALTH

Center for Medical Cannabis

CENTER FOR MEDICAL CANNABIS

Patient Survey

In October 2020, the Center for Medical Cannabis sent out the first medical cannabis patient survey to patients registered in the Utah Medical Cannabis program and had been registered for at least 30 days in the program. The survey was sent by email to 4,400 eligible patients in the medical cannabis program.

Participation in this survey was voluntary and all records are confidential. Participants are not identifiable and the Utah Department of Health retains no data on participant identity.

PATIENT ELIGIBILITY

This survey did not allow for minors to participate. Participants in this survey were asked their age, and, if under 18 the participant had the option to have a caregiver or guardian continue the survey on the minor's behalf. This survey was filled out by:

- 606 patients;
- 1 parent or guardian on behalf of the patient; and
- 12 caregivers on behalf of the patient.

A total of 619 patients, parents or guardians and caregivers participated in this survey. A total of 559 participant records were considered eligible (completed and over the age of 18).

KEY FINDINGS

- Most respondents are ages 31-45, female and white.
- Most respondents reside in Salt Lake, Utah and Davis counties which is reflective of the program's county of residence data.
- Most patients listed chronic pain as their qualifying condition followed by PTSD which is reflective of program registration data.
- Some respondents noted having more than one qualifying condition and chronic pain was the qualifying condition most often noted as a secondary condition or symptom.
- Overall, 91% of patients reported that they believe their medical cannabis dosage is the best option for their condition.
- 90% of respondents rated improved symptoms related to the condition being treated with medical cannabis as a 7-10 (10 being a significant life-changing benefit).
- 79% of respondents rated a decrease in seizures from the use of medical cannabis as a 0-3 (0 being no significant change).
- In open-ended responses, respondents included "excessive thirst," "diarrhea," and "brain fog" as negative side effects patients had experienced from the use of medical cannabis.
- Respondents reported significant differences in rating their benefits from the use of medical cannabis with CBD and without CBD.
- 55% of respondents reported decreasing the use of other medications due to the use of medical cannabis. Medications listed include adderall, oxycodone, gabapentin and clonazepam.
- 58% of respondents reported that they continue to consider purchasing cannabis from other sources (i.e. illegal markets, out of state) after they had registered in the Utah Medical Cannabis program. Of these respondents, 66% reported cost and affordability as a reason for considering outside purchases.

PATIENT DEMOGRAPHICS

TABLE 1: AGE

AGE RANGE	N=559
17 and under	less than 1%
18-21	less than 1%
22-30	13%
31-45	38%
46-60	29%
61 and older	20%

TABLE 2: EDUCATION

EDUCATION	N=559
Some high school	4%
High school diploma	34%
2-year college degree	25%
4-year college degree	19%
More than a 4-year college degree	17%
N/A	1%

TABLE 3: GENDER

GENDER	N=559
Male	43%
Female	56%
Other	1%

TABLE 4: ETHNICITY

PATIENT ETHNICITY	N=557
Latino or Hispanic	5%
Not Latino or Hispanic	95%

PATIENT DEMOGRAPHICS

TABLE 5: RACE

RACE	N=559
American Indian/Native American or Alaskan Native	2%
Asian	1%
Black or African American	less than 1%
Native Hawaiian or Other Pacific Islander	1%
White	89%
Multiple Races/Mixed	5%
Other	2%

TABLE 6: RESIDENCE

COUNTY OF RESIDENCE	N=551
Beaver	less than 1%
Box Elder	2%
Cache	5%
Davis	14%
Duchesne	less than 1%
Iron	less than 1%
Juab	less than 1%
Millard	less than 1%
Salt Lake	42%
San Juan	less than 1%
Sanpete	less than 1%
Summit	1%
Tooele	1%
Uintah	less than 1%
Utah	14%
Wasatch	less than 1%
Washington	2%
Weber	14%

*Only those counties with participation are represented in this table. All other counties had zero participation in this survey.

PATIENT QUALIFYING CONDITION

TABLE 7: QUALIFYING CONDITION

QUALIFYING CONDITION	N=558
HIV or AIDS	2%
Alzheimer's disease	less than 1%
Amyotrophic lateral sclerosis (ALS)	less than 1%
Cancer	4%
Cachexia	less than 1%
Persistent nausea	7%
Crohn's disease or ulcerative colitis	5%
Epilepsy or debilitating seizures	2%
Multiple sclerosis or persistent and debilitating muscle spasms	5%
Post-traumatic stress disorder (PTSD)	24%
Autism	1%
A terminal illness	1%
A condition resulting in hospice care	1%
A rare condition*	5%
Chronic pain	73%
Not listed*	7%

***Rare conditions listed by participants:**

- AmSan GBS
- Ankylosing Spondylitis
- Severe kyphosis
- Arteriovenous malformation (AVM)
- Arthritis and osteoporosis due to genetic mutation
- Bouchard's Nodes and Plantar Fibroma
- Charcot Foot
- Degenerative disk and joint disease
- Eosinophilic esophagitis
- Gastroparesis
- Hydrocephalus
- Intracranial hypertension and pseudotumor cerebri
- Leukoplakia and hyperkeratosis
- Lupus
- Lyme disease
- Myalgic Encephalomyelitis/Chronic Fatigue Syndrome
- Ocular cicatricial pemphigoid
- Reflex Sympathetic Dystrophy (RSD)/ CRPS type 1
- Rickets
- Spinal stenosis and arthritis and condo malaysia patella
- Stiff person syndrome (SPS) and Multiple System Atrophy (MSA)
- Transverse myelitis

*Conditions "not listed" include conditions presented to the Compassionate Use Board: anxiety, depression, sleep disorders, Parkinson's disease and anorexia.

PATIENT QUALIFYING CONDITION

Patients may list more than one qualifying condition for the use of medical cannabis. The table below outlines other conditions listed by the patient for which medical cannabis was used.

TABLE 8: OTHER CONDITIONS

	HIV or AIDS	Alzheimer's disease	Amyotrophic lateral sclerosis (ALS)	Cancer	Cachexia	Persistent nausea	Crohn's disease or ulcerative colitis	Epilepsy or debilitating seizures	Multiple sclerosis or persistent and debilitating muscle spasms	Post-traumatic stress disorder (PTSD)	Autism	A terminal illness	A condition resulting in hospice care	A rare condition*	Chronic pain	Not listed*
Total patients with condition	13	1	2	23	1	40	27	9	29	135	8	7	3	26	409	42
HIV or AIDS				1		1				2	1				1	
Alzheimer's disease																
Amyotrophic lateral sclerosis (ALS)				1					1			1			1	
Cancer	1		1			3			1	3		2		1	11	1
Cachexia										1		1		1	1	
Persistent nausea	1			3			2		4	15		2	1	11	30	5
Crohn's disease or ulcerative colitis			1	1		2			2	4		1		2	13	
Epilepsy or debilitating seizures										3	2			1	3	1
Multiple sclerosis or persistent and debilitating muscle spasms			1	1		3	2			4		2		2	15	1
Post-traumatic stress disorder (PTSD)	2			3	1	15	1	3	4		2	2	1	9	71	11
Autism	1							2		2						1
A terminal illness			1	2	1	2			2	2			1	3	4	
A condition resulting in hospice care						1				1		1		1	2	
A rare condition*				1	1	11	1	1	2	9		3	1		19	2
Chronic pain	1		1	5	1	30	1	3	15	71		4	2	19		22
Not listed*				1		5		1	1	11	1			2	22	

PATIENT BENEFITS & SIDE EFFECTS

Overall, 91% of patients reported that they believe their medical cannabis dosage is the best option for their condition.

PATIENTS REPORTED:

- 98% of patients reported that they experienced some sort of benefit from the use of medical cannabis for their qualifying condition.
- Only 9% of patients reported that they experienced some sort of negative side effect from the use of medical cannabis for their qualifying condition.
- 74% of patients reported that they were aware of all the benefits or side effects they experienced, 7% of patients were aware of some effects but not all they had experienced and 4% of patients were not aware of any of the effects they experienced.

PATIENT BENEFITS

Patients were asked to rate their benefits from a scale of 0 (no significant change) to 10 (life-changing benefit).

Patients reported the following of their medical cannabis use:

- 73% of those who reported a decrease in anxiety rated the change between 7-10.
- 84% of those who reported a decrease in general pain rated the change between 7-10.
- 64% of those who reported an increased control in emotions rated the change between 7-10.
- 90% of those who reported improved symptoms related to the condition being treated rated the change between 7-10.
- 86% of those who reported improved sleep rated the change between 7-10.
- 50% of those who reported an increase in appetite rated the change between 7-10.
- 74% of those who reported a decrease in appetite rated the change between 0-3.
- 76% of those who reported a reduction or elimination in other medications rated the change between 7-10.
- 72% of those who reported improved physical functionality or mobility rated the change to be between 7-10.
- 79% of those who reported a decrease in seizures rated the change between 0-3.
- 63% of those who reported a decrease in symptoms of depression rated the change between 7-10.
- 78% of those who reported a decrease in hallucinations rated the change between 0-3.

PATIENT BENEFITS

Patients were asked to rate their benefits from a scale of 0 (no significant change) to 10 (life-changing benefit). The table below summarizes the ratings of benefits based on this scale.

TABLE 9: SUMMARY OF BENEFITS

Listed Benefit from Medical Cannabis Use	Rating (0= no significant change, 10= life-changing benefit)		
	0-3	4-6	7-10
Reduced anxiety	11%	16%	73%
Reduced pain	3%	12%	84%
Increased control in emotions	14%	22%	64%
Improved symptoms related to the condition being treated	3%	8%	90%
Improved sleep	4%	10%	86%
Increased appetite	25%	25%	50%
Decreased appetite	74%	18%	7%
Reduction or elimination in other medications	11%	13%	76%
Improved physical functioning/mobility	12%	16%	72%
Reduced seizures	79%	6%	15%
Decreased symptoms of depression	19%	18%	63%
Decrease in hallucinations	78%	6%	17%

PATIENT BENEFITS

Patients were asked to openly describe any other benefits they had experienced. Below are a few examples of these comments.

Significantly decreased alcohol consumption and completely nicotine free!

Reduced mania, eradicated alcoholism, eradicated substance abuse.

Helped life long stomach issues, gained weight, able to eat, reduced nausea.

I have a better relationship with my family now and feel that I am able to function better throughout my days.

Really helps with my mental health and anger problems.

Calmed his anger, attitude, doesn't feel like chemicals dependent.

My cannabis medicine has helped me beyond words, especially with Covid-19. It allows me to have less anxiety while now working from home.

Gives me energy to get stuff done and creativity, some even help with memory

Improved social life and understanding for others, decreased social anxiety, increased libido, improved self-awareness, neutralizes OCD symptoms, rid sleep of nightmares and compulsive thoughts.

After eliminating pharmaceuticals my blood sugar is lower and more stable, I've lost a small amount of weight, I don't feel drugged out and sick all the time. I'm able to micro dose as needed throughout the day without worry of dying due to overdose and over the last year I've been able to almost perfect my dose, strain and delivery so that I have relief and am still fully functional without being "high" and after 8yrs of not being able to work and 2yrs being almost bed ridden I am now starting to go back to work.

THC saved my life. Opioids and benzodiazepines were my other option for PTSD & chronic pain. I'd be on disability. It doesn't take a medical degree to ascertain the danger of mixing Benzodiazepines & opioids. I have zero addiction risk & zero overdose risk. Currently I work 30 hrs a week & asked for more. THC truly saved me.

Slowing of progression of neuropathy, often times of no symptoms at all. Post surgery, I could use much less opioid(s) when combined with cannabis.

Less impulsive decision making.

Allowed for repressed memories from trauma to be remembered which aids in my trauma work & therapy.

It allows me to deal with my depression and process past trauma in a way that years of therapy could never do.

I have painful bouts of IBS. I found that the cannabis actually relieved my IBS symptoms and shortened the duration.

PATIENT NEGATIVE SIDE EFFECTS

Patients were asked to rate their negative side effect from a scale of 0 (no significant inconvenience) to 10 (extremely intolerable).

Patients reported the following of their medical cannabis use:

- 87% of those who reported an increase in pain in specific areas rated the effect 0-3.
- 81% of those who reported an increase in anxiety rated the effect 0-3.
- 80% of those who reported an increased difficulty in controlling emotions rated the effect 0-3.
- 95 % of those who reported a worsening of symptoms related to the condition being treated rated the effect 0-3.
- 89% of those who reported a regression in sleep rated the effect 0-3.
- 73% of those who reported an increase in appetite rated the effect 0-3.
- 95% of those who reported a decrease in appetite rated the effect 0-3.
- 92% of those who reported an increase in nausea and/or vomiting rated the effect 0-3.
- 97% of those who reported an increase in seizures rated the effect 0-3.
- 94% of those who reported an increase in stomach pain rated the effect 0-3.
- 78% of those who reported increased fatigue rated the effect 0-3.
- 91% of those who reported an increase in headaches rated the effect 0-3.
- 91% of those who reported an increase in blurred vision rated the effect 0-3.

PATIENT NEGATIVE SIDE EFFECTS

Patients were asked to rate their negative side effect from a scale of 0 (no significant inconvenience) to 10 (extremely intolerable). The table below summarizes the ratings of these negative side effects based on this scale.

TABLE 10: SUMMARY OF NEGATIVE SIDE EFFECTS

Listed Negative Side Effect from Medical Cannabis Use	Rating (0= no significant change, 10= life-changing benefit)		
	0-3	4-6	7-10
Increased pain in specific areas	87%	3%	11%
Increased anxiety	81%	5%	14%
Increased difficulty in controlling emotions	80%	10%	10%
Worsening of symptoms related to the condition being treated	95%	0%	5%
Regression in sleep	89%	8%	3%
Increased appetite	73%	8%	20%
Decreased appetite	95%	3%	3%
Increased nausea/vomiting	92%	3%	5%
Increased seizures	97%	0%	3%
Increased stomach pain	94%	6%	0%
Increased fatigue	78%	19%	3%
Increased headache	91%	0%	9%
Increased blurred vision	91%	3%	6%
Increased confusion	86%	6%	9%
Dizziness	85%	9%	6%
Palpitations	83%	9%	9%
Dry mouth	47%	23%	30%
Increase in hallucinations	91%	3%	6%
Increased symptoms of depression	91%	3%	6%

PATIENT NEGATIVE SIDE EFFECTS

Patients were asked to openly describe any other negative side effects they had experienced. Below are a few examples of these comments.

Excessive thirst.

Some strains caused paranoid feelings but they've subsided.

Various brands give headaches, others did not.

Diarrhea.

Brain fog day after.

Only reason these are negative, is because if I have too much mg in one day, I get a headache or migraine. Or if I stop cold turkey for days, also headaches. But I've had consistent headaches since 2005 with no THC as the cause so who knows. If I don't use for longer then [my] body is adjusted, may cause diarrhea, and loss of appetite.

Dizziness only with the evening dose via vaporization, and only occasionally; I suspect I may be getting more THC in those instances than at other times, since with the vape it's hard to control the amount of THC being taken in.

On rare occasions, cannabis created mild paranoia, but was quickly remedied by taking high dose of CBD tincture.

No one mentioned how disgusting cannabis is. Like swallowing a skunk. Being forced to vape causes chronic throat pain and asthma. I take it as a medicine and would appreciate it coming in pill or capsule form.

Slowing of progression of neuropathy. Oftentimes of no symptoms at all. Post surgery, I could use much less opioid[s] when combined with cannabis.

Once took a little too much tincture and felt high, was able to decrease dose, hasn't happened again.

PATIENT DOSING & CONSUMPTION

TABLE 11: AVERAGE RATING OF BENEFITS BY THC & CBD INTAKE

Patients who consumed CBD with their THC are compared to patients who did not consume CBD with their THC by average rating of benefits: Patients who consumed 5-10mg of THC with up to 50mg CBD showed similar average ratings of benefit to those who consumed no CBD with THC. Significant difference in average ratings is shown for patients who consumed 400-1000mg of THC with no CBD consumption, compared to those who consumed CBD (up to 2000mg). Patients in this category show at least 2.5 points higher in ratings for reduced anxiety, improved symptoms related to the condition being treated, decreased appetite, reduction or elimination of other medications, improved physical functionality or mobility and decreased symptoms of depression.

Average Rating of Benefits													
THC (mg) (total daily dose)	CBD (mg) (total daily dose)	Reduced anxiety	Reduced pain	Increased control in emotions	Improved symptoms related to the condition being treated	Improved sleep	Increased appetite	Decreased appetite	Reduction or elimination in other medications	Improved physical functioning/ mobility	Reduced seizures	Decreased symptoms of depression	Decrease in hallucinations
5-10	No CBD	6.6	8.4	5.6	8.4	8.1	5.5	2.3	8.1	7.7	0.6	5.6	1.0
	CBD up to 50mg	7.3	7.5	4.6	8.2	8.6	5.2	1.8	8.8	7.3	2.1	4.6	1.2
10-100	No CBD	6.0	8.6	5.3	8.5	8.9	5.3	0.9	7.7	8.2	0.0	2.0	0.2
	CBD up to 100mg	7.6	8.2	5.7	8.6	8.1	6.2	1.8	8.2	7.2	1.4	5.4	1.2
100-400	No CBD	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	CBD up to 275mg	6.8	8.2	5.3	8.4	8.4	5.6	1.7	8.2	7.6	1.0	4.4	0.9
400-1000	No CBD	10.0	8.5	7.5	10.0	8.5	5.5	5.0	9.5	10.0	0.0	9.0	0.0
	CBD up to 2000mg	6.6	7.2	6.3	7.3	7.0	6.5	1.8	6.4	5.4	0.0	6.7	0.0

PATIENT USE OF OTHER MEDICATION

55% of patients reported decreasing the use of other medications due to the use of medical cannabis.

Patients most commonly listed the following medications having been impacted by their use of medical cannabis:

- Torodol
- Wellbutrin
- Gabapentin
- Muscle relaxers
- Clonazepam
- Opioids
- Percocet
- Alcohol
- Hydrocodone
- Cymbalta
- Adderall
- Oxycodone
- Prozac
- Xanax
- Sleep medications

OTHER SOURCES OF MEDICAL CANNABIS

Patients were asked if before they had registered with the Utah Medical Cannabis Program they had considered purchasing cannabis for medical purposes from other sources (i.e. on the street, through the internet, out of state dispensary...etc). Patients were also asked if after they had registered with the Utah Medical Cannabis Program they had continued considering purchasing cannabis from other sources.

82% of patients reported that before they had registered with the Utah Medical Cannabis Program that they did consider purchasing cannabis from other sources.

Of these patients, 58% reported that they continued to consider purchasing cannabis from other sources after they had registered in the Utah Medical Cannabis Program.

OTHER SOURCES OF MEDICAL CANNABIS

What patients said BEFORE joining the program

I have self medicated in the past BUT the knowledge and availability of the variety of products has increased my success in treating and handling my pain.

I would use it when in a legal state which opened my eyes to the benefits.

Never used cannabis prior to my prescription.

I started going to an out of state dispensary as soon as I had started running out of options for pain management.

Still purchase a lot from out of state. Local shops are sold out all of the time. Need more supply and shops.

I wouldn't dare use medical marijuana unless I was legally allowed.

I knew there would be a benefit as had tried before. But was afraid of what I might purchase on the streets.

Out of state dispensary. Quality and safety are important to me. The risk crossing state lines was lower risk of going to jail than being on opioids in a state that offered me no other solution. Now I can do it legal.

A friend told me it could help with my intense joint pain and he wasn't [kidding] me....it worked....did it for three months before it was legal in the state. Once it became legal I saw my doctor immediately and began the process of getting my card.

I went to Las Vegas to try cannabis for myself. I was blown away by how much it helped me. I then got my card in Utah.

Yes I bought off the street. And I know for a fact the pharmacy now is always out of flower so people go back to there dealers. And some of the strains are so dry it could start a fire and burns so quickly. I seen people on the street grow better stuff.

OTHER SOURCES OF MEDICAL CANNABIS

What patients said AFTER joining the program

\$200 for 1/2 oz that has to be bought in separate 3.5g jars is ridiculous. Too expensive and we need to be able to buy larger amounts.

I recently have [purchased from other sources] because prices in dispensary are extreme.

Better tasting and cheaper products at out of state dispensaries.

Out of state. Higher quality. Lower cost.

Product supplies were very low and completely unavailable for awhile, so I turned to other sources.

You need to put dispensaries in central and southern Utah.

The pharmacy is unable to provide consistent supply.

Utah's selection is limited and expensive and they do not distinguish between indica or sativa strains which is a massive issue they also don't label turpines.

Compared with other states medical cannabis programs, Utah is crazy expensive.

It's much cheaper in Colorado with far more options.

I considered going out of state to purchase a large quantity so it would be cheaper. It's like double the cost in Utah. But I wanted to make sure it was tested properly by a lab so it was safe.

Due to supply shortages due to the pandemic I have visited neighboring states dispensaries for quality brand name products because black market cannabis is usually very poor quality compared to dispensary and pharmacy products.

OTHER SOURCES OF MEDICAL CANNABIS

Patients listed the following key terms in their open-ended responses to why they continue to purchase cannabis from other sources even after joining the Utah Medical Cannabis Program:

- Cost/Affordability/Price/Cheaper/Expensive: 66% of responses
- Out of state/Nevada/Wendover/Colorado: 39% of responses
- Availability/Available/Limited/Limited supply: 18% of responses
- Better/Better quality: 13% of responses
- Street: 5% of responses

MEDICAL CANNABIS COST

Patients were asked to average their monthly cost for medical cannabis, related transportation costs and costs for QMP visits. Patients reported the following:

- 30% of patients reported their average monthly cost on medical cannabis product to be \$400 or more.
- 81% of patients reported their average monthly cost on transportation to a QMP and/or a medical cannabis pharmacy to be under \$100 or not a significant cost.

PATIENT CONFIDENCE IN REGISTERED MEDICAL PROVIDERS AND PHARMACISTS

Patients were asked to rate their confidence in their medical cannabis provider (QMP) and medical cannabis pharmacist on their medical cannabis knowledge. The range provided to patients was from 0, having no confidence, to 10, having a great deal of confidence.

- 90% of patients reported an 8 or higher in having confidence in their medical cannabis provider. Of these patients, 97% plan to stay with their current medical cannabis provider.
- 71% of patients reported an 8 or higher in having confidence in their medical cannabis pharmacist. Of these patients, 71% plan to stay with their current medical cannabis pharmacist.

PATIENT COMMENTS

Patients were asked openly to describe how the Utah Medical Cannabis Act has impacted their quality of life overall.

79% of patients stated the following terms/topics in their responses:

- Help/Helped
- Better
- Improve/Improved
- Relief
- Great
- Benefit

Examples of patient comments:

Being able to have safe access to locally sourced marijuana is key to shaking the anxiety of using such a helpful medicine.

It has helped reduce pain and decrease my muscle spasms.

Medical cannabis has changed my life for the better. My pain is manageable again. My anxiety and depression are down. And my trauma has been manageable now too.

This act has enabled me to be able to actually work from home and do my job. Without the severe anxiety I would get. I pray for UT to loosen up it's listed illnesses. There are so many people that could benefit from cannabis. But, with the prices being so high, due to supply and demand, prices are hard to be able to afford my medicine all the time.

I have found safer ways to cope with my conditions, and these ways, while expensive, offer more hope due to differences between cannabis and pharmaceuticals. The cost to obtain legally can be difficult and/or impossible...

I am quite sure it played a role in saving my life. It improved my appetite and relieved my nausea/vomiting when no other medication would. I was extremely malnourished/underweight and I'm not sure what I would have done without having access to it.

My low back pain has gone from 7-9/10 to 2-4/10. I sleep better. I have less anxiety/depression. Which has improved my relationship with my wife.

My family is no longer afraid of my Opioid use. I'm no longer afraid. The cannabis helps me on a variety of level, including many I didn't even foresee (anxiety, depression, sleep, IBS). I'm actually functioning as a normal human again, not a happy robot that's still in pain. It's been one of the greatest miracles in my life, and that's coming from someone who voted AGAINST the cannabis law. I was so ignorant and I'm glad I was outvoted.

Provides a legitimate means of obtaining pain relief without being illegal and having the 'stigma'.

I have had a substantial positive impact to the quality of my life. If this program was to end, I would continue using cannabis through other means.

It's helped minimally because of how expensive it is. I still have to go to Colorado because it's cheaper.

Having the stores in-state is great, but the price of everything is astronomical.

It has made my life enjoyable again. I can now be active with my family. It has changed my life and my relationship with my wife and kids and has made my work performance excel.

Can sleep properly and can manage my own life affairs without assistance, becoming independent.

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