

CAN MED



OFFICE TOPICS

Dr. J. Anderson, MD, CCFP

TRIGEMINAL NEURALGIA

STATS AND FACTS

- In Canada, approximately 1,500 new cases of TN are diagnosed annually. The condition is more prevalent in women and tends to occur more frequently in individuals over the age of 50. (researchgate.net)
- Treatment includes medications and various surgical interventions. The economic costs and social costs can be extremely high and often patients can be debilitated.

WHAT IS IT?

- Trigeminal neuralgia (TN) is a chronic pain condition characterized by sudden, severe, electric shock-like pain in areas of the face served by the trigeminal nerve, typically affecting one side. This nerve has three branches—ophthalmic (V1), maxillary (V2), and mandibular (V3)—responsible for transmitting facial sensations to the brain. The intense pain episodes can be triggered by routine activities such as eating, speaking, or touching the face.

APPROACH TO THE OFFICE PATIENT

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~THE ANDERSON METHOD

TOPICALS AND SPRAYS FIRST

- Topical cannabinoid creams that contain both THC and CBD are very effective and avoid systemic effects. Choosing a topical that is enhanced with a menthol smell also elevates that effect. It is important to apply this at least 2-3x/day. A trial of 2-3 weeks should give the patient an idea of how effective this will be. Apply it in the pre-auricular area where the trigeminal nerve comes out and into the areas affected.
- Using sprays such as a 1:1 under the tongue or to the back of the mouth on the side of the TN can be very effective at night and in the day if the patient isn't driving. 1-2 sprays TID or at night (if driving/working) can help with sleep and pain together.

TREATMENT GOALS

- Improve sleep
- Improve quality of life
- reduce systemic effects
- reduce pain
- improve function

ADDITIONS - REGULAR OILS

- Oils have a more consistent effect especially when taken regularly.
- CBD works well for inflammation but takes time to work.
- CBN works well for nerve pain especially if patients are looking to avoid THC.
- THC works well for nerve pain and sleep especially when combined with CBN.
- Using a THC:CBN oil at night regularly and a CBD:CBG oil in the morning can improve pain clinically in the background when used regularly.
- Most of my TN patients use topicals in the day, CBD:CBG in the morning and THC:CBN at night. They have a spray that they use prn for acute pain.

OPTIONS FOR PRODUCTS IN CANADA

- Arctic Heat - by Stewart Farms
- Penelope Spray (1:1 spray) by Twd
- Medipharma Labs CBD:CBG oil
- Medipharma Labs CBD:CBN oil or THC:CBN
- Spectrum Cannabis CBD:CBG oil
- Spectrum Cannabis Relax oil (CBD:CBN) or Nighttime oil (THC:CBN)

These are my favorites and ones I have success with. There are many more options available. These are just options for those who are not familiar with any brands or products.

Product Feature

Arctic Heat



Arctic Heat is available on the Medical and in Stores in most provinces.

Endocannabinoid System History

Maccarrone M. Tribute to Professor Raphael Mechoulam, The Founder of Cannabinoid and Endocannabinoid Research. *Molecules*. 2022 Jan 5;27(1):323. doi: 10.3390/molecules27010323. PMID: 35011553; PMCID: PMC8746417.

Information on Terpenes

<https://leafwell.com/blog/difference-between-terpenes-and-cannabinoids>

<https://www.mybpg.com/blog/cannabis-terpenes/>

Health Canada Medical Document:

https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/dhp-mps/alt_formats/pdf/marihuana/info/med-eng.pdf

Health Canada Information for Health Care Professionals

file:///Users/jenniferanderson/Downloads/information-for-health-professionals.pdf

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