

FEBRUARY MONTHLY NEWSLETTER

Welcome to the February edition of the TCN newsletter.

As winter continues, many people living with chronic pain notice increased stiffness and discomfort. This month, we're sharing education, clinic updates, and thoughtful insights on how medical cannabis may be considered as part of an individualized approach to chronic pain care.

Chronic Pain

Chronic pain is ongoing or recurring pain that lasts longer than 3 months—well beyond the usual time it takes for an injury or illness to heal. It isn't just regular hurting—chronic pain can be continuous or come and go, and it's recognized as a disease in its own right by the World Health Organization, not just a symptom of something else.

There are two main categories:

1. Chronic Primary Pain – Pain that persists without a clear underlying cause, such as fibromyalgia or some musculoskeletal pain.
2. Chronic Secondary Pain – Pain linked to a known condition, like rheumatoid arthritis, cancer treatment, or post-surgical pain.

Chronic pain affects much more than the body.

Because it often lasts so long and isn't always visible, people living with it may face:

- emotional strain (anxiety, frustration, depression)
- social or work challenges
- trouble accessing care because others may not understand what they're experiencing

Cannabis topicals: A gentle, targeted option



Once overlooked, topicals are gaining popularity—especially among those managing pain, skin conditions, or exploring cannabis for the first time.

- Come in CBD, THC, or 1:1 THC:CBD blends
- Applied directly to the skin for targeted areas
- Non-intoxicating—safe as a first-line option
- Can be used with or without oral cannabis treatments
- Talk with your clinician to see what's right for you

Study Spotlight

A large, randomized, placebo-controlled phase 3 clinical trial evaluated a chemically standardized full-spectrum Cannabis sativa extract for chronic low back pain—a condition affecting hundreds of millions worldwide.

Study Design & Participants:

- 820 adults with chronic low back pain were enrolled.
- Participants were treated in a 12-week double-blind phase, followed by longer open-label periods.

Key Results:

- Participants receiving the cannabis extract experienced statistically significant pain reduction at 12 weeks compared with placebo.
- Improvements were seen not just in overall pain intensity but also in neuropathic symptoms, physical function, sleep quality, and quality of life.

[Read the Study HERE](#)

DID YOU KNOW?

- 1 in 5 adults in Canada lives with chronic pain, making it one of the most common long-term health conditions.
- Chronic pain can exist even when medical tests appear normal — it is still real and valid.
- Managing pain can boost sleep, mood & daily life
- Back pain is the most common type, accounting for nearly 25% of all chronic pain cases.

February is Heart Health Month

Cannabinoids can affect heart rate and blood pressure. Medical Cannabis should be used cautiously and under medical guidance, with conversations about individualized risks and benefits playing an important role in heart-healthy care.

[Find out if medical cannabis is a safe option](#)
[Complete the TCN Intake HERE.](#)

tcn | The Clinic Network **Clinic News & Updates**

The clinic will be closed on Monday February 16th for the Family Day Holiday.

Reference(s):

Government of Canada. (2023). About chronic pain. Public Health Agency of Canada. <https://www.canada.ca/en/public-health/services/diseases/chronic-pain/about-chronic-pain.html>

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