

ACTIVE LIFE POLICIES

Effective immediately

Active Life operates under the philosophy of "FIRST DO NO HARM". We strive to provide the very best care with the least amount of risks. We understand sometimes the benefits outweigh the risks, however, we feel it is necessary to protect the patients to announce these policies that will be implemented for all patients.

1. Medical Marijuana policy

Although becoming more popular for the treatment of pain and anxiety, side effects and interactions have not been scrutinized like all other pharmaceutical medications are mandated to go through. Unfortunately, there is currently an illusion existing in our society that because it is natural, it is void of side effects or interactions. Therefore, until more research is done, Active Life's policy will be the following: If marijuana proves to be effective for your treatment of pain and/or anxiety you must **HAVE AN ARIZONA MEDICAL MARIJUANA CARD AND BE OFF ALL OTHER SCHEDULED MEDICATIONS (II-IV)**. This is simply due to the fact that side effects and interactions have not been fully studied. Smoking marijuana is toxic to your lungs, so it is not recommended. Also marijuana high in CBD so far has found to be the most therapeutic and therefore is my recommendation. If urine drug screen reveals THC that is too elevated, you will be counseled. **Also, if you are currently taking marijuana AND scheduled medications, you will required to have a urine drug screen every month until marijuana is out of your system.** This may take at the most three months.

2. Alcohol

Mixing alcohol and scheduled medications (opioids and benzodiazepines) is frankly dangerous and is required to be avoided. Quantity does matter. Typically if you are not on high dose medications, a glass of wine with dinner is not usually a problem but not concurrently with medications. We will and do test for alcohol in your urine. We will know if it is just one glass or one beer. **If your levels are too high, you will be warned. If they continue to be high, you will be discharged.** Remember this for your own safety

3. Benzodiazepine pines

Mixing these medications (ie; xanax, klonopin, valium, ativan, restoril etc) with opioids can be dangerous. It can result in not breathing and death. As a pain physician, I understand that sometime these are necessary in select patients with extreme muscle spasm or anxiety. If more than one daily is required, you will be referred to psychiatry for evaluation and appropriate treatment. Your primary

care physician cannot prescribe these for you if you are under opioid agreement. These must never be taken with your short acting pain medication together.

4. Soma

Soma is a unique medication meant to help with muscle spasm that has recently been c'assified as a schedule IV due to abuse potential. It was also found to accelerate other drugs such as hydrocodone resulting in greater abuse potential among users. Active Life's policy relating to soma prescribing is the following:

you must have tried and failed the following: baclofen, flexeril, tizanidine, norflex, methacarbamol OR do not metabolize the other alternatives well on your PGT DNA test or is cost prohibitive. **No more than 2 somas will be given per day AND no other benzodiazepine will be prescribed since they are similar.**

Patient signature

date