

Soto, Xaviel

From: [REDACTED]
Sent: Wednesday, November 26, 2014 1:25 PM
To: Soto, Xaviel
Subject: MM Hearing/Research article
Attachments: CannabisTSResearch.pdf; [REDACTED] Resume2014.doc

Dear Xaviel,

It was nice to meet you today, and I greatly appreciated the opportunity to speak to the Panel regarding the approval of Medical Marijuana for Tourette's disorder. Will you please forward this entire email to them? I am attaching a research article provided to me by Dr. James Leckman of the Yale Child Study Center.

I would like to re-iterate that the approval and availability of Medical Marijuana would significantly help people with TS alleviate the troubling, painful, and life-disrupting symptoms of Tourette's. Such symptom relief might allow those such as myself to decrease or discontinue some of the strong medications such as neuroleptics that we take, with great risk and side effects, in order to live and function as highly as possible with TS.

Personally, despite being on several medications for Tourette's, I struggle not only with side effects, but my frequent and often violent neck and torso tics cause constant muscle tightness and subluxations in my spinal column. I have to see a chiropractor weekly, and must take Flexaril PRN when increased ticcing causes back spasms and general pain. I believe that MM would, if used at home, while not working or driving, help to relax both my body and mind, which in turn would help reduce both motor and vocal tics. Tourette is a complicated and mysterious disorder, and each person's symptomatology is unique. I can say both personally and from a professional perspective, that the people with TS I have known and worked with who have used marijuana illegally have described it as being very helpful in alleviating both motor and vocal tics, as well as other behaviors and mood issues associated with TS.

I have a friend in Colorado with TS who has a prescription for Medical marijuana. This 68 year old gentleman is treatment refractory, and cannot tolerate medications for TS. Since using MM, he reports up to an 80-90% decrease in his tics, and, perhaps most importantly, is able for the first time in many years to earn a living at his own metallurgy/forging business! This in turn has significantly improved his depression. Such is the nature of the cycle of Tourette – if something can reduce the tics, the body and mind decompress, which can further reduce the tics!

If Medical Marijuana is approved here in CT for Tourette's, I believe it has the potential to help those of us who cope, suffer from, and even thrive with TS live more independent, productive, and healthier lives. It could allow us to wean off of the neuroleptics and other medications that have so many negative side effects.

Once again, thank you for the opportunity to provide this additional information on behalf of myself and the Tourette Community at large. I would be more than willing to answer any questions or provide any additional information if it would be helpful.

I also attached my resume for the Panel's review. Thank you.

Respectfully,

[Redacted]

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Encl.