

## Say “No” to Chronic Pain with Bremono!

If you suffer from chronic pain, CBD from Bremono Pharmacy may be able to help!



September is Pain Awareness Month! Chronic pain affects around 20% of the population in the United States. Chronic pain is consistent or recurrent pain that continues for more than 3 months and can interfere with work or life most days or every day. In recent studies, CBD, or cannabidiol, has been found to improve chronic pain. CBD is a safer option for treating chronic pain than traditional pain relievers, such as opioid medications.

CBD comes from the plant *Cannabis sativa* and is not psychoactive, meaning that it does not produce the same “high” as THC-containing products. CBD works on the endocannabinoid system in our brain, which helps to maintain balance in our bodies. CBD products contain less than 0.3% THC and do not require a prescription. Bremono also carries CBD products that contain 0% THC. CBD comes in many forms! Options include sublingual oil (under the tongue), gummies, gel capsules, and topicals (creams, ointments, gel). If you need help choosing the right product for you, ask a pharmacist at Bremono or check out our [online store](#)!

### CBD can also help your furry friends!

Pets have an endocannabinoid system just like humans. Bremono carries CBD products made specifically for your pets. When given to pets, CBD can help with arthritis, itchiness, anxiety, nausea, and more. Look for pet products from Ananda and Charlotte's Web in the pharmacy lobby, including bacon flavored products!



More information about CBD can be found on the CDC's [website](#).

### Low-dose Naltrexone for Chronic Pain

Bremono can also provide low-dose naltrexone (LDN), which has been shown to benefit chronic pain conditions. LDN has been studied in patients that suffer from conditions such as fibromyalgia, Crohn's disease, and multiple sclerosis. Typically, naltrexone is prescribed at higher doses, such as 50 to 100 mg, to treat alcohol and opioid dependence. LDN doses range from 1.5 mg to 4.5 mg daily. These low doses are not available commercially, but Bremono can make them for you in our compounding pharmacy with a prescription from your doctor!



### References

Urits I, Gress K, Charipova K, et al. Use of cannabidiol (CBD) for the treatment of chronic pain. *Best Pract Res Clin Anaesthesiol.* 2020;34(3):463-477. doi:10.1016/j.bpa.2020.06.004

Kim PS, Fishman MA. Low-Dose Naltrexone for Chronic Pain: Update and Systemic Review. *Curr Pain Headache Rep.* 2020;24(10):64. Published 2020 Aug 26. doi:10.1007/s11916-020-00898-0