

Cannim Group Back Medicinal Cannabis Research to Address Crisis Point in Australian Women's Health.

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SYDNEY, AUSTRALIA – Australian Medicinal Cannabis company **Cannim** have partnered with **the National Institute of Complementary Medicine (Western Sydney University)** on groundbreaking studies examining the effectiveness of medicinal cannabis in treating women's health; initially focusing on **Primary Dysmenorrhea (Period Pain) for women aged 20+, and Sleep Disturbance during Menopause for women aged 45-65.**

Cannim have assembled a team of Australia's foremost women's health researchers to spearhead investigation into medicinal cannabis as a treatment option for health conditions affecting women, which cause significant absenteeism and reduced productivity at school, university, and workplaces, with an estimated annual cost to Australians of \$14 billion.

The research aims to provide critical insights into medicinal cannabis as a treatment option with the intention of closing the 'gender pain gap' for up to 90% of young women experiencing chronic period pain, and approximately 80% of women in their forties and fifties enduring sleep disturbance, hot flashes, pain, anxiety and depression as a result of menopause.

Stuart Marsh, Cannim's Chief Growth Officer, states, "Medicinal cannabis has been shown to be effective in many studies including randomised controlled trials, considered the gold standard of evidence in medicine. Cannim are building that evidence-base at a critical time for women who have long been underserved by medicine. Our findings will be published and shared among Australia's prescribing and research communities to potentially help millions of women improve their quality of life."

Associate Professor Mike Armour, NICM's Director of Research adds "Women's health conditions have long been neglected when it comes to medical research, despite the significant impact these have across peoples entire lives. These studies have the potential to provide new treatment options for the hundreds of thousands of women in Australia who suffer from period pain or bothersome menopausal symptoms."

Women who are interested in taking part in the research to understand whether medicinal cannabis can relieve their symptoms, can find out more information on Natura Clinics website:

- Primary Dysmenorrhea (Period Pain) and Medicinal Cannabis Study: <https://naturahealthcare.com.au/chronic-condition-management/primary-dysmenorrhoea-study/>
- Menopause and Medicinal Cannabis: <https://naturahealthcare.com.au/chronic-condition-management/menopause-study/>

Refer to pages 3 and 4 of this document for detailed information on Cannim's research.

For more information, please contact Melanie Wentzel, Healthcare Strategy Lead – Cannim, on 0412 536 998 or melanie.wentzel@cannim.com.

About Cannim

Cannim is a global leader in medical cannabis, dedicated to advancing research, education, and improving patient outcomes. Established in 2017, the company operates across Australia, the UK, Canada, the USA, and Europe, with a vision to bring the benefits of medicinal cannabis to the world. Cannim's mission to help people drives its commitment to creating world-leading medicinal and wellness cannabis brands. Built on the pillars of Safety, Science, and Scale, the company partners with an international network of EU-GMP manufacturers and distribution channels, ensuring consistent and reliable delivery of premium products to patients worldwide. Cannim operates clinics in the UK (lumirclinic.co.uk) and Australia (naturahealthcare.com.au) as part of its patient-centred approach.

About the National Institute of Complementary Medicine (NICM)

Western Sydney University's NICM is Australia's leader in integrative and complementary medicine research and policy. As an Excellence in Research for Australia (ERA) 5 rated institute, NICM HRI is globally recognised for its world-class research and innovations, rated for three consecutive trienniums, 2012, 2015 and 2018, as "well above world standard". In alignment with the World Health Organization's Traditional Medicine strategy (2014-2023), NICM HRI is dedicated to generating robust research aimed at evaluating the quality, safety, and effectiveness of traditional, complementary, and integrative medicine.

Primary Dysmenorrhea (Period Pain) & Medicinal Cannabis

Primary dysmenorrhea is period pain where there is no physical cause, and it currently affects 45-95% of menstruating women globally, with as many as 90% of Australian women under the age of 25 impacted. Symptoms commonly include cramping pain in the lower abdomen, back pain, nausea, fatigue, headaches, and gastrointestinal symptoms, with some women reporting vomiting or fainting due to the pain.

Current treatments for primary dysmenorrhoea are focused on over-the-counter pain relief and/or hormonal contraception, however, at least 25% of women do not respond to these treatments at all, with many reporting only partial relief. Previous research has shown that pain severity is the key factor in the negative impacts of period pain, and reducing pain increases quality of life, improves productivity and reduces time off. Therefore, there is an urgent need for safe and effective alternatives for pain relief that may also address the associated comorbidities.

Cannim are seeking women Australia-wide aged 20+ who experience period pain to participate in the study for a six-month duration. To find out more or enrol, visit:

<https://naturahealthcare.com.au/chronic-condition-management/primary-dysmenorrhoea-study/>

Menopause Sleep Disturbance & Medicinal Cannabis

Menopause is a biological process beginning with perimenopause which typically onsets between 45 and 55 years, with symptoms including sleeping difficulties, hot flushes, night sweats, bodily aches and pains, dry skin, vaginal dryness, loss of libido, urinary frequency, mood changes, symptoms of depression and anxiety, and memory changes. Although 20% of women experience no menopausal symptoms, every woman is affected by menopause in some way.

Cannim's Healthcare Strategy Lead **Melanie Wentzel** shared "For many, menopause arrives when our careers are thriving, our children are becoming young adults, we are still incredibly active both socially and physically, and we know ourselves better than we ever have." She argued it should not be a case of "HRT or the highway," but about "exploring and understanding our options and making informed decisions that work for us."

Sleep difficulties (getting to sleep and/or staying asleep) are commonly reported during menopause and can have a ripple effect on overall health and wellness. This timely study by Cannim will be led by **Dr Emily Yang** and **Associate Professor Mike Armour** of NICM Health Research Institute at Western Sydney University.

Cannim are seeking women Australia-wide aged 45-65 years who experience sleep disturbance (getting to sleep and/or staying asleep) due to menopause to participate in the study for a six-month duration. To find out more or enrol, visit: <https://naturahealthcare.com.au/chronic-condition-management/menopause-study/>