



HIGH POTENCY THC VAPES

Vaping THC oil can harm the lungs and has been associated with serious lung injuries and deaths.

The CDC and FDA recommend avoiding all e-cigarette and vaping products, especially those containing THC oil.¹

**RESEARCH SUGGESTS THAT VAPING
THC OIL, ESPECIALLY OIL THAT
CONTAINS VITAMIN E ACETATE,
CAN BE PARTICULARLY HARMFUL
TO THE LUNGS.²**

The negative impacts of THC ingestion are largely due to the enhanced delivery of the oil. This was evidenced in a study where participants had more pronounced effects and experienced significant impacts on their motor skills and cognitive abilities.³

THERE IS HELP



- Cognitive behavioral therapy, which includes learning how to identify and correct behaviors, resulting in better self-control and the resolution of issues contributing to drug use
- Contingency management, which is a form of behavioral therapy that involves monitoring certain behaviors and instituting rewards if a specific positive behavior occurs, or rewarding a lack of the behavior if that is the desired outcome
- Motivational enhancement therapy, which helps promote motivation within the individual to change, and to engage in treatment



Remember, take one day at a time. Success isn't always linear. If you would like support to help you quit smoking or vaping call 1-800-QUIT-NOW to get help from trained professionals who can help you quit for good.

MORE INFORMATION



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2. [DiPasquale, M., Gbadamosi, O., Nguyen, M. H. L., Castillo, S. R., Rickeard, B. W., Kelley, E. G., Nagao, M., & Marquardt, D. \(2020\). A mechanical mechanism for vitamin E acetate in E-cigarette/vaping associated lung injury \(EVALI\). Chemical Research in Toxicology. https://doi.org/10.1021/acs.chemrestox.0c00212](https://doi.org/10.1021/acs.chemrestox.0c00212)
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