

HIGH POTENCY THC VAPES

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

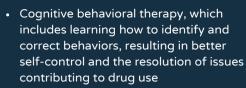
The CDC and FDA recommend avoiding all ecigarette and vaping products, especially those containing THC oil. 1

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.

THERE IS HELP





- 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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D·B·H·D·D

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1. Everything You Need to Know About Vaping THC Oil. (n.d.). Verywell Mind. https://www.verywellmind.com/what-you-need-to-know-about-vaping-thc-oil-5069928

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