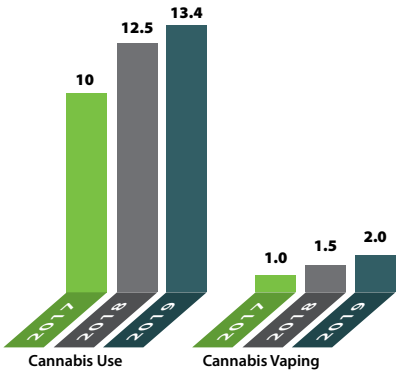


Vaping THC Oil

How many people vape THC in the U.S.?



- Past 30-day cannabis smoking increased from 10% in 2017 to 13.4% in 2019
- Past 30-day cannabis vaping use doubled from 1% to 2% during the same time period
- The largest increase in past-day use occurred in young adults, aged 18 to 24

Why do People Vape THC?

THC vape juice contains cannabis concentrate, which can contain 40 to 80% THC.

- That's up to four times stronger than the content in what is considered high grade cannabis, which usually about 20% THC.

Many of those who use cannabis concentrates in vaping devices report that they prefer them because they are smokeless, sometimes odorless, and easier to conceal.

Cannabis vaping modalities:

(a) tabletop flower vaporizer equipped with a balloon which traps the aerosol for inhalation

(b) small "dab rig" which consists of a water pipe with a ceramic which is heated with a blow torch prior to administration of cannabis extract

(c) two types of CECs, a pod type (left) and cartridge type (right)



Image Source¹

How does THC relate to mental health?

There is no evidence of a therapeutic effect of cannabis use. Rather, research suggests cannabis use increases risk of the onset of major depressive disorder, bipolar disorder, anxiety disorders, posttraumatic stress disorder (PTSD), and poor quality sleep.

- There is evidence of a dose-dependent relationship; the amount of cannabis use is associated with the severity of symptoms.
- THC has been linked to poorer sleep rather than improved sleep



Follow Along:
Listen to Episode 14
Vaping THC Oil

Learning Objectives:

1. Review the prevalence of THC vaping.
2. Describe the link between THC vaping and mental health.
3. Discuss the putative link between THC vaping and e-cigarette or vaping use associated lung injury (or EVALI).

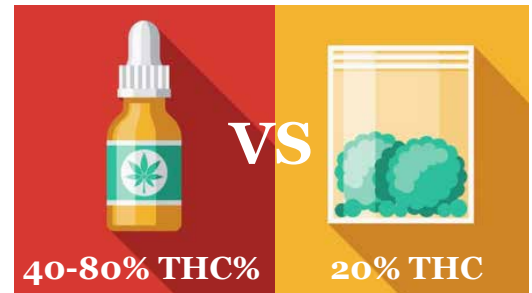


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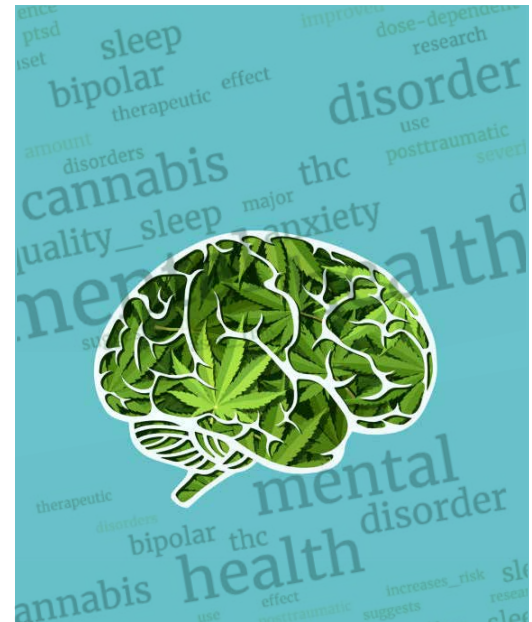


Image Source³

Research suggests cannabis use increases risk of the onset of major depressive disorder, bipolar disorder, anxiety disorders, posttraumatic stress disorder (PTSD), and poor quality sleep

What are the potential health effects of THC vaping?

Respiratory Effects:

Some research suggests vaping THC may have reduced respiratory symptoms (e.g., cough, phlegm, wheeze) compared to smoking cannabis.

However, the CDC has found a possible link between cannabis vaping and e-cigarette or vaping associated lung injury (EVALI), possibly due to the diluent vitamin E acetate.

- 73% of cases with EVALI had used THC-containing vaping products at some point and one-third reported exclusively using THC-containing vaping products.

Cardiovascular Effects:

There is some evidence of a link between cannabis smoking and myocardial infarction, ischemic stroke, and subarachnoid hemorrhage.

Studies have shown that vaping cannabis can lead to an equivalent or even greater increase in heart rate compared to smoking cannabis.

- This suggests vaping THC may place users at equal (or possibly greater) risk of negative cardiovascular outcomes compared to smoking cannabis, but further research is needed.

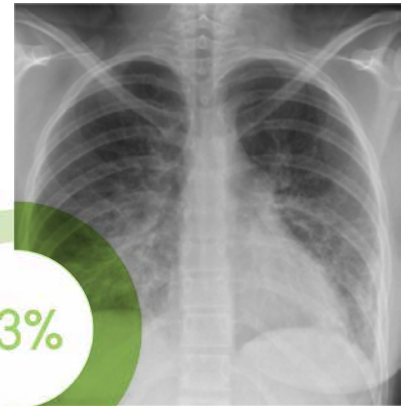


Image Source⁴

73% of cases with EVALI had used THC-containing vaping products at some point and one-third reported exclusively using THC-containing vaping products

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8882064/>

2. <https://www.istockphoto.com/vector/drugs-icon-set-gm1129777104-298568400>

3. <https://www.istockphoto.com/vector/vector-of-a-human-brain-made-of-marijuana-leaves-gm1031454730-276300769>

4. https://pubs.rsna.org/doi/10.1148/radiol.2020192778?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%20pubmed

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