

# VAPING MARIJUANA: WHAT YOU SHOULD KNOW

Vaping marijuana is common among youth. In a study published in 2018, 1 in 11 U.S. students reported vaping marijuana which amounts to over 2.1 million middle and high school students using vaporizers to get high.<sup>1</sup>

Marijuana vaporizers can be purchased online, at vape shops and gas stations. Since the device itself does not contain marijuana (needs to be purchased separately), it is not illegal to sell.

Here are some devices that are available on the market:

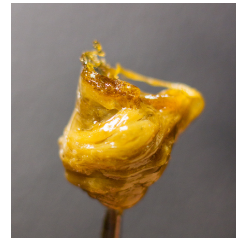
## Vape Pens for Dry Herbs

Dried and ground marijuana are put into the specialized chamber of a vape pen that turns the herbs into the vapor. It is very small, easy to conceal, and can easily fit into a pocket.



## Vape pens for Waxes/Dabs

Dabs are concentrated doses of marijuana that are made by extracting THC using a solvent like butane or carbon dioxide, resulting in sticky oils also commonly referred to as wax, shatter, budder and butane hash oil (BHO). Regular marijuana contains about 20% THC; dabs can contain up to 90% pure THC.



## Vape Cartridges

Vape cartridges (often called carts) are small attachments to a marijuana e-cigarette or vape pen. These cartridges are pre-filled with marijuana concentrates. Most vape carts contain high amounts of THC (the mood-altering ingredient). They can be sold in states where marijuana is legal and brought into other states illegally.



## Other Devices



<sup>1</sup><https://www.cbsnews.com/news/2-million-u-s-teens-are-vaping-marijuana-report-finds/>

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## Risks of Vaping Marijuana

**Chemicals:** Vaporizers can release dangerous chemicals. For example, toxic amounts of ammonia residue in marijuana vaporizers may negatively affect your health. The ammonia can cause irritated lungs, central nervous system effects, and asthma attacks.

**Breathing Issues:** Vaping marijuana can aggravate asthma conditions. It can also cause spasms of bronchial tubes.

**Cancer Risk:** Though not as much as when nicotine is inhaled, cancer-causing substances like tars may be released when vaping marijuana. The vaporizers do not completely protect users from the unhealthy effects of tar and smoke being taken into the users system.

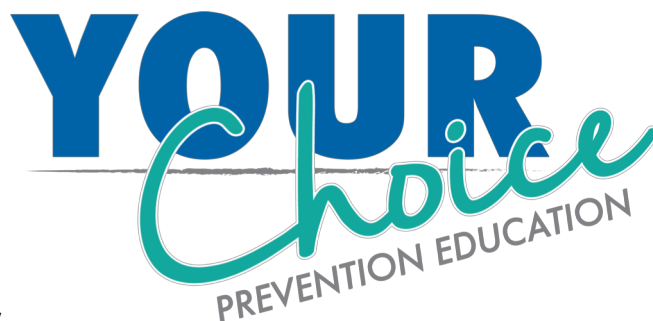
**Intoxication:** The marijuana oils that are sometimes used for vaping can be highly concentrated with up to 90% of the drug's active ingredient, THC. This super-concentration of THC can lead to intoxication without realizing it.

**Pre-existing Conditions:** If users suffer from heart or circulatory disorders, low blood pressure, diabetes or schizophrenia, marijuana ingested in any form can pose a health risk to users. Evidence shows that vaping or smoking marijuana has the potential to increase users heart rate to twice its normal rate. This increase in heart rate increases users risk for heart attack.

**Dependence:** Although marijuana isn't as addictive as tobacco, using marijuana can lead to dependency.

**Brain Issues:** The THC in marijuana is absorbed into the bloodstream and carried to the brain where it interacts with cell receptors that control neurological development and other functions. Heavy use of this drug negatively impacts memory and thinking capabilities.

Although marijuana vaporizing is thought to be a risk-free alternative to smoking, the facts are not so clear-cut. The respiratory system is still at risk when vaping marijuana along with the other risks that accompany marijuana use.<sup>2</sup>



<sup>2</sup><https://www.centerforliving.org/blog/vaping-marijuana-safe/>