

EDAS REACH YP NEWSLETTER



Cannabis/THC Vapes vs CBD Vapes

There are more than 113 cannabinoids currently known to be present in the cannabis plant. The two best-known ones are **CBD** and **THC**. Although their chemical formula is the same, their atoms are arranged differently so their effects are different.


Vaping devices are now commonly used to consume both **THC** and **CBD**. Although commonly considered safer, cannabis vapes including THC and CBD actually carry mental and physical health risks, as well as a high potential for developing addiction.



Differences between CBD vs THC

CBD (Cannabidiol) is a non-psychoactive cannabinoid, so it does not have any mind-altering effects or in other words, won't make you feel 'high'. CBD however is psychoactive.

THC (short for Tetrahydrocannabinol) is psychotropic. It stimulates brain cells and interacts with cannabinoid receptors to release dopamine and create euphoria.



	CBD	THC
Legal in the UK	✓	✗
Mood altering	✓	✓
Produces a high	✗	✓
Can be detected on drug tests	✓	✓
Increases appetite	✗	✓

THC and CBD are both mood-altering substances, however, CBD is mood-altering in the same way a cup of coffee is mood-altering, it may give you an extra pep in your step, but it certainly won't make you feel stoned (like THC would).

What are the Risks?

The side effects of vaping cannabis products are similar to the side effects of consuming cannabis in general.

However, many cannabis (both THC and CBD) vaping devices can be filled with other harmful chemicals, like **nicotine** and **other carcinogens**.

This compounds the negative effects and can worsen the body's typical response to cannabis products.

Dangers of Vaping Cannabis

- » Respiratory problems
- » Impaired brain development
- » Poor ability to pay attention for sustained periods of time
- » Issues with impulse control
- » Memory impairments
- » Trouble with decision-making
- » Emotional regulation problems
- » Paranoid or secretive behavior
- » Higher risk of illness and longer recovery (weakened immune system)
- » Nicotine addiction
- » Consumption of other harmful chemicals
- » Increased risk of future addiction
- » Exposure to harmful chemicals like nicotine, carcinogens and metals

Vaping cannabis products can be especially bad for teens as the brain is still developing, and the risk of developing a substance misuse disorder is much higher before the age of 18.



The Hidden Risks of CBD Vapes

Although considered safe by most, vaping CBD can still carry risks.

There is still a lack of regulation in the hemp-derived CBD market. Some so-called “CBD” products contain **synthetic versions of CBD** (used because they are cheaper).

Some reports state that up to one in three CBD products may contain **synthetic cannabinoids**, which are potentially far more dangerous (and untested) than their naturally derived counterparts. Some of the products tested contained no CBD at all.

Vaping Cannabis Can Be More Intense

Researchers have determined that **the effects of vaping cannabis are much stronger than smoking it**. It is also more likely to cause adverse reactions from the enhanced delivery of THC caused by vaping when compared to smoking.

If you choose to vape cannabis products, including CBD, it is recommended to start vaping very slowly, taking in a small amount at first, and waiting 20 to 30 minutes before having more to minimise adverse effects.

If vaping, cannabis or any other substance use is affecting your health, family, relationships, school, work, finances, or other life situations, or you're concerned about a loved one, you can find help and support.

The EDAS/REACH Young People's Service are here to help. Get in touch with us on 01202 741414 or 0800 0434656 – Option 2.



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