

**TURNING  
POINT**  
inspired by possibility



# VAPING RISKS

## Do you know what you are vaping?

Vaping was initially a harm reduction tool to quit smoking cigarettes.

However, many suppliers are selling vape oil that contain THC, an active component cannabis

Locally, some products advertised and sold as THC/CBD vapes have instead contained other more harmful substances, including Spice.  
**BE CAREFUL WHERE YOU ARE GETTING YOUR OIL.**



# SUPPORT

Turning Point are here to support young people who wish to stop or reduce vaping cannabis related products.



Some of the harmful elements that can be present in vaping THC include:

**Carcinogenic compounds:** The vaporization can produce possible carcinogenic compounds that are triggered with heat.

**Heavy metals:** Vape pens contain heavy metals that can break down over time.

**Fine elements.** Although vaping e-juice does not undergo the process of combustion, it

can still produce tiny particles that can ingest into the lungs directly.

**Harmful flavouring:** These elements are made from strong chemicals like diacetyl that was found to be associated with serious lung diseases.

For support to reduce or quit vaping THC please contact us on the details below.

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