

# Lung Health Risk Table: Cannabis Consumption



Smoking Highest Risk	Vaping Moderate Risk	Edibles Lower Risk	Oils Lowest Risk
Chronic Bronchitis Wheezing, Shortness of Breath, Sore Throat Lung Damage and Cancer Risk	High Concentrations of THC (20-80%) Cough, Shortness of Breath Lung Damage and Cancer Risk	More intense & prolonged psychoactive effects (THC) Risk of undesired intensity of effect due to delayed onset and overconsumption	Hard to dose (variability in volume and potency) CBD may interact with some medications

## Reducing Harm

- Smoking and Vaping cause damage to the lungs.
- Edibles and Oils are safer for lung health.
- Use products with low THC and an equal or higher amount of CBD.
- THC and CBD may interact with some medications.

### When transitioning away from smoking or vaping:

- The recommended starting dosage for edibles or oils is 2.5mg THC or less.
- At Cannabis NB, edible products are capped at 10mg THC per package.
- Oil sprays offer accurate dosing, better absorption, and a quick onset similar to smoking/vaping.

## Start Low, Go Slow

**Disclaimer:** This information is preliminary and subject to updates as research progresses. Use it as a guide for harm reduction purposes. For comprehensive details, resources, and references visit [nblung.ca/CHR](http://nblung.ca/CHR)