

Vaping vs. Smoking a Joint: Which is Better?

If you're considering switching your [OG pre-rolls](#) to a cannabis vape, you've come to the right place! In this blog post, we will put vapes and joints head-to-head to determine which is better.

We are delving deep into their [respective health concerns](#), as well as their [advantages and disadvantages](#), to help you determine which may suit your smoking needs better. However, before delving into the details, let's look at what vapes and pre-rolls are.



[Cannabis Buds by Michael Moriarty](#)

Understanding The Basic Concepts

Among the numerous ways you can consume cannabis, two crowd favorites stand out from the bunch: vapes and [pre-rolls](#). So let's define these smoking methods to determine which is the better consumption method for you.

What are Vapes?

Vapes are electronic cigarettes that heat cannabis concentrates, like [distillates and wax](#), just enough to release the [THC](#) or [CBD](#), without causing combustion. This means that the cannabis isn't burned but rather vaporized into smoke.

You can find numerous types of vaping devices on the market, each tailored to different consumer preferences. Here is a comparative table so you can determine the main differences between each type:

Type of Vape	Characteristics
Pen-style Vape	It is used for concentrated cannabis oils like wax and offers a compact and discreet solution to smoking weed.
Portable Vape	It's used to vaporize dry flowers, which allows you to control the temperature of the extraction.
Desktop Vape	It is a high-powered vaping unit that offers a more complex vaporization process, resulting in higher levels of quality in the extraction.

While vape devices have become extremely popular, some still prefer the [OG experience of lighting a joint](#) and sharing it among friends. So let's explore what joints are to determine how they differ from vapes.

What are Joints?

Joints refer to [cannabis cigarettes](#) that have been pre-rolled with ground cannabis and are ready to smoke. Also known as pre-rolls, you can find multiple options on the market, including:

- [Classic pre-rolls](#) that contain grounded cannabis flowers enclosed in rolling paper.
- [Infused pre-rolls](#), which contain concentrates like terpenes, oils, or kief aside from the flower to increase the potency.
- And blunts, which are rolled with tobacco leaf wrappers and offer a [different flavor profile](#) than classic pre-rolls.

Given that pre-rolls or joints are extremely affordable, manageable, and customizable, they remain a crowd favorite. However, both vapes and pre-rolls come with [health risks you need to consider](#) before embarking on your cannabis journey. So let's take a look.



[Cannabis Pre-Rolls by Kinodel](#)

The Health Concerns to Consider When Smoking Cannabis

Both vaping and smoking a joint have their own set of health implications that are important to consider when deciding if or which to try. So let's delve deeper into the possible risks of vaping or smoking cannabis.

The Vaping Health Concerns to Look Out For

When you're [vaping cannabis](#), you're inhaling vapor instead of smoke, which leads many to believe that it's healthier than smoking joints. However, vaping does not come without risks.

There are many health concerns to keep in mind, like the use of thinning agents in vape oils, which might contain heavy metals. Furthermore, the risks associated with high-temperature vapor inhalation could damage the lungs and throat.

While the damage is known to be less than smoking a joint, the thinning agents and heavy metals could lead to irreparable damage. So, make sure to [check the quality](#) of your vape before consuming cannabis with these types of smoking devices.

The Health Concerns Related to Smoking a Joint

[Smoking a joint](#) involves burning cannabis buds or flowers and inhaling the smoke. The first thing to note when talking about the health concerns related to smoking joints is that the combustion of any plant produces tar, which can cause respiratory issues.

Furthermore, smoking plants releases other harmful carcinogens that are associated with respiratory issues, such as chronic bronchitis, and could potentially increase the risk of developing lung infections.

Keep in mind, however, that the risks can vary widely depending on the frequency with which you smoke and the quality of the flower you’re burning. So make sure that you’re buying [certified flowers](#) for your cigarettes to reduce the risks associated with smoking.



[Vaping by Lindsay Fox](#)

A Comparative Analysis: The Health Concerns of Vaping vs. Smoking

Now that we understand the main concerns with each smoking method, let’s compare them in a table to gauge which is the healthier option depending on specific health conditions.

Concern	Vaping	Smoking a Joint
Carcinogens	Generally lower levels.	Higher levels with combustion.
Lung Health	It can damage the lungs at higher temperatures of extraction.	There is a risk of chronic bronchitis.
Chemical Exposure	Exposure to thinning agents and metals.	Exposure to tar and products of combustion.
Risk of Lung Injury	Cases of vaping-associated lung injury have been reported.	No cases of lung injuries have been linked to smoking plants.
Respiratory Issues	Coughing and EPOC has been reported with long-term use.	Coughing, and phlegm production is more common.

Acute Problems	It could cause dizziness or short-term lung discomfort.	It could cause irritation, and short-term bronchodilation.
----------------	---	--

In conclusion, both vaping and smoking joints carry certain health risks that should not be overlooked. So, users should [stay informed](#) and consider these risks when making decisions about cannabis consumption.

However, health concerns aren't the only aspect to consider when deciding which smoking method could be better. So let's explore the [pros and cons](#) that come with each method.



[Smoking a Joint by RDNE](#)

The Pros and Cons to Vaping vs. Smoking a Joint

When considering the [consumption of cannabis](#), you shouldn't only consider the health risks associated with each method. So let's explore some other factors you should consider when deciding which option to choose.

	Pros	Cons
Vaping	It's discreet, given that it produces less smoke and odor.	It poses a risk of developing lung injuries or respiratory problems.
	Its portability makes it convenient to use anywhere.	The initial costs and ongoing expenses are higher than joints.

	It offers precise control over the dosage.	Its discrete nature might contribute to more frequent use, leading to addiction.
	It preserves cannabis flavor and terpenes better than joints.	Vaping devices can malfunction and need regular charging.
	It has fewer harmful toxins since it doesn't involve combustion.	Proper use and maintenance of the devices may be complicated.
	It offers rapid effects, offering quick relief for chronic pain.	The legality of vaping varies across regions, affecting usage and possession.
	It requires less cannabis for the same results.	The quality of cannabis oils varies widely, affecting the safety of vaping.
Smoking Joints	The ritual of rolling your own joints offers greater control.	It can lead to health issues due to the inhalation of smoke.
	They don't require any electronic devices to consume.	The smell is more potent, which can be a nuisance by giving away your activities.
	The materials are more eco-friendly than vapes.	The combustion of cannabis can lead to a loss of potency in your smoke.
	It's a communal activity that is enjoyed among friends.	Public consumption can be illegal and attract legal consequences.
	It offers a quick onset of effects that tend to last longer.	It's more challenging to measure how much cannabis is being consumed.
	It's relatively simple and doesn't involve technical know-how.	A lit joint continuously burns, leading to potential waste when not being smoked.
	It's more cost-effective than vapes, given that rolling papers and flowers are less expensive.	Secondhand smoke presents health risks to bystanders and can be bothersome in shared environments.

Choosing between vaping and [smoking a joint](#) ultimately depends on what you value most in your cannabis experience. If tradition, simplicity, and immediate effects are appealing to you, smoking a joint may be the way to go.

Conversely, if you prefer a discrete experience with less exposure to smoke and combustion by-products, vaping could be more suitable. By considering the comparative points above, you can [make an informed decision](#) that aligns with your preferences and priorities.



[Vape Pen by Pixabay](#)

Vaping vs. Smoking a Joint: Which is Better?

So, which is better: vaping or smoking a joint? In terms of health, we can conclude that vaping appears to be slightly healthier due to the lower exposure to smoke and carcinogens. Assuming, of course, that [high-quality, contaminant-free products](#) are used.

From a budget perspective, smoking OG joints could be [more cost-effective](#) in the long run, given that they don't need electronic devices, chargers, or maintenance. Flowers and rolling papers are also quite inexpensive, even premium indoors like Blue Genius.

In regards to quality, both offer exceptional products and not-so-great ones. So to ensure that you get high-quality products, [buy your products from reputable suppliers](#) that have certifications and third-party testing on purity.

This will in turn lower your chances of any associated health risks, given that most problems are caused by low-quality flowers or wax that contain additives. If a product is certified, you can rest assured that you're only [consuming cannabis](#), whether it's smoking a joint or vaping.

Ultimately, there is no one-size-fits-all answer when it comes to choosing between vaping and smoking a joint. So to decide which option is best for you, weigh in your health priorities, financial situation, and desired experience.

Remember that safe practices, [product quality](#), and moderation are critical, regardless of the chosen method, to ensure the healthiest and most enjoyable experience possible. And if you have any health concerns, consult a doctor before trying either option.



[Cannabis Joint by Bginoc](#)

Conclusion

After journeying through the vast differences between vaping and smoking joints, it's clear that there is no universal "best" option, only what's best for you! While vaping may win some over with its discreteness, others might stick to the simplicity that comes with a joint.

Whatever road you choose to travel, remember that [the quality of the cannabis](#), responsible use, and awareness of its effects are key to enjoying the full benefits of either consumption method.

And if you would like to light up a joint and experience the hype for yourself, be sure to check out [our vast selection of certified, lab-tested, pre-rolls](#) and save yourself the hassle of rolling them yourself!