

Drug Demand Reduction
481-5998
97th MDG Clinic, RM 1375



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DID YOU KNOW? INHALANTS

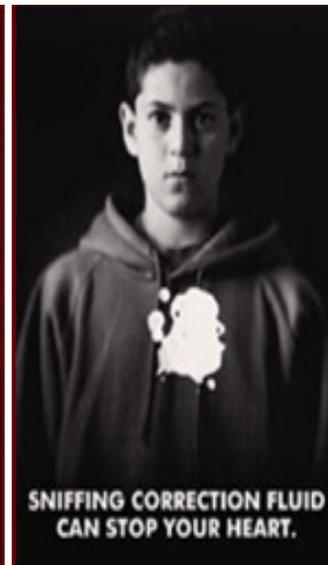
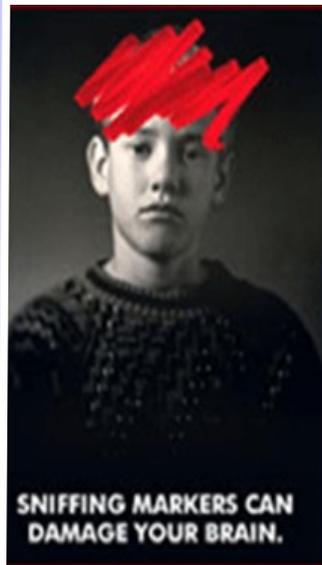
DDR HAS AN OPEN DOOR
POLICY. PLEASE CALL OR
STOP BY ANYTIME FOR
MORE INFORMATION



THE USE OF INHALANTS CAN SERIOUSLY IMPAIR THE PROPER
FUNCTIONING OF THE RESPIRATORY SYSTEM IN OTHERWISE HEALTHY
INDIVIDUALS, RESULTING IN UNCONSCIOUSNESS COMA OR DEATH.

What are they?

If you've ever come across a smelly marker, you've experienced an inhalant. They seem harmless, but they can actually be quite dangerous. Inhalants are chemical vapors that people inhale on purpose to get "high." The vapors produce mind-altering, and sometimes disastrous, effects. These vapors are in a variety of products common in almost any home or workplace. Examples are some paints, glues, gasoline, and cleaning fluids. Many people do not think of these products as drugs because they were never meant to be used to achieve an intoxicating effect. But when they are intentionally inhaled to produce a "high," they can cause serious harm.



Initial Effects

The lungs absorb inhaled chemicals into the blood-stream very quickly, sending them throughout the brain and body. Within minutes of inhalation, users feel "high." The effects are similar to those produced by alcohol and may include slurred speech, lack of coordination, euphoria, and dizziness. The high usually lasts only a few minutes. With repeated inhalations, many users feel less inhibited and less in control. Some may feel drowsy for several hours and experience a lingering headache.

Signs of Someone Abusing Inhalants?

Sometimes you can't tell. Other times you might see small signs that tell you a person is abusing inhalants. They might have chemical odors on their breath or clothing; paint or other stains on their face, hands, or clothing; nausea or loss of appetite; weight loss; muscle weakness; disorientation; or inattentiveness, uncoordinated movement, irritability, and depression.

EXAMPLES OF EFFECTS BY TYPE OF INHALANT

Inhalant	Examples	Effects
Toluene	Spray Paint, Glue, Fingernail polish	Hearing Loss, Damage to white matter in the brain
Trichloroethylene	Cleaning or Correction Fluid	Hearing Loss
Hexane	Glue or Gasoline	Peripheral Neuropathy
Nitrous Oxide	Whipped Cream dispenser	Hearing Loss
Benzene	Gasoline	Bone Marrow Damage
Freon	Dust-Off	Irregular Heart Rhythms