



# Inhalants



## What are they?

- ◆ Inhalants are chemicals found in ordinary household products that people inhale on purpose to get “high”
- ◆ The chemicals found in inhalants can change the way the body and brain works
- ◆ Of more than 1000 household products that could be abused as inhalants, most often used are: shoe polish, glue, toluene, gasoline, lighter fluid, nitrous oxide, spray paint, correction fluid, cleaning fluid, amyl nitrite, locker room deodorizers, and lacquer thinner
- ◆ Most inhalants produce effects similar to anesthetics, which slow down the body’s functions
- ◆ The chemicals are rapidly absorbed through the lungs into the bloodstream and quickly reach the brain and other organs
- ◆ Because the “high” only lasts a few minutes, people who use inhalants often try to make the feeling last longer by inhaling repeatedly over several hours
- ◆ Physical and psychological addiction is possible

## Did you Know?

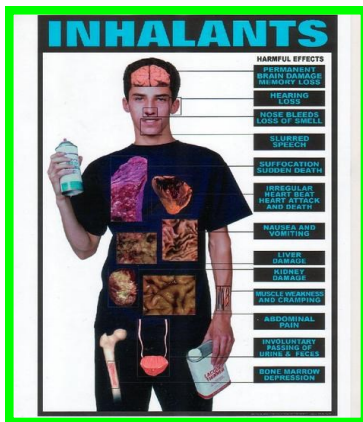
- ◆ Inhaling fumes, even just once, can be very harmful to the brain and body and can lead to death
- ◆ Inhalants starve the body of oxygen and force the heart to beat irregularly and more rapidly
- ◆ Use can cause damage to the heart, kidneys, brain, liver, bone marrow, and other organs
- ◆ An inhalant user risks Sudden Sniffing Death Syndrome, death can occur the first time or the hundredth time an inhalant is used
- ◆ In 2015, 9.4% of 8th graders, 7.2% of 10th graders and 5.7% of 12th graders had used inhalants in their lifetime
- ◆ 38 states (including Michigan) in the U.S. have restrictions on the sale and distribution to minors of certain products that are commonly abused



## Street Names

There are many other names

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|----------------|----------------|
| ◆ Laughing Gas | ◆ Hippie Crack |
| ◆ Snappers     | ◆ Medusa       |
| ◆ Poppers      | ◆ Oz           |
| ◆ Whippets     | ◆ Pearls       |
| ◆ Bold         | ◆ Spray        |
| ◆ Rush         | ◆ Thrust       |
| ◆ Boppers      | ◆ Toilet Water |
| ◆ Highball     | ◆ Whiteout     |
| ◆ Huff         |                |



## How is it used?

- ◆ **Sniffing/Snorting:** Users inhale the chemical vapors directly from open containers
- ◆ **Huffing:** Users breathe the fumes from rags soaked in chemicals
- ◆ **Bagging:** Users inhale fumes from substances inside a paper or plastic bag
- ◆ Spraying aerosols directly into the nose or mouth

## What are the side effects?

- ◆ After an initial high and loss of inhibition comes drowsiness, light headedness and agitation
- ◆ Slurred Speech, lack of coordination, euphoria, and dizziness
- ◆ Lightheadedness, hallucinations, and delusions
- ◆ Rashes around the nose and mouth
- ◆ Severe headaches
- ◆ Spasms
- ◆ Loss of sensation, unconsciousness, and blackouts
- ◆ Damage to nerve fibers (this can lead to chronic pain) and brain cells
- ◆ Serious and sometimes irreversible damage to the heart, liver, kidneys, lungs, and brain
- ◆ Liver failure
- ◆ Muscle weakness
- ◆ Bone marrow damage
- ◆ Death from heart failure or asphyxiation (loss of oxygen)

<p>Jackson County  <b>Substance Abuse Prevention Coalition</b>  <a href="http://DrugFreeJackson.com">DrugFreeJackson.com</a></p>	<p><b>Information From:</b>          National Institute on Drug Abuse          Drug Free World          Above the Influence</p>
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