

INHALANTS

INFORMATION

INHALANTS ARE BREATHABLE CHEMICAL VAPORS THAT USERS INTENTIONALLY INHALE BECAUSE OF THE CHEMICALS' MIND-ALTERING EFFECTS. THE SUBSTANCES INHALED ARE OFTEN **COMMON HOUSEHOLD PRODUCTS** THAT CONTAIN VOLATILE SOLVENTS, AEROSOLS, OR GASES.

EFFECTS:

MOST INHALANTS PRODUCE A RAPID HIGH THAT INCLUDES SLURRED SPEECH AND DIZZINESS. IF SUFFICIENT AMOUNTS ARE INHALED, NEARLY ALL SOLVENTS AND GASES PRODUCE A LOSS OF SENSATION, AND EVEN UNCONSCIOUSNESS. IRREVERSIBLE EFFECTS CAN BE HEARING LOSS, LIMB SPASMS, CENTRAL NERVOUS SYSTEM OR BRAIN DAMAGE, OR BONE MARROW DAMAGE. **SNIFFING HIGH CONCENTRATIONS OF INHALANTS MAY RESULT IN DEATH FROM HEART FAILURE OR SUFFOCATION (INHALANTS DISPLACE OXYGEN IN THE LUNGS).**



FOUR MAIN KINDS OF INHALANTS:

- **VOLATILE SOLVENTS** ARE LIQUIDS THAT BECOME A GAS AT ROOM TEMPERATURE. SOME EXAMPLES ARE PAINT THINNERS AND REMOVERS, GASOLINE, GLUES, AND FELT-TIP MARKER FLUIDS.
- **GASES** INCLUDE MEDICAL GASES (ETHER, NITROUS OXIDE) AND HOUSEHOLD OR COMMERCIAL PRODUCTS (BUTANE LIGHTERS, PROPANE TANKS, WHIPPED CREAM DISPENSERS THAT CONTAINS NITROUS OXIDE, AND REFRIGERANTS).
- **AEROSOL SPRAYS** ARE SOME OF THE MOST PREVALENT INHALANTS IN THE HOME AND INCLUDE SPRAY PAINT, DEODORANT AND HAIRSPRAYS, VEGETABLE OIL COOKING SPRAYS, AND STATIC CLING SPRAYS.
- **NITRITES** INCLUDE CYCLOHEXYL NITRITE, AMYL NITRITE, AND BUTYL NITRITE. ON THE STREET, THEY'RE CALLED "POPPERS" OR "SNAPPERS." THEY'RE FOUND IN SOME ROOM DEODORIZERS AND CAPSULES THAT RELEASE VAPORS WHEN OPENED.

SIGNS OF INHALANT ABUSE

INHALANTS, LIKE OTHER DRUGS, HAVE NOTICEABLE EFFECTS ON THOSE USING THEM. SOMEONE ON INHALANTS MAY SUFFER FROM A NUMBER OF DIFFERENT ILL EFFECTS, INCLUDING:

- MOOD SWINGS
- EXTREME ANGER, AGITATION, AND IRRITABILITY
- EXHAUSTION
- LOSS OF APPETITE
- FREQUENT VOMITING
- HALLUCINATIONS AND ILLUSIONS
- FACIAL RASHES AND BLISTERS
- FREQUENT NOSE RUNNING AND COUGHING
- DILATED PUPILS
- EXTREMELY BAD BREATH

OF COURSE, SOME OF THESE THINGS ARE SIGNS OF OTHER HEALTH PROBLEMS, NOT NECESSARILY INHALANT USE. IF YOU'RE WORRIED ABOUT A FRIEND OR LOVED ONE, TALK TO A PARENT, SCHOOL COUNSELOR, OR YOUR DOCTOR OR SCHOOL NURSE.

STATISTICS AND TRENDS:

IN 2009, **2.1 MILLION AMERICANS AGE 12 AND OLDER** HAD ABUSED INHALANTS. SOURCE: [NATIONAL SURVEY ON DRUG USE AND HEALTH](#) (SUBSTANCE ABUSE AND MENTAL HEALTH ADMINISTRATION WEBSITE). THE NIDA-FUNDED 2010 MONITORING THE FUTURE STUDY SHOWED THAT **8.1% OF 8TH GRADERS 5.7% OF 10TH GRADERS, AND 3.6% OF 12TH GRADERS** HAD ABUSED INHALANTS AT LEAST **ONCE** IN THE YEAR PRIOR TO BEING SURVEYED. SOURCE: [MONITORING THE FUTURE](#) (UNIVERSITY OF MICHIGAN WEBSITE).

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