

INHALANTS



What You Need to Know About Inhalants

- ❑ Inhalants are taken in different ways with the purpose to get “high”
- ❑ Inhalants pass through the lungs and quickly enter the bloodstream; chemicals reach the brain within seconds.
- ❑ Inhalants are breathable chemicals that produce psychoactive (mind-altering) vapors
- ❑ Inhalants are also referred to as
 - ❑ *Butyl nitrate: bolt, climax, bullet, locker room, rush*
 - ❑ *Amyl nitrate: boppers, pearls*
 - ❑ *Nitrous oxide: buzz bomb, shoot the breeze, whippets*



22% of inhalant abusers who died of Sudden Sniffing Death Syndrome were first-time users.

Inhalants are breathable chemicals that produce psychoactive (mind-altering) vapors

- ❑ **Solvents and Gases:** *Chemicals that dissolve (break down) other substances*
Shoe polish, correction fluid, lighter fluid, gasoline, paint, paint thinner, liquid wax, acetone, toxic markers (felt tip permanent markers, dry erase markers), ether
- ❑ **Adhesives:** *Any bonding agent*
Rubber cement, household glue, glues found at hardware stores, cleaning fluid, spot remover
- ❑ **Aerosols and Food Products:** *Chemicals that come in spray form*
Hair spray, air fresheners, insect sprays, spray paint, deodorants, fabric protectors, cooking spray
- ❑ **Nitrates:**
 - ❑ **Amyl nitrate:** *A clear liquid packaged in glass capsules*
Prescribed as an antidote for cyanide poisoning, commonly used to prevent heart failure
 - ❑ **Butyl nitrate:** *Closely related to amyl nitrate*
Sold legally as a room odorizer or liquid incense
- ❑ **Anesthetics:**
 - ❑ **Nitrous Oxide:** Laughing gas used by dentists to help patients relax, used in canned dairy products (whip cream) and sometimes found in novelty shops in small silver bullet-like containers (whippets)
 - ❑ **Ether and Chloroform**
- ❑ **Refrigerants:** *Used to charge air-conditioning units (Freon gas)*

inhalant abuse include severe organ damage, blindness, coma and death.

Short Term Effects

- Heart failure (sudden sniffing death—can occur with first time use), increased heart rate, irregular heart beat
- Suffocation
- Chest pain, muscle and joint aches
- Double vision, irritation of the eyes, red, glassy or watery eyes and dilated pupils
- Nausea, vomiting, loss of appetite
- Coughing, sneezing, nasal irritation and nosebleeds
- Breath smells like chemicals

Long Term Effects

- Brain damage, unable to think clearly, reason, remember things, or solve problems
- Destroys nerve cells, may lead to difficulty with balance, walking and sitting
- Damage to liver and kidneys
- Weakened immune system
- Mood swings, depression and paranoia
- Involuntary passing of urine and feces
- Decrease, or loss of sense of smell
- Death

Indicators of Use/Abuse

- Unusual breath odor, or chemical odor on clothing
- Slurred or disoriented speech
- Drunk, dazed, or dizzy appearance
- Red eyes, or runny nose
- Spots and/or sores around the mouth
- Nausea and/or loss of appetite
- Disappearance of abusable products



Inhalant Use/Abuse Nationally and in Hawaii

- Inhalants are the fourth most abused substances in the United States. It is most popular amongst youth 12—17 years old, simply because it is inexpensive and easily accessible. However, for the same reasons, drug users of any age and background may use inhalants when other drugs are unavailable.
- According to national surveys, inhaling dangerous products is becoming one of the most widespread problems in the country. It is as popular as marijuana with young people.
 - *The 2011 National Youth Risk Behavior Survey reported in Hawaii 9.7% of high school students either sniffed glue, breathed the contents of aerosol spray cans, or inhaled paint or sprays to get high one or more times during their life.*
 - *In 2012, 11.8% of 8th graders in the United States reported using Inhalants in their lifetime.*

Rev. 11/13

Prevention Resource Center
(808) 545-3228 x34
(800) 845-1946 x34
www.drugfreehawaii.org



COALITION FOR A
Drug-Free Hawaii
Prevention Through Education

All information was compiled by the Prevention Resource Center of Drug-Free Hawaii. Sources: American Council for Drug Education, Drug Enforcement Administration brochure; A Parents' Guide to Preventing Inhalant Abuse; Inhalants, "The Silent Epidemic," Winter 1998; Hawaii Adolescent Treatment Needs Assessment Results from The 2003 Hawaii Student Alcohol, Tobacco and Other Drug Use Study; Summary of Findings from the 2002 National Household Survey on Drug Abuse; ONDCP's Street Terms: Drugs and the Drug Trade, "<http://whitehousedrugpolicy.gov>," National Inhalants Prevention Website, 2000 Monitoring the Future Survey, YRBSS 2011, National Institute on Drug Abuse 2012.