

Question: What are ...

...Inhalants?

*Answer: An inhalant is any substance containing chemicals which gives off poisonous fumes or vapours. When inhaled, such substances can permanently damage nerve tissue and affect thinking abilities.*

## Inhalant Abuse Can Kill



## Commonly Abused Inhalants



**Straight facts about**

# INHALANTS



**Need more information? Contact:**

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# What's the big deal about Inhalants?

**T**he term “inhalants” refers to over a thousand household and commercial products that are intentionally misused by “sniffing”, “bagging” or “huffing” (inhaling through the mouth) to get a high. These products are legal and serve useful purposes in our society. However, when misused, they can cause permanent physical and mental damage, even death.

## Can inhalants kill?

Yes. There are many cases of young people dying after using inhalants. Some passed out and never regained consciousness, others died of heart failure. The facts are that the effects of inhalant use are unpredictable.

## Some negative physical effects

- Damage to the brain, heart, liver and kidneys.
- Loss of muscle control.
- Nausea, forgetfulness and inability to think clearly.

## Who uses inhalant?

There is no typical profile of an inhalant user. Victims come from all social groups and both sexes. It is not unusual for primary and secondary school aged youth to be engaged in inhalant abuse.

## Secondary dangers

Some of the more common conditions secondary to inhalant abuse are:

- Sudden Sniffing Death
- Seizures
- Suffocation / asphyxia

## What are the long-term effects:

- Short-term memory loss
- Hearing loss
- Limb spasms
- Permanent brain damage
- Bone marrow damage
- Liver and kidney damage
- Possible fetal effects similar to Fetal Alcohol Syndrome (FAS)
- Intoxication

## Getting Help

Inhalant abuse can be both physically and psychologically addictive. It is important to seek support from parents and professionals in assisting those involved with inhalants. Better yet, don't start.

*You get only one brain, one heart, one body. Take care of it all! Breathing harmful chemicals can damage you forever. It is simple: respect yourself and keep poisons out of your body.*

