

8- WHAT TO DO WHEN SOMEONE IS ABUSING INHALANTS?

- Remain calm
- Do not excite or argue with the abuser as they can become violent
- If the person is unconscious, call for help
- If conscious, keep them calm in a well-ventilated room

9- IS TREATMENT POSSIBLE?

Yes, treatment for inhalant abuse is possible and is available.

POINTS TO REMEMBER:-

**Treatment helps!
Take treatment before Inhalants
damage your body and brain.**

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FACTS ABOUT INHALANTS



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1- WHAT ARE INHALANTS?

Inhalants are substances that are volatile at room temperature and are inhaled to cause intoxication.

Inhalants include a variety of products commonly found at home and in the workplace, which contain substances that can be inhaled. Common examples are typewriter correction fluid, petrol, nail polish remover, spray paints, glues, paint thinner etc.



Vapors from pocket lighters are inhaled or "huffed" through the nostrils. These lighters are cheap and easily available

2- ARE INHALANTS ADDICTIVE?

Yes, inhalants are addictive. Inhalant Abuse is a lesser-recognized form of substance abuse, but it is no less dangerous. Many people do not think of these products as drugs because they were not meant to be used for achieving an intoxicating effect.

3- WHO ABUSES INHALANTS?

Young children and adolescents are among those most likely to abuse these extremely toxic substances. They can easily obtain them, as they are common household products. They are also considered to be "gateway" drugs because children often progress from inhalants to illegal drug and alcohol abuse.

4- HOW ARE THEY TAKEN?

Inhalants are either:

- 1) **Sprayed:** spraying directly into the mouth.
- 2) **Huffed:** holding a cloth soaked in the substance to the mouth and taking several breaths.
- 3) **Bagged:** concentrating vapors in the bag and inhaling them



5- WHY ARE THEY ABUSED?

Inhalants are abused because they produce a **rapid high** in which the individuals may experience euphoria, lightheadedness and disinhibition. As inhalants are central nervous system depressants this is subsequently followed by drowsiness that lasts a few hours.

If sufficient amounts are inhaled, nearly all solvents and gases produce anaesthesia, a loss of sensation, and even loss of consciousness.

6- HOW CAN YOU TELL IF SOMEONE IS USING INHALANTS?

Sometimes it's tough to tell. But certain warning signs may point to inhalant use. These are:

- Slurred speech
- Drunk, dizzy, or dazed appearance
- Red eyes
- Unusual breath odor
- Chemical smell on clothing
- Paint stains on body or face
- Irritability, aggression
- Worsening school performance
- Hiding rags, clothes or empty containers of the potentially abused products in the room, under the bed, etc.

7- CAN INHALANTS DAMAGE THE BODY & BRAIN.

Yes, Inhalants are very toxic products, which may cause extensive damage like:

- Inhalants can cause sudden death and can kill the very first time they are used. This "**Sudden sniffing death syndrome**" is due to a sudden and unexpected disturbance of the heart's rhythm. **ALL** inhalants can produce sudden death syndrome/ Additionally, deliberately inhaling from a paper or plastic bag or in a closed area greatly increases the chances of suffocation.
- Chronic exposure to inhalants can produce significant, sometimes irreversible, damage to the brain, heart, lungs, liver, and kidneys.
- Additionally inhalants may cause permanent personality changes, memory impairment, hallucinations & learning disabilities.
- Chronic abusers experience tremors and uncontrollable shaking, slurred speech and may also become deaf
- Chronic abuse also leads to muscle wasting and damage to peripheral nerves causing numbness, a tingling sensation or total paralysis.