

Tolerance and Dependence

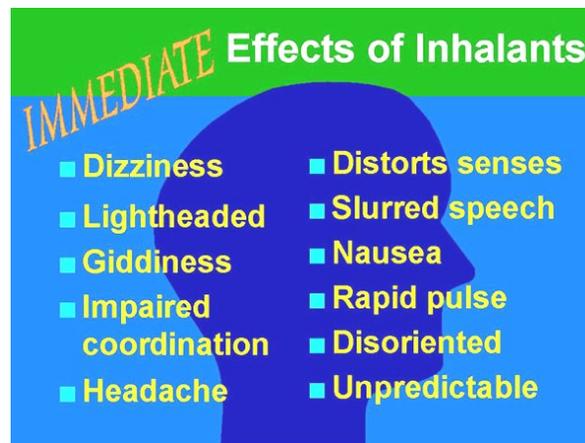
- Regular use induces tolerance, making increased doses necessary to produce the desired effect.
- Psychological and physical dependence can develop.
- Withdrawal symptoms include anxiety, depression, irritability, dizziness, tremors, nausea, abdominal pains and headaches.

Facts about Inhalants

- Inhalant use is most common amongst children.
- Over 636,000 children admitted to using inhalants in 1999.
- Death occurs frequently from abusers passing out with a plastic bag over their mouth and nose, which result in suffocation.
- Sudden Sniffing Death, can occur on the first use, and account for half of inhalant related deaths.
- National Statistics state at least 100 teens die each year due to “huffing.”

Signs of Abuse of Inhalants

- Apparent drunkenness.
- Chemical odors from breath or clothing.
- Clothes soaked with chemicals.
- Hidden empty aerosol cans, containers and rags soaked with chemicals.
- Irritability, hostility and depression.
- Loss of appetite, nausea and vomiting.
- Red and runny nose.
- Sore and rashes around mouth and nose.



Solvents and Inhalants



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What are Solvents and Inhalants?

Inhalants are found in many household and commercial products such as cleaning fluids, fast-drying glues, aerosols, paint thinners and removers.

- Inhalants also include gasoline and other fuels, anesthetic gases (nitrous oxide), and some vasodilating nitrates (amyl nitrate).
- With very few exceptions, the majority of these inhalants have no medical use. Most are intended for commercial and household use.
- Most are poured into a bag and inhaled, or inhaled from a saturated cloth held over the nose.
- Aerosols are inhaled either directly from the can or by spraying them into a plastic bag.



Common Benzodiazepines

- The most common street term for inhalants is “sniff.”
- It is also known as moon gas, poor man’s pot, and head cleaner.
- Using inhalants is referred to as “huffing.”
- Common inhalants can be categorized.

1. **Volatile**- paint thinner, nail polish, glues, and gasoline.
2. **Aerosol**- containing propellants and solvents, such as deodorants, spray paint and hair products like hairspray.
3. **Gases**- most common, nitrous oxide (laughing gas).
4. **Nitrites**- a group of chemicals which are

Central Nervous System Depressant

- Central Nervous System (CNS) depressants are drugs that cause a slowing down or depression of the central nervous system.
- At low doses they produce a feeling of calm, drowsiness and well-being.
- At high doses they can produce severe intoxication, unconsciousness, coma and death.
- Regular use of CNS depressants can result in physical and psychological dependence.

Short-Term Effects

- Effects include feelings of euphoria, light-headedness, exhilaration, vivid fantasies, and sometimes recklessness and feelings of invisibility.
- Inhalants enter the bloodstream from the lungs and then go to other organs, particularly the brain and liver.
- Breathing, heart beat and other functions are immediately slowed down.
- Death will occur if the person is startled or engages in strenuous activity while under the influence of inhalants.
- There are also situational hazards such as explosions, burns and

Long-Term Effects

- Long term effects include fatigue, forgetfulness and inability to think clearly.
- Tremors, poor coordination and difficulty walking.
- Irritability, hostility, and paranoia.
- Kidney, liver, and brain damage.
- It is not known to what extent the damage is reversible.
- Elevated blood lead levels and consequent brain damage have been found as a result of chronic sniffing of leaded gasoline.