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## **INHALANTS**

Inhalants refer to substances that are sniffed or huffed to give the user an immediate head rush or high. They include a diverse group of chemicals that are found in consumer products such as aerosols and cleaning solvents. Inhalant use can cause a number of physical and emotional problems, and even one-time use can result in death.

### **USING INHALANTS EVEN ONE TIME CAN PUT YOU AT RISK FOR:**

- numbness and tingling of the hands and feet
- permanent brain damage
- visual hallucinations and severe mood swings
- suffocation
- sudden death

### **PROLONGED USE CAN RESULT IN:**

- headache
- muscle weakness, abdominal pain
- decrease or loss of sense of smell
- nausea and nosebleeds
- hepatitis
- violent behaviors
- irregular heartbeat
- liver, lung, and kidneys impairment
- irreversible brain damage
- nervous system damage
- dangerous chemical imbalances in body
- involuntary passing of urine and feces

### **SHORT-TERM EFFECTS OF INHALANTS INCLUDE:**

- heart palpitations
- breathing difficulty
- dizziness
- headaches

### **REMEMBER, USING INHALANTS, EVEN ONE TIME, CAN KILL YOU. ACCORDING TO MEDICAL EXPERTS, DEATH CAN OCCUR IN AT LEAST FIVE WAYS:**

1. asphyxia--solvent gases can significantly limit available oxygen in the air, causing breathing to stop;
2. suffocation--typically seen with inhalant users who use bags;
3. choking on vomit;
4. careless behaviors in potentially dangerous settings; and
5. sudden sniffing death syndrome, presumably from cardiac arrest

*Reviewed 1/07*

Source: NCADI, Straight Facts About Drugs and Alcohol