

What do you know about Inhalants?

What Are They?

Inhalants are volatile substances or fumes from products such as glue or paint thinner that are sniffed or "huffed" to cause a high. Inhalants affect the brain with great speed and force and keep oxygen from reaching the lungs. Animal and human research shows that most inhalants are extremely toxic. Perhaps the most significant toxic effect of chronic exposure to inhalants is widespread and long-lasting damage to the brain and other parts of the nervous system.²⁶ The intoxication produced by inhalants usually lasts just a few minutes; therefore, users often try to extend the "high" by continuing to inhale repeatedly over several hours, which increases the risk.²⁷

"Huffing" concentrated amounts of chemicals from paint and gas can directly induce heart failure and death. Long term effects of chronic abuse include brain, liver, and kidney damage.

Source: [NIDA InfoFacts: Inhalants, 2008](#)

Among youths aged 12-17 who used inhalants and had also experienced depression in the past year, 28 percent used inhalants before their depression started and 29 percent started using inhalants at the same time as their depression began.

Source: [The NSDUH Report: Inhalant Use and Major Depressive Episode among Youths Aged 12 to 17: 2004 to 2006. Substance Abuse and Mental Health Services Administration \(SAMHSA\), 2008](#)

[Source: Above the Influence.com](#)

What you learn may help you protect your early adolescent or their friends from harm!

Informational Meeting @ Gorham Middle School Auditorium

6:30 PM WEDNESDAY, November 3