



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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INHALANTS

I. About Inhalants

- **Drug Class:** Mixed
- **Inhalants** refers to the vapors from toxic substances which are deliberately inhaled to reach a quick high.
- **Category Types of Inhalants:** Liquid, Spray, Gases and Nitrites



- **Of more than 1,000 household** and other common products that could be abused as inhalants, most often used are shoe polish, glue, toluene, gasoline, lighter fluid, nitrous oxide or whippets, spray paint, correction fluid, cleaning fluid, amyl nitrite or poppers, locker room deodorizers or rush and lacquer thinner or other paint solvents.

II. How Is It Taken?

- **Inhalants can be breathed in through the nose or mouth in a variety of ways, such as:** sniffing or snorting fumes from containers; spraying aerosols directly into the nose or mouth.



- **Bagging** is sniffing or inhaling fumes from substances sprayed or deposited inside a plastic bag.
- **Huffing** from an inhalant-soaked rag stuffed in the mouth and inhaling from balloons filled with nitrous oxide.

III. Terms & Slangs

- **Inhalants:** Air Blast, Aimes, Bagging, Bang, Boppers, Bullets, Buzz, Bombs, Climax, Glue, Huff, Kick, Laughing Gas, Locker Room, Moon Gas, Oz, Poppers, Rush, Snappers & Whippets. **There are many more names.**

IV. "About The Buzz"

- **Inhalants can be physically and psychologically addictive.**
- **Most of these produce effects similar to** anesthetics which slow down the body's functions. After an initial high and loss of inhibition comes drowsiness, light-headedness and agitation.
- **Users report** a strong urge to continue using inhalants, especially after continued usage over many days...
- **Habitual users coming off inhalants** suffer withdrawal symptoms which include: **nausea, excessive sweating, muscle cramps, headaches, chills, agitation, with shaking and hallucinations.** In severe cases, **withdrawal can cause convulsions.**

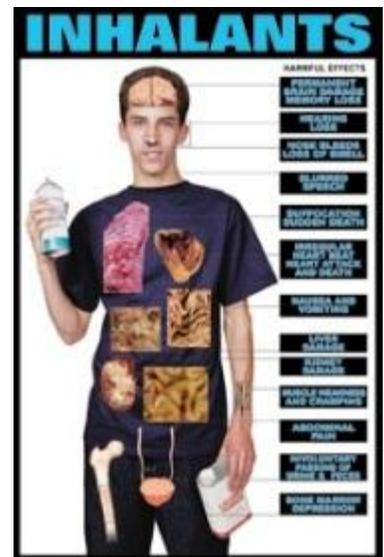


- **In "bagging,"** the user may inhale fumes from substances inside a paper or plastic bag. **Bagging in a closed area greatly increases the chances of suffocation.**
- **"Poppers" and "whippets,"** sold at concerts and dance clubs, **are composed of poisonous chemicals that can permanently damage the body and brain.**

V. Effects & Health Risks

Short Term Effects

- **The short-term effects will include:** slurred speech, dizzy or dazed appearance, hallucinations, inability to coordinate movement, impaired judgment, hostility, apathy, severe headaches, rashes around the nose and mouth.
- **Note** Prolonged sniffing of these chemicals can **induce irregular and rapid heart beat** and **lead to heart failure and death** within minutes.



Long Term Effects

- **The long-term effects will include:** muscle weakness, lack of coordination, disorientation, memory impairment, irritability, depression, hearing loss, serious and sometimes irreversible damage to the heart, liver, kidneys, lungs and brain, bone marrow damage and death from heart failure or asphyxiation (loss of oxygen).
- **Note** The chronic use of inhalants has been associated with a number of serious health problems. Sniffing glue and paint thinner causes **kidney problems.** Sniffing toluene and other solvents causes **liver damage.** Inhalant abuse has also resulted in **memory impairment and diminished intelligence.**

Some Helpful Resources/Referrals

- **National Inhalant Prevention**
www.inhalants.org
- **Phoenix House**
www.phoenixhouse.org