IF YOU KNOW SOMEONE WHO MIGHT BE ABUSING INHALANTS, CONTACT A GATEWAY TREATMENT CENTER NEAR YOU.

ILLINOIS

Aurora

Bloomingdale

Carbondale

Caseyville

Chicago Northwest

Chicago River North

Chicago West

Lake Villa

Pekin

Springfield

Swansea

DELAWARE

Delaware City

24-hour Helpline 877-505-HOPE (4673) RecoverGateway.org









Real Answers for Lasting Recovery

Source: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention

Get the Facts on:

Inhalants



INHALANTS

Also known as: Glue, Kick, Bang, Sniff, Huff, Poppers, Whippets, Texas Shoeshine

It can be hard to tell if someone has been using inhalants. If someone shows one or more of the following warning signs, they may be using inhalants.

KNOW THE SIGNS

- Slurred speech
- Drunk, dizzy or dazed appearance
- Unusual breath odor
- Chemical smell on clothing
- Paint stains on body or face
- Red eves
- Runny nose

YOUR BRAIN

Inhalants are substances or fumes from products such as glue or paint thinner that are sniffed or "huffed" to cause an immediate high. Because they affect your brain with much greater speed and force than many other substances, they can cause **irreversible physical and mental damage** before you know what's happened.

Inhalants affect your brain and can cause you to suddenly engage in violent, or even deadly, behavior. You could hurt yourself or the people you love.

YOUR HEART

Inhalants starve the body of oxygen and force the heart to beat irregularly and more rapidly—that can be dangerous for your body.

OTHER PARTS OF YOUR BODY

People who use inhalants can experience nausea and nosebleeds; develop liver, lung and kidney problems; and lose their sense of hearing or smell. Chronic use can lead to muscle wasting and reduced muscle tone and strength.

SUDDEN DEATH

Inhalants can kill you instantly. Inhalant users can die by suffocation, choking on their vomit or having a heart attack.

KNOW THE RISKS

Chronic inhalant abusers may permanently lose the ability to perform everyday functions like walking, talking and thinking.

QUICK FACTS ABOUT INHALANTS

- Inhalants can kill you the very first time you use them.
- Inhalants include a large group of chemicals that are found in such household products as aerosol sprays, cleaning fluids, glue, paint, paint thinner, gasoline, propane, nail polish remover, correction fluid and marker pens. None of these are safe to inhale—they all can kill you.
- Chemicals like amyl nitrite and isobutyl nitrite ("poppers") and nitrous oxide ("whippets") are often sold at concerts and dance clubs. They can permanently damage your body and brain.
- One "huff" can kill you. Or the 10th. Or the 100th.
 Every huff can be dangerous. Even if you have huffed before without experiencing a problem, there's no way of knowing how the next huff will affect you.

TEENS AND INHALANTS

The vast majority of adolescents aren't using inhalants.

According to a 2006 study, only 1.3% of teens are regular inhalant users and 9 in 10 teens have never even tried inhalants.