



Your State Senator

What Can  
You Do to  
Protect Your  
Child?

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It is important to note that this information may have changed  
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**INHALANT  
ABUSE**

THE  
"HIGH"  
COMES WITH A HIGH  
**COST**

Courtesy of  
**Your State Senator**

# INHALANT ABUSE

## What You Should Know About Inhalant Abuse.

### It Is Estimated That 2 Million Americans Age 12 and Older Have Abused Inhalants.

- They are in your home.
- They are in your child's school.
- They are in your workplace.
- Inhalants are everywhere.

Inhalants are substances which produce chemical vapors that are inhaled in order to create a "high," similar to being drunk. More than 1,400 household products are inhalants. Some examples include paint, hair spray, glue, nail polish remover and cleaning fluids. Since inhalants are very accessible, inexpensive and legal, they have become a lethal addiction for adolescents.

### Why Should Parents Be Concerned?

Inhalants are deadly. A child can die from an inhalant the first time they "huff." Sudden Sniffing Death Syndrome can occur during or right after "huffing." The heart begins to beat rapidly, beating unevenly and rapidly causing the heart to stop.

Inhalants are abused by all age groups. However, young teens ages 13 to 15 are the highest abusers. This means one in five eighth graders has abused inhalants.

Since most inhalant abusers are in elementary school, inhalants serve as a gateway to other more serious drugs.

### Physical Signs of Inhalant Abuse.

- Inflamed nose, nose bleeds
- Red, glassy, watery eyes
- Diarrhea
- Nausea
- Lack of motor coordination
- Excitability, anxiety, or irritability

### Long-Term Effects of Inhalants.

- Brain damage
- Memory loss
- Hearing loss
- Liver and kidney damage
- Decrease or loss of sense of smell
- Irregular heartbeat

### What Can You Do to Protect Your Child?

Education is the key to combating inhalant abuse. Begin by educating yourself about the dangers of inhalants. Next, communicate with your child to make them aware of the risks related to these deadly substances. Constantly strive to keep the line of communication open with your child; let them know that they can always come to you. Remember, it is never too early to teach children about the dangers of inhalants, because most first-time users are in elementary school.

If you suspect that an inhalant abuse problem has already begun, consult your doctor or a drug counseling center.

Please do not ignore inhalant abuse, because inhalants can be lethal.

The "high" comes with a high cost.