

PARENTS ARE IMPORTANT ROLE MODELS FOR CHILDREN

- First know the facts. Inhalants are deadly chemicals that can lead to the abuse of other drugs.
- Ask them what they know about inhalants.
- Set a good example for them, don't just talk about it.
- Be available to talk to your child.
- Know your school's policy on inhalant abuse.

When surveyed by The American Academy of Pediatrics fourth graders indicated that 74% wanted to hear about drugs from their parents. By eighth grade, the number decreases to 19%.

- If you think your child is abusing inhalants, talk to your child.
- If your child is abusing inhalants, a physician should assess the damage.



Inhalation Abuse Awareness Program for Parents

A collaborative project of:
The Upstate NY Poison Center
The Prevention Network
The NYS Association of School Nurses

RESOURCES

National Inhalant Prevention Coalition

1-800-269-4237

www.inhalants.org

National Drug and Alcohol Treatment Referral Service

1-800-662-4357 (1-800-662-HELP)

The Upstate New York Poison Center

1-800-222-1222 • TTY 1-315-464-5424

www.upstatepoison.org

Prevention Network

(315)471-1359

www.preventionnetwork.com

THE FOLLOWING RESOURCES ARE FOR YOU TO LEARN MORE ABOUT INHALANT ABUSE

Websites

National Clearinghouse for Alcohol and Drug Information - www.health.org

National Institute on Drug Abuse

www.nida.nih.gov

Office of Alcohol and Substance Abuse (in NY state) www.oasas.ny.state.us

Office of National Drug Control Policy

www.theantidrug.com

Partnership for a Drug-Free America

www.drugfreeamerica.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

DEVELOPED BY
THE UPSTATE NEW YORK POISON CENTER



SUNY UPSTATE MEDICAL UNIVERSITY

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INHALANT ABUSE



INFORMATION FOR PARENTS

WHAT IS INHALANT ABUSE?

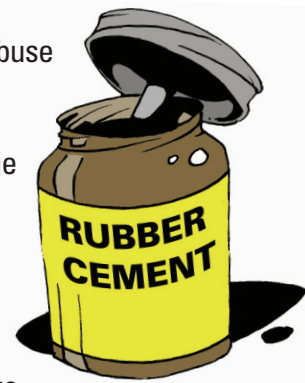
Inhalant abuse is a rising problem among pre-teens and teenagers. Abusers are inhaling the fumes of common household products on purpose.

Why? The chemicals change the way the brain works, giving an immediate head-rush or high, as it slows or stops the oxygen flow to the brain and body's organs. Some chemicals can also cause poisoning. Repeated use can cause permanent damage.

FIRST TIME USE CAN CAUSE DEATH

FACTS:

- The US Substance Abuse and Mental Health Services Administration reports that usage is highest among 8th graders.
- Abuse may go unnoticed because parents and school personnel don't realize the problem.
- The American Association of Poison Control Centers documents that of the deaths involving 12-17 year olds, 30% were caused by inhalant abuse.



WHY DOES INHALANT ABUSE OCCUR?

- Products are inexpensive
- Easy to conceal
- Convenient and easy to use
- Immediate effects
- Few legal consequences
- Lack of awareness of the dangers

PRODUCTS

Adhesives glues and cements

Gas butane, nitrous oxide, helium, propane

Solvents

gasoline, kerosene, correction fluid, paint thinner, spot remover, shoe polish, permanent markers

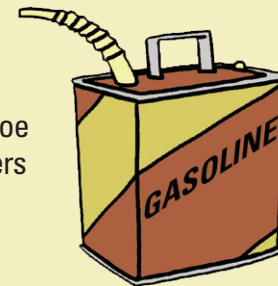
Food products

spray whipped cream, cooking spray

Aerosols spray air fresheners,

fabric protectors, hair sprays, deodorant, asthma sprays

Nitrites amyl or butyl nitrite sold as VCR head cleaner and room odorizers

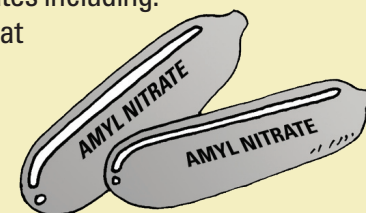


THERE IS POTENTIAL FOR SUDDEN DEATH, EVEN THE FIRST TIME

SHORT TERM EFFECTS

Users experience a tingling sensation or "high" feeling as a result of decreased oxygen to the brain and body organs. Although the high lasts 5 seconds to a minute or two, the effects can last 15 to 45 minutes including:

- Irregular heartbeat
- Disorientation
- Memory loss
- Nausea
- Dizziness
- Blurred vision
- Loss of coordination



LONG TERM EFFECTS

- Permanent brain damage
- Slurred speech
- Lack of muscle coordination and balance
- Damage to heart, liver or other major organs
- Optic nerve impairment
- Hearing loss



TERMS YOU SHOULD KNOW

- "Huffing" - fumes enter through the mouth
- "Sniffing" - fumes enter through the nose
- "Bagging" - holding a bag over the mouth and nose
- "Spraying" a substance into the mouth

SIGNS OF INHALANT ABUSE INCLUDE:

- Paint regularly found on body or clothes
- Red or runny eyes or nose
- Chemical odor on breath
- Drunk or dazed look
- Loss of appetite
- Irritability, excitability
- Odd products in your child's room or backpack

WHAT TO DO IF YOU FIND SOMEONE ABUSING INHALANTS

- Do not panic the abuser. Any stimulation may cause the heart to stop pumping or may cause the abuser to become violent.
- If the abuser is conscious, get fresh air into the room. Seek medical help.
- If unconscious, check for pulse. If not breathing, begin CPR until help arrives.

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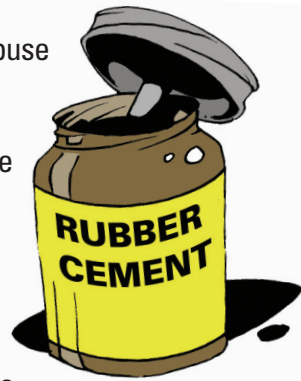
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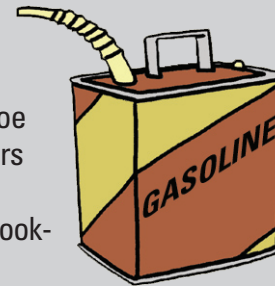
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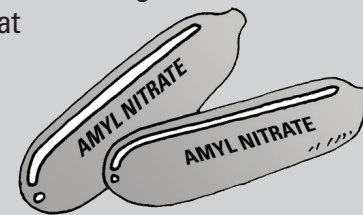


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