



Inhalants

*** REMEMBER:** A person's experience with any drug can vary. There are a number of things that have an impact on person's experience with a drug including but not limited to: the amount and strength of the drug consumed, the setting in which the drug is used, a person's mood or expectations prior to using the drug as well as the person's past experience with that drug.

- Inhalants are chemicals which were developed mainly for commercial, industrial or household use.
- When the fumes are inhaled they have a depressant effect (they slow down body functions).
- The effects from inhalants can last from minutes to hours depending on what has been used.

Short term effects may include:

- excitement, euphoria
- lowered inhibitions (you may say or do things that you wouldn't ordinarily say or do)
- restlessness
- loss of coordination
- slurred speech
- slowed reactions
- sensitivity to light
- strong odour on clothing or skin
- loss of appetite
- mood swings
- confusion, disorientation, hallucinations

Long term effects may include:

- stomach problems
- depression
- brain and nerve damage
- lung, kidney, liver damage
- heart and blood problems
- seizures

Inhalants continued.....

Other Dangers:

- Chronic use of inhalants can result in permanent brain/nerve damage.
- One of the most dangerous effects of inhalant use is sudden sniffing death. Sudden sniffing death occurs when the heart fails as a result of irregular heart beats. Death can also occur as a result of suffocation.
- Inhalant use during pregnancy can cause fetal damage and infant abnormalities.
- Withdrawal symptoms may include chills, hallucinations, headaches

Is my use of alcohol or other drugs a problem for me? If you are wondering whether your use of alcohol or other drugs may be causing problems for you and would like to speak to an AFM Youth Counsellor you can call us at (204)944-6235 for more information.