

Inhalants and Your Brain



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Can you name any illegal drugs?



Can you name any illegal drugs?

Heroin

Cocaine



Prescription drugs

not prescribed to you

or after the time-frame of prescription



What about legal drugs?



What about legal drugs?



Alcohol

when you're old enough...

Cigarettes

when you're old enough...



Inhalants

Found in everyday household products



Methods of Inhalant Use

- Inhaling vapor from substance
- Spraying directly into mouth or nose
- Inhaling from balloons filled with the inhalant gas



Toluene

A chemical found in...

paint thinner
detergent
nail polish
shoe polish
antifreeze
gasoline
etc.



Effects of Toluene Use

Initially: rapid onset and short lasting high (**minutes**)

Then: drowsiness, dizziness, confusion, agitation,
impaired vision (**hours**)



High levels: vomiting, organ damage, paralysis, coma

Legal to Buy, Dangerous to Use

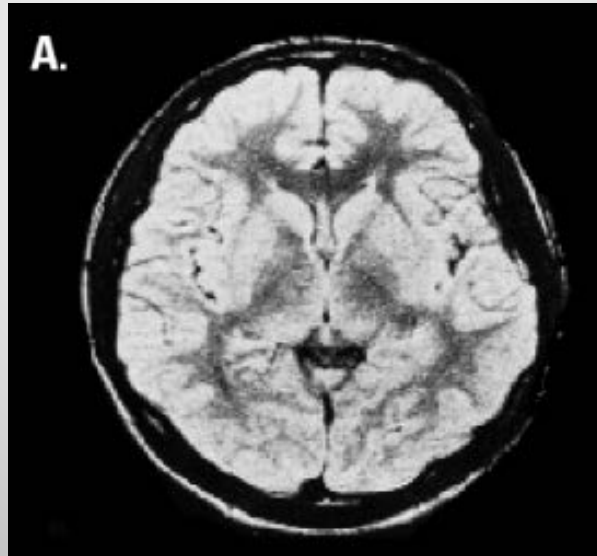
Long-Term Damage

Dissolves neurons
“Holes” in your brain

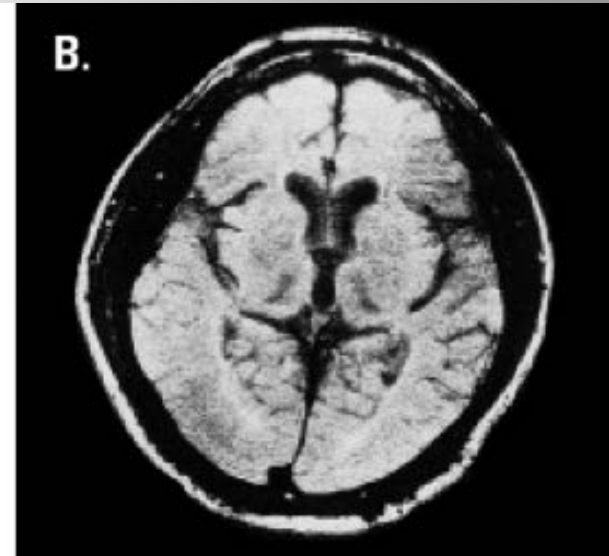


Blindness, deafness,
intellectual disability

Non-User



Inhalant User



Legal to Buy, Dangerous to Use

40% of deaths from inhalant use occur in first time users

Death from even a **single use**...

Sudden Sniffing Death Syndrome

Lack of Oxygen

Fatal Injuries



Nitrous Oxide



Also known as:

- Whippets
- Whip-its
- Laughing Gas
- Nitrous

Found in:

- Whipped cream canisters
- performance racing automobiles

Immediate Effects: What does Nitrous Oxide do to you?

- Initial Excitation and Euphoria
- Followed by drowsiness and possible unconsciousness
- impulsivity and loss of motor control
- Possible suffocation or Sudden Sniffing Death Syndrome

Long Term Effects of Using Nitrous Oxide

- Impairs your ability to think and solve problems
- Impairs Neuronal Function
- Paranoid behavior
- Potential for Addiction

Addiction

Inhalants can be addictive because they cause activation of the reward pathway in your brain

Using inhalants to get a feeling of reward as opposed to using natural rewards such as food, academic success, familial bonds and friendship can lead to addiction to inhalants.

Inhalants and other addictive drugs hijack your natural reward system

Treatment for Addiction

- Watch out for strange behavior in your own life or your friends' lives if drugs are being used
- Talk to somebody! They WILL help!
 - parents
 - friends
 - teachers
 - doctor
- <http://www.samhsa.gov/>