

WHIPPETS

ACTIVE INGREDIENT: N₂O

Nitrous Oxide (N₂O) is a naturally occurring gas that is found in the atmosphere in small quantities. In a drug of abuse setting, N₂O can be found in whipped cream containers. When inhaled in place of Oxygen, the user will feel effects such as uncontrollable bursts of laughter (N₂O is also known as laughing gas), excitation, relaxation, loss of pain, less anxiety, loss of balance, feeling “out of this world”, falling unconscious, and slow reflexes. However, long-term effects include damaged airways (lungs etc.), losing muscle tone, paralysis, losing parts of your brain (it degenerates with use of whippets as well as all other inhalants), cancer (especially Leukemia), and many more. Something to be especially aware of is Sudden Sniffing Death Syndrome. This is a phenomenon that occurs directly after using any inhalant and results in sudden cardiac arrest (the heart stops beating). Whether it is the user’s first time or their thousandth time abusing inhalants, the Sudden Sniffing Death Syndrome may occur with an equal probability with each inhale.

N₂O IS ADDICTIVE

Because Nitrous Oxide is addictive, there are feelings of withdrawal associated with stopping its use. These feelings include nausea, headaches, anxiety, depression, dizziness, and severe craving for the drug. Because inhalants reduce the size of your brain it is much more difficult to quit (you lose the parts of the brain where you can plan and make decisions). Behavioral Cognitive Therapies work to try to increase the size of a user’s brain matter in order to help the user quit.



Useful Links

- <http://www.inhalant-abuse.net/index.htm>
- http://www.drugs-forum.com/forum/showwiki.php?title=Nitrous_Oxide
- <http://www.recoveryconnection.org/inhalant-addiction-treatment-withdrawal/>
- <http://www.crchealth.com/addiction/inhalant-abuse-treatment/>
- http://en.wikipedia.org/wiki/Nitrous_oxide
- <http://ernursescare.blogspot.com/2012/02/inhale-me-let-me-make-you->