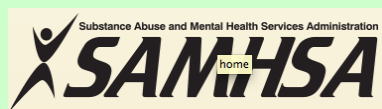


GETTING HELP

If you or someone you know needs help...

Visit

www.samhsa.gov/find-help



Distress hotline, suicide hotline, information about treatment Centers, and more.

Talk

To a parent, doctor, teacher

Call

1-800-662-4357 (National Helpline)

1-800-985-5990 (Distress Helpline)

MORE ABOUT INHALANTS

If you want to learn more...

Inhalants

www.ncbi.nlm.nih.gov/pmc/articles/PMC2794702/

www.drugabuse.gov/drugs-abuse/inhalants

Toluene

pubchem.ncbi.nlm.nih.gov/compound/toluene

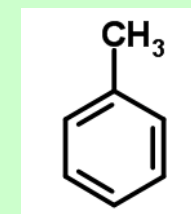
TOLUENE

Drug Class: Inhalant

Found in: Household products such as paint thinner, detergent, nail polish, spot remover, adhesive, and antifreeze



Chemical Structure: Hydrocarbon with Chemical formula C_7H_8

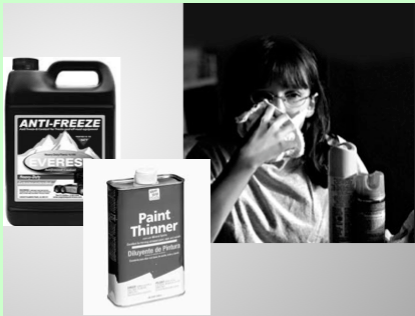


EFFECTS

Initially: Fast onset, short-lasting high

Then: Drowsiness, dizziness, confusion, agitation, impaired vision

Duration: Several Hours



Toxicity: At high levels, toluene intoxication may cause vomiting, organ damage, paralysis and coma

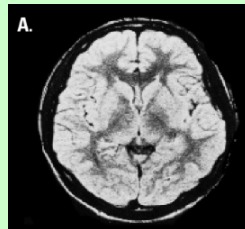
LONG-TERM EFFECTS

Muscle weakness, confusion, decreased coordination

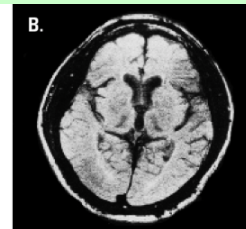
Damage to lungs and impaired breathing

Damage to neuron membranes and myelin sheaths leading to brain atrophy

Non-user



Inhalant User



May result in blindness, deafness, intellectual disability

DEATH from TOLUENE USE

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



Sudden Sniffing Death Syndrome

Heart failure leading to death

Lack of Oxygen

Fatal Injuries

Due to dangerous behavior