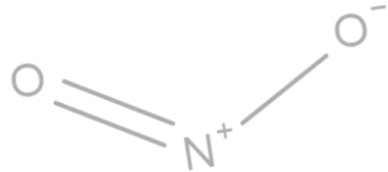




# INHALANTS

( N 2 O \* )



bold, gluey, huff, laughing gas, poppers, rush, snappers, and whippets<sup>1</sup>

Inhalants are invisible, volatile substances found in common household or commercial products that produce chemical vapors that are inhaled to induce psychoactive or mind-altering effects.<sup>2</sup>

## WHAT IS IT?

### how it works<sup>1,3</sup>

Inhalants contain chemical compounds, which are rapidly absorbed through the lungs into the bloodstream and quickly distributed to the brain and other organs. By affecting the neurotransmitter gamma aminobutyric acid (GABA) in your body, inhalants directly affect the central nervous system and slow down the body's function.



**did you know?**<sup>1,7</sup> although other substances that are misused can be inhaled, the term *inhalants* refer to the various substances that people typically take *only* by inhaling, such as:

**NITRITES**

**SOLVENTS**

**GASES**

**AEROSOL SPRAYS**

### COMMON EFFECTS<sup>2, 4</sup>

| DISORIENTATION |  
HEADACHES | BLACKOUTS  
| HALLUCINATIONS|

| NAUSEA OR VOMITING  
| DIARRHEA | ANEMIA |  
STOMACH ULCERS|

| SORE THROAT | NOSE  
BLEEDS | ACNE, RASHES,  
BLISTERS ON MOUTH |

| BREATHING DIFFICULTIES  
| ASPHYXIATION|

| SLOW HEART RATE |  
CHEST PAIN | LOW BLOOD  
PRESSURE|

## OKLAHOMA \*\*

- ▶ Abusers of inhalants often begin at a young age (58% before 9<sup>th</sup> grade) and generally decrease usage as they get older.<sup>5,6</sup>
- ▶ Inhalants are highly accessible, cheap, and easy to hide.<sup>5</sup>
- ▶ In 2020, 12.6% of adolescents reported they abused inhalants in the past 12 months – up from 8.9% in 2018.<sup>7</sup>

**Last updated: June 2021.** \*N2O refers to Nitrous Oxide, one of the most common forms of inhalants abused. \*\*Statistics found were not Oklahoma specific, but were found to be representational of the entire nation. <sup>1</sup>National Institute on Drug Abuse. (2020). Inhalants Drug Facts. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/inhalants>. <sup>2</sup>Drug Enforcement Agency. (2020). *Drug Fact Sheet: Inhalants*. Retrieved from <https://www.dea.gov/sites/default/files/2020-06/inhalants-2020.pdf> <sup>3</sup>Addictoin Center. (2021). What are Central Nervous System Depressants? Retrieved from <https://www.addictioncenter.com/drugs/drug-classifications/central-nervous-system-depressants/>. <sup>4</sup>Alcohol and Drug Foundation. (2020). *What are Inhalants?* [online]. Retrieved from <https://www.cdn.adf.org.au/media/documents/inhalants-fact-sheet-FINAL.pdf>. <sup>5</sup>Lipari, R. N. (2017). Understanding Adolescent Inhalant Use: The CBHSQ Report. *Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration*, Rockville, MD. [online]. Retrieved from [https://www.samhsa.gov/data/sites/default/files/report\\_3095/ShortReport-3095.html](https://www.samhsa.gov/data/sites/default/files/report_3095/ShortReport-3095.html). <sup>6</sup>Howard, M. O., Bowen, S. E., Garland, E. L, Perron, B. E., & Vaughn, M. G. (2011). Inhalant Use and Inhalant Use Disorders in the United States. *Addict Science Clinical Practice*, 6(1), 18-31. Retrieved from <https://www.ncbi.nlm.gov/pmc/articles/PMC3188822/>. <sup>7</sup>National Institute on Drug Abuse. (2020). Monitoring the Future Study: Trends in Prevalence or Various Drugs. Retrieved from <https://www.drugabuse.gov/drug-topics/trends-statistics-monitoring-future/monitoring-future-study-trends-in-prevalence-various-drugs>. <sup>8</sup>Icons made by <a href="https://www.freepik.com">title="Freepik">Freepik</a> from <a href="https://www.flaticon.com/">title="Flaticon">www.flaticon.com</a>