

- **Inhalants**
 - Inhalants are chemical vapors that cut off the brain's source of oxygen producing mind-altering effects. There are four categories of inhalants. Volatile solvents are vaporize when exposed to air at room temperature and are found in cleaning supplies and industrial elements. Aerosols are sprays that contain solvents and propellants. They are found in spray paint and other products. Gases include those used in household or commercial products as well as medical anesthetics, like ether, chlorophorm, and nitrous oxide. Nitrates dialkate blood vessels and relax muscles. Peak use of inhalants are eighth graders. (cesar)
 - **Street Names:** Poppers or Snappers are street names for nitrates. Nitrous oxide is otherwise known as laughing gas, whippets, hippie crack, and buzz bomb. Amyl nitrate is also called poppers, boppers, ames, amies, amys, and pearls. Isobutyl nitrate is called poppers, quicksilver, rush, snappers, thrust, locker room, aroma of men, bullet, bolt, climax, and hardware. Using inhalents is also called bagging, glading, huffing, and snorting. Inhalent user is also called airhead, bagger, and huffer. (cesar)
 - **Uses:** Inhalants are often sniffed from the container or "huffed" from a rag soaked in the container's contents. Nitrous oxide is inhaled from breathing through nitrous oxide filled balloons. (cesar)
 - **Physical effects:** When taking exhalents the body becomes starved for oxygen. This causes the body to beat at a more rapid rate. The high begins after a few seconds and can include dizziness, distortion in perception of time and space, and stimulant effects. After the effects wear off the user begins to feel depressed and a sense of lethargy hits the body. (cesar)
 - **Psychological Effects:** One common psychological effect is called a "head rush"; a user feels a short-lived high that involves a distortion of reality and a loss of inhibition. During this head rush users often are seen laughing and giggling in a stupor. (cesar)
 - **Long-Term Effects:** Sudden Sniffing Death Syndrome can be caused by the first used of inhalants. This results from a sudden, unexpected change in one's heart rhythm. Both short-term and long-term abuse may cause brain damage, resulting in a hindered transmission of information. Signs of abuse include paint or stains on their body or clothing, hidden rags, cloths, or empty containers, spots or sores around the mouth or nose, red or runny eyes or nose, a chemical odor on the breath, a dazed or dizzy appearance, nausea or loss of appetite, slurred speech, general apathy, problems in school, memory loss, and excitability or irritability. (cesar)
 - **Withdrawal Effects:** Withdrawal symptoms include sweating, rapid pulse, hand tremors, insomnia, nausea, physical agitation, anxiety, hallucinations, and seizures. (cesar)

Source:

Center for Substance Abuse Research [<http://www.cesar.umd.edu>]