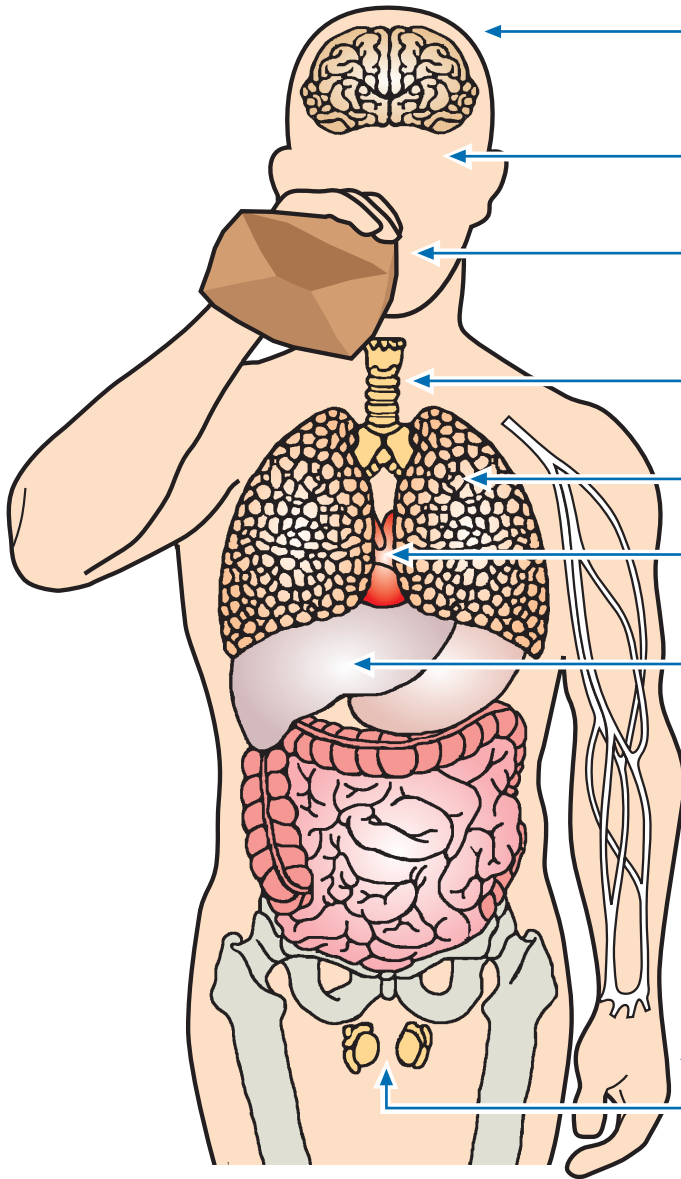




# The Harmful Effects of **SNIFFING SOLVENTS**



## **BRAIN & CENTRAL NERVOUS SYSTEM**

- Impairs the ability to think clearly and remember things, hallucinations are common.

## **EYES**

- Red eyes

## **FACE/SKIN**

- Burns are common, may develop rash and irritation.

## **THROAT**

- Irritation and ulcers may develop.

## **LUNGS**

- Lungs are damaged and breathing problems like emphysema may develop.

## **HEART**

- May stop beating properly; may stop working suddenly, causing death.

## **OTHER CENTRAL NERVOUS SYSTEM EFFECTS**

- Feeling sleepy, Headache, feeling paranoid, fits/ seizures

## **ORGANS AFFECTED**

- Liver, kidneys

## **NEUROLOGIC EFFECTS**

- Hands and feet can become numb. Often have problems with walking and coordination.

## **REPRODUCTIVE SYSTEM FEMALE**

- Sniffing during pregnancy can harm the baby by lowering birth weight and cause abnormalities like Fetal Alcohol Syndrome.



# The Harmful Effects of **SNIFFING SOLVENTS**

## What happens in the body?

- Any product used for sniffing, huffing, snorting or bagging is quickly absorbed into the body. It quickly affects the brain and the lungs. Unfortunately, solvent use often starts at a very early age and often people do this in groups. This has bad effects on learning in school and growing emotionally.

## What are the short-term effects?

- With 15 to 20 sniffs you feel a “high” followed quickly by feeling drowsy. You may also have double vision, slurred speech, and trouble walking upright or at all, feel confused and see things that aren't real. You may also be left with feeling sleepy and a headache that lasts 1 to 6 hours.
- Other short-term effects include: sneezing, coughing, trouble breathing, nausea, and a rash on the face and red eyes. More serious effects are coma, seizure or death. Sometimes people become confused and paranoid. Getting burned when the solvent ignites is also a common problem.
- Problems with anger, fighting and sadness.

## What are the long-term effects?

- **After 6 months of use, the person's brain is affected which results in trouble walking, poor memory and reflexes and trouble thinking. These changes can be severe and permanent.**
- **Women who sniff while pregnant can harm the baby. The baby may get birth problems (because the mother is sniffing), be small and will go through withdrawal after being born.**
- Sniffing often affects the heart and the liver. Chronic use makes the heart sensitive to the effects and may cause chest pain or a life-threatening heart rhythm. The liver and kidneys may also be damaged.
- Chronic breathing problems like emphysema can develop.
- Sniffing may also cause a person to lose the feeling in their hands and feet.
- Sniffing often causes painful ulcers and sores in the throat.

## What about tolerance?

- Tolerance can develop after 3 months of regular use, meaning the person needs to sniff more and more to feel a “high”.

## What about withdrawal?

- Withdrawal, which usually lasts 2 to 5 days after last use, may include poor sleep, nausea, tremors, and irritability.



| <b>TRIGGERS</b>  | <b>PLAN FOR TRIGGERS</b> |
|--|--------------------------|
| <input type="checkbox"/> WHEN YOU ARE ON HOLIDAYS                          |                          |
| <input type="checkbox"/> WHEN YOU FEEL IRRITABLE OR TIRED                  |                          |
| <input type="checkbox"/> ON SPECIAL OCCASIONS (CHRISTMAS, BIRTHDAYS)       |                          |
| <input type="checkbox"/> FEEL LONELY OR BORED                              |                          |
| <input type="checkbox"/> FEEL PRESSURED BY LACK OF MONEY OR DEBT           |                          |
| <input type="checkbox"/> WHEN YOU HAVE MONEY TO SPEND                      |                          |
| <input type="checkbox"/> FEEL AFRAID                                       |                          |
| <input type="checkbox"/> FED UP WITH LIFE OR WHEN YOU FEEL DEPRESSED       |                          |
| <input type="checkbox"/> START THINKING YOU ARE HOOKED ON ALCOHOL OR DRUGS |                          |
| <input type="checkbox"/> NOT FEELING UNDERSTOOD                            |                          |
| <input type="checkbox"/> UNREALISTIC EXPECTATIONS OF SELF OR OTHERS        |                          |
| <input type="checkbox"/> NOT USING SUPPORT SYSTEMS (ISOLATION)             |                          |
| <input type="checkbox"/> GOING AROUND FRIENDS OR PLACES                    |                          |
| <input type="checkbox"/> RELATIONSHIP PROBLEMS                             |                          |
| <input type="checkbox"/> SELF-ESTEEM ISSUES                                |                          |
| <input type="checkbox"/> PROBLEMS AT WORK, SCHOOL OR HOME                  |                          |
| <input type="checkbox"/> WHEN YOU HAVE TO MEET NEW PEOPLE                  |                          |