

## Inhalants/Solvents Fact Sheet

### Description/Overview

- Any solvent that gives off chemical fumes from evaporating quickly can be sniffed to produce mood altering effects (examples include glue and cements, nail polish remover, varnish thinner, gasoline, varnish thinner, kerosene, paint and antifreeze)
- Solvent users may be identified by their appearance and smell. Additional signs of use can include increased saliva, low energy, chronic nosebleeds, poor appetites, nose and mouth sores or facial rashes

### Short – Term effects

- Euphoria, weightlessness, dizziness and numbness
- Impaired judgment, visual disturbances, ringing in the ears,
- Decreased motor coordination, slowed reflexes, and muscle weakness
- One to two hour period of drowsiness following “high”
- Nausea, vomiting, diarrhea,
- Coughing, sneezing, nasal inflammation, increased heart rate and headaches
- Depression, possible symptoms similar to psychotic reactions

### Long - Term Effects

Permanent health problems such as:

- Damage to the heart, liver, kidneys, nervous system , bone marrow (anemia and leukemia), lungs and blood vessels
- Memory loss, brain damage
- Fatigue, muscular weakness, nerve damage in hands and feet
- Psychological problems such as paranoid thinking, depression, apathy and mood swings

### Dependence Potential

- Can develop *tolerance* (needing more of the drug in order to get the same effect)
- Can develop *psychological* and *physical dependence*

### Withdrawal

Symptoms include:

- lethargy, depression, drug seeking behaviours,
- irritability, aggressiveness and restlessness
- Symptoms can begin anywhere from a few hours to a couple of days to a week after stopping use