



INHALANTS AND THE DEVELOPING BRAIN

VAPORIZING POTENTIAL

INHALANTS DESTROY A YOUNG MIND.

Because inhalants are more easily available, teens often try them before other substances. They disrupt the function of the central nervous system, slowing down brain activity. Inhalants can lead to brain damage by cutting off oxygen to the brain. Any form of damage to a developing brain is especially bad because the connections and functions of the brain have yet to be fully established.

LONG-TERM EFFECTS ON THE BRAIN

Cognition: Difficulty learning new things

Senses: Loss of sense of smell, hearing, or vision

Coordination: Trouble walking, talking, and clumsy movements

Brain damage: Difficulty with problem solving, planning, and organization

SHORT-TERM EFFECTS

Not all inhalants produce the exact same effects. In addition to harming other organs in the body, damage to the brain from use can result in the following immediate conditions: slurred speech, lack of coordination, dizziness, hallucinations, drowsiness, headaches, nausea, and unconsciousness.





SIGNS OF USE

- Red, watery eyes
- Lack of coordination
- Runny nose or nosebleeds
- Poor hygiene
- Ulcers or rash around the nose and mouth
- Rapid decline in school performance

**ABOUT
2.2 MILLION
PEOPLE
AGED 12+
REPORTED
USE IN THE
PAST 12
MONTHS**

HELP IS AVAILABLE

The best way to avoid the negative impacts of inhalants is to avoid using. The first step is talking and learning about the risk of using inhalants and what they can do to a developing brain. If use is an issue, there are many places to get help, including:

**National Helpline 1-800-662-HELP (4357),
or www.findtreatment.gov**

**National Inhalant Prevention Coalition
423-902-9266 or 1-800-269-4237**

**BRAIN DAMAGE IN
EVERY BREATH.**