

The Truth About Inhalants

Inhalant use, or “huffing,” is when someone intentionally breathes in gases or vapors with the intention of getting high. Unfortunately, huffing is becoming a major problem especially with young people. One of the reasons inhalant use is on the rise is because of how easy it is to acquire products used for huffing. Many household chemicals can be used without drawing much attention to the individual using them.

Parents need to be aware of the signs of inhalant use and must take this problem seriously. Some of the things to watch for are red eyes, runny nose, dazed or dizzy appearance, nausea or loss of appetite, anxiety, excitability, irritability and failing grades in school. Physical signs also include spots or sores around the mouth, chemical odor on the breath and paint or stains on clothing.

Inhalant use can also cause numerous long term health problems for the user. Permanent brain damage, liver and kidney damage, as well as short- and long-term memory loss are common problems caused by huffing. Inhalant use can also cause death. In some cases, the very first time someone tries it. We need to make sure that we are talking to our kids about this growing problem. Educating them on this issue will help to ensure that they do not experiment with this very dangerous form of drug use. If you have any questions about this or any other drug issue, please contact the Brigham City Police Department at (435) 734-6650.