

LONG TERM HEALTH EFFECTS OF

INHALANTS

CENTRAL NERVOUS SYSTEM Brain & Spinal Cord

- nerve cells are depressed causing the heart and lungs to stop functioning
- brain cells permanently damaged
- internal bleed in the brain
- seizures
- tremor when attempting to move, poor co-ordination, difficulty walking
- significant personality problems, lack of interest, mood swings, hostility, aggression, depression, feelings of persecution
- forgetfulness, inability to think clearly, logically, irritability
- feel 'high' then very depressed

CIRCULATORY SYSTEM

- heart damage
- blood abnormalities
- heart slows down (can cause cardiac arrest, coma and death)
- irregular heart beat
- high blood pressure
- inhalants can cause sudden decrease in blood pressure

RESPIRATORY SYSTEM

- reduced oxygen in the lungs
- unconsciousness, coma, cardiac arrest and death
- lung infection

MORE COMMON & LESS SEVERE EFFECTS

- respiratory complaints, coughs and colds
- sleep disorders
- fatigue
- nose bleeds
- nausea, loss of appetite
- headache
- rash around nose and mouth
- bad breath and body odour
- muscle cramps

LIVER & KIDNEY

- increased damage
- decreased functions
- severe and constant pain as a reaction to injury or infection

PREGNANCY & BABIES

- miscarriage
- birth problems
- low birth weight
- seizures
- lung problems
- increased risk of Sudden Infant Death Syndrome

BONE MARROW

- depressed immune response
- reduced red and white cells
- increased infections



TOWARDS A DRUG-FREE FLJ



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NATIONAL SUBSTANCE ABUSE ADVISORY COUNCIL

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