

# Inhalants are everywhere, common way to get high

They're all over your house. They're in your child's school. In fact, you probably picked some up the last time you went to the grocery store. Educate yourself; find out about inhalants before your children do.

In recognition of Brain Awareness Week (March 15-20) and Inhalant Awareness next week (March 21-28), I have turned things around a bit to share the dangers of inhalants and the damage it can cause to the brain.

Most parents are in the dark regarding the popularity and dangers of inhalant use. But children are quickly discovering that common household products are inexpensive to obtain, easy to hide and the easiest way to get high.

According to national surveys, inhaling dangerous products is becoming one of the most widespread



## cris lovington

• prevention center

problems in the country. It is as popular as marijuana with young people. More than a million people used inhalants to get high just last year. By the time a student reaches the eighth grade, one in five will have used inhalants.

Inhalant use refers to the intentional breathing of gas or vapors with the purpose of reaching a high. Inhalants are legal, everyday products which have a useful purpose, but they can be misused.

You're probably familiar with many of these substances — paint,

glue and others. But you probably don't know that there are more than 1,000 products that are very dangerous when inhaled — things like typewriter correction fluid, air-conditioning refrigerant, felt tip markers, spray paint, air freshener, butane and even cooking spray.

Inhalants are an equal opportunity method of substance abuse. Statistics show that young, white males have the highest usage rates. Hispanic and American Indian populations also show high rates of usage. Nearly all abused products produce effects similar to anesthetics, which slow down the body's function. Varying upon level of dos-

age, the user can experience slight stimulation, feeling of less inhibition or loss of consciousness.

The user can also suffer from Sudden Sniffing Death Syndrome. This means the user can die the first, 10th or 100th time he or she uses an inhalant.

Other effects include damage to the heart, kidney, brain, liver, bone marrow and other organs. Results similar to Fetal Alcohol Syndrome may also occur when inhalants are used during pregnancy. Inhalants are physically and psychologically addicting, and users suffer withdrawal symptoms.

If someone you know is huffing, the best thing to do is remain calm and seek help.

Agitation may cause the huffer to become violent, experience hallucinations or suffer heart dysfunction which can cause Sudden Sniff-

ing Death Syndrome. Make sure the room is well ventilated and call Emergency Medical Services.

If the person is not breathing, administer cardiopulmonary resuscitation. Once recovered, seek professional treatment and counseling.

Treatment facilities for inhalant users are rare and difficult to find. Users suffer a high rate of relapse and require thirty to forty days or more of detoxification.

Users suffer withdrawal symptoms which can include hallucinations, nausea, excessive sweating, hand tremors, muscle cramps, headaches, chills and delirium tremens.

Follow-up treatment is very important. If you or someone you know is seeking help for inhalant abuse, you can contact the National

Inhalant Prevention Coalition at 1-800-269-4237 or e-mail them at nipc@io.com for information on treatment centers and general information on inhalants.

Through a network of nationwide contacts, the coalition can help (but not guarantee) finding a center in your area that treats inhalant use.

It is never too early to teach your children about the dangers of inhalants.

Don't just say "not my kid." Inhalant use starts as early as elementary school and is considered a gateway to further substance abuse.

Parents often remain ignorant of inhalant use or do not educate their children until it is too late. Inhalants are not drugs. They are poisons and toxins and should be discussed as such.

## matters of record

### District Traffic

**Feb. 24** — Arturo Estrada, Goodland, was fined \$80 for no child restraint.

**Feb. 26** — Laura M. Bennetts, 18, Goodland, was fined \$10 for no seat belt.

### Goodland Police

The following crimes have been reported to the Goodland Police Department:

**March 3** — Steve Pershall reported the theft of a license plate taken at 2160 Commerce Road.

## Youth Hunt

Sponsored by High Plains Roosters  
Kansas Chapter of Pheasants Forever

**Who:** Kids 15 years and under

**When:** Saturday, March 27,

**8 a.m.** Mountain Time

**Where:** Ringeck Country, Hwy 27 to Rd 80 - 3 mi. west

**We will provide:** Refreshments, lunch, shotgun shells, safety glasses, ear protection, and "Hunter Orange" vest. Also a shotgun if needed. **You Bring:** Hunter Safety Card **You should wear:** Appropriate clothing e.g. warm clothes, gloves, boots

**For more information call Steve Duell**

**785-899-5888 or Troy Mannis 785-890-3380**

\*Parent or legal guardian must accompany their youth on the hunt\*



## New Listing



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### Other listings:

W. 8th Street (lots)	1625 Wyoming	221 Cottonwood
2810 Commerce Rd #2	415 W. 2nd	1519-21 Montana
1516-1518 Center	1016 E. 10th (Sold)	2157 Caldwell
321 Broadway	6610 Rd 10 (U/C)	2892 Rd 64
209 E. 15th	217 Sycamore Rd.	714-18 Eustis
402 Grand	1608 Main (commercial)	401 Walnut
1224 Main (mixed use)	724 Main	729 W. 31st St.
We have rentals available! Find our listings on		904 W. 19th St. (commercial)
www.goodlandksmls.com for further details		107 1st St. - Brewster


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112 West 13th, Goodland, Kan. 67735
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Charlene Cole, Broker
Diana Spinney, Salesperson

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# Got facts?

Second-hand smoke is a preventable health risk

Get the Facts and Kick Butts!



Join us  
on  
National  
Kick  
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Day

Wednesday  
March 31

Want to know more about "Got Facts?" Project and receive ideas on simple activities for your class, group, organization or workplace contact us at 785-899-3848.

M.A.S. Community and G.R.A.C.E. School Youth Groups  
Made possible by grant from the American Legacy Foundation, Washington, D.C.




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