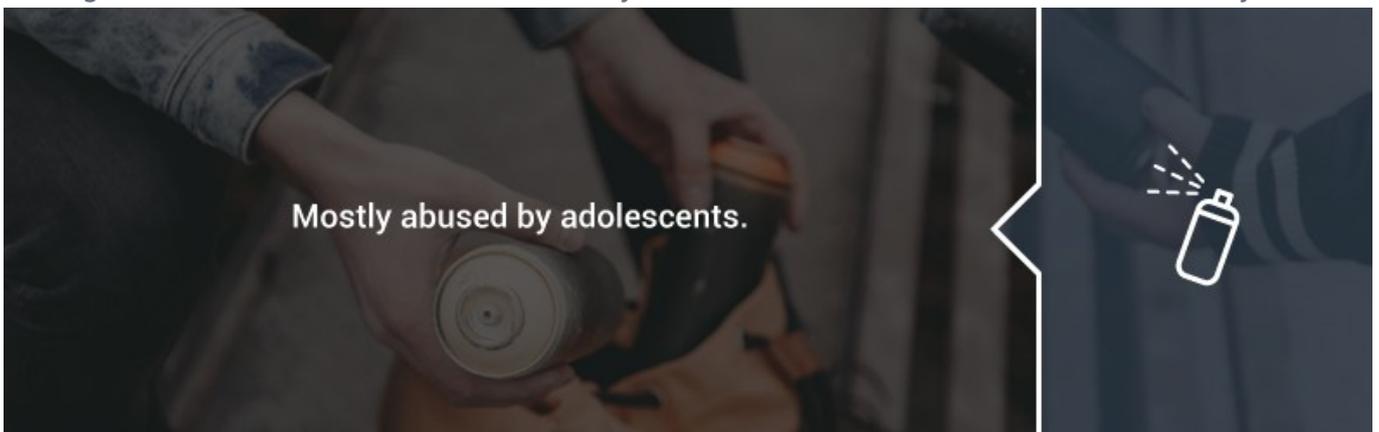




Although not as common as other addictions, inhalant abuse and addiction should not go untreated. Chemicals included within inhalants used for their effects are not only addictive but extremely dangerous. Far too often, the unknown dangers of these chemicals senselessly kill many people every year. But, there is hope for individuals living with inhalant addiction through treatment at an addiction recovery center like the Wellness Retreat Recovery.



What are Inhalants?

Inhalants are chemicals some use to get high by “huffing”, which is breathing the toxins from the chemicals to experience effects. Huffing can be performed by spraying aerosol into the respiratory system, sniffing out of a container or bag, or breathing close to a chemically soaked washcloth. The effects of inhalants may vary depending on the chemical being huffed. Some produce hallucinogenic like effects while others produce a head rush for a few

minutes. Inhalants are most commonly chemicals found in household products, so they aren't hard to obtain. Household products commonly used as inhalants may include:

- Glue
- Gasoline
- Bleach
- Lighter fluid
- Paint thinner
- Nail polish remover
- Spray paint
- Computer dusting solution
- Freon
- Cleaning products



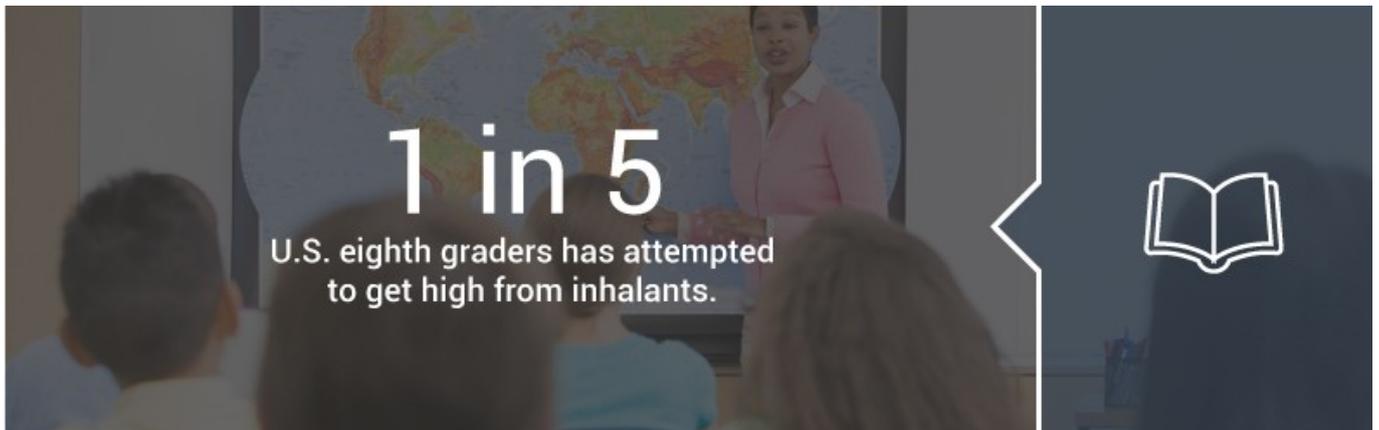
Who Struggles with Addiction to Inhalants?

Inhalants aren't illegal or hard to obtain, so becoming addicted is something any user faces. But, there is a specific demographic attracting to the use of inhalants. Teens and young adults are the biggest demographic of inhalant abusers. In fact, according to the National Institutes of Health (NIH), 66% of inhalant abusers were children when they first started huffing various substances. There are a few reasons why individuals may be more prone to becoming addicted to inhalants including:

Social: Many individuals who choose to use or abuse inhalants may be more prone to social stigmas and influence. Whether they are commonly exposed to inhalants or pressured into using, social factors play a large role in developing inhalant addictions.

Mental: More common than not, individuals who develop addictions have underlying mental health issues like depression, anxiety, trauma, or otherwise. This may be even more true for individuals who fall victim to inhalant abuse and addiction as these legal drugs are not nearly as potent as their illicit counterparts like heroin or cocaine.

Genetic: Those who have a family history of drug use are more likely to become dependent or addicted to substances. We know that addiction is a disease unbiased in who it affects, but those with ties to addictions through genetics are more even more at risk for addiction.



Treating Inhalant Abuse and Addiction through Treatment

If you or a loved one is abusing inhalants, it is especially important that you seek help. Inhalants, with even first-time use, can kill their users. Inhalants are central nervous system depressants that can slow the heart rate until the heart is no longer breathing. Often, young children who use inhalants will go to sleep and never wake up.



If you are using inhalants to get high and you feel like you have to continue to use, you may be struggling with addiction. But, fortunately, treatment can help you live free from your need to use inhalants. Through the various **programs** offered by The Wellness Retreat Recovery, you can find yourself once again and finally break free of the horrifying dangers that using inhalants places in your life.