Legacy Healing Center Publishes Article on Inhalant Abuse and Addiction in Light of National Inhalants and Poisons Awareness Week

March 18, 2021

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Delray Beach Florida ?Legacy Healing Center in Delray Beach, Florida Publishes Information on the Dangers of Inhalants. Legacy Healing Center, with locations in Margate, Pompano Beach, Delray Beach, FL, and now Cherry Hill NJ, recently published an article on their website about inhalants and the health effects of inhalant abuse. The week of March 21-27 is National Inhalants and Poisons Awareness Week and given how easily inhalants can be bought in local hardware stores, grocery stores, or found in most American homes, it?s important to raise awareness of how dangerous and even deadly they can be.

Inhalants are some of the most abused substances in America along with alcohol, tobacco, and marijuana. They include your most common household items like aerosols, glues, paints, solvents, and much more. The chemical vapors in these products are inhaled to induce mind-altering effects, referred to as ?huffing?. Inhalant abuse is most common among children and teenagers. Reports show that one in five children in the U.S. has used inhalants by the 8th grade.

Inhalant abuse refers to the intentional breathing of vapors or gas to reach a high. Inhalants are legal,

everyday products that most homes, schools, and workplaces possess. Inhaled substances are easily absorbed into the brain producing a quick high. These products are used frequently without knowledge of their potential dangers, which can cause irreversible side effects such as brain damage, coma, and even death.

Inhalant abuse is common in children and teenagers, 14 to 15 being the peak age. It?s also more common in males than females. ?Huffing? is as popular among middle school students as marijuana. However, studies show that kids are 50% less likely to experiment if an adult has spoken to them about the potential health and brain-damaging effects of inhalants. It?s important for parents and teachers to educate children and teenagers about the dangers of using these poisonous substances.

Inhalants can damage nerve fibers and brain cells by limiting the amount of oxygen that reaches them. The effects depend on the area of the brain damage but can include memory difficulties, learning disabilities, speaking troubles, and movement problems like spasms and tremors. More long-term side effects include seizure, organ damage, heart rhythm changes, coma, and even death. Inhalants contain poisonous chemicals capable of causing immediate death usually from heart failure, referred to as Sudden Sniffing Death Syndrome.

The most important tool is prevention by talking to loved ones about the dangers of experimenting with inhalants and helping them find better ways to deal with stressors, mental health issues, and peer pressures. The best thing to do if someone is suspected of huffing is to remain calm and seek help. If it is an emergency, make sure the room is well ventilated and call 911. Once recovered, seek professional treatment and counseling.

The staff at Legacy Healing Center is available anytime, 24/7 to help take the next steps if someone is abusing inhalants or any other substance. The Legacy Healing Center team works closely with patients to develop individualized, holistic treatment plans to help heal addiction long-term. For help with addiction to inhalants, or any other substance, call Legacy Healing Center today at (888) 534-2295 or find them online at www.legacyhealing.com.

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For more information about Legacy Healing Center - Alcohol & Drug Rehab Delray Beach, contact the company here:Legacy Healing Center - Alcohol & Drug Rehab Delray BeachTravis Benfaida(954) 420-7414info@legacyhealing.com1690 South Congress Ave Suite 202 ADelray Beach, FL 33445

Legacy Healing Center - Alcohol & Drug Rehab Delray Beach

Legacy Healing Center - Alcohol & Drug Rehab Delray Beach is the #1 drug & alcohol detox & rehab center serving Delray Beach. We help people who are wanting to live free from addiction. Drugs, Alcohol, Prescription Drugs. ?Rehab ?Rehab ?Rehab

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