

Inhalent Drug Use

We have been asked to provide the Community with information on the risks of using inhalents as their use is on the increase according to the Australian Institute of Health and Welfare's national drug strategy survey.

Information based on the National Drug and Alcohol Research Centre (NDARC) information is as follows:

What are volatile inhalants (volatile solvents)?

Volatile inhalant (also volatile solvent) misuse covers the inhalation of substances that vaporise at room temperature for the purpose of intoxication or sexual experience enhancement. There are various types of inhalants that have different effects. They may be broadly categorised as:

- > Gas fuels (cigarette lighter fluid, gas bottles)
- > Petroleum and petrol additives (eg Octane Booster)
- > Aerosol propellants (air fresheners, deodorant spray)
- > Adhesives and paints (glue, spray paints) > Volatile anaesthetics (nitrous oxide)
- > Nitrites (amyl nitrite) Inhalants are breathed in through the nose or mouth, typically by being placed in or on another object before being inhaled

What are the risks?

The risks of volatile inhalant misuse include damage to the brain, heart, kidneys and spine, as well as psychiatric problems.

Short term risks:

- > Suffocation (asphyxia)
- > Fitting
- > Swelling of the brain (cerebral oedema)
- > Uneven heartbeat (cardiac arrhythmia)
- > Sudden cessation of breathing (acute respiratory arrest)
- > Kidney failure
- > Intense agitation that may result in harm to self or others
- > Acute psychosis
- > Low blood pressure
- > Impaired memory
- > Hallucinations
- > Delusions
- > Blackouts
- > Headache

Long term risks:

- > Atrophy of the brain
- > Cardiomyopathy
- > Spinal cord degeneration
- > Depression
- > Incontinence
- > Numbness in limbs
- > Dependence
- > Methemoglobinemia (a blood disorder)
- > Macular degeneration (a disease that affects the back of the retina)

Toxicity and overdose Volatile inhalant misuse may cause sudden sniffing syndrome, which is sudden collapse shortly

after inhalation caused by cardiac and/or respiratory arrest that may result in death.

For more information please check the following sources:

[Inhalants and young people](#) (Alcohol and Drug Foundation)

[factsheet on inhalant use and risks](#) (NDARC)

[Inhalant Use – A guide for parents and families](#) (WA Drug and Alcohol Office)

Beyond Norfolk: Relocating & Connecting

Starting or continuing further study or work away from Norfolk Island? "**Beyond Norfolk: Relocation and Connection,**" is a unique mentoring program for recent post-school leavers who have left or plan to leave Norfolk Island. Whether you're starting a job or diving into further study, our mentors get it—they've been there and are here to help you navigate and make the most of your year ahead.

Would you like to connect with a mentor who has faced similar challenges? You can access six hours of personalised mentoring tailored to your needs free of charge.

Submit an expression of interest to be part of this program. <https://www.surveymonkey.com/r/9P6SWJF>

Accommodation for Cancer treatment off Island

If you are being treated for cancer in Brisbane and require accommodation, please call the social worker Maria McCann on 23190. The social worker can arrange Queensland Cancer Council low-cost accommodation for residents and their escorts who are travelling to Brisbane to have cancer treatment or when supporting a resident who is having treatment for cancer.

World Cancer Day

World Cancer day will be held on 4th February. Cancer is the second-leading cause of death worldwide. More than 40% of cancer-related death could be preventable as they are linked to modifiable risk factors such as smoking, alcohol use, poor diet and physical inactivity. Cancers can be caused by a number of different factors and, as with many other illnesses, most cancers are the result of exposure to a number of different causal factors. It is important to remember that, while some factors cannot be modified, around one third of cancer cases can be prevented by reducing behavioural and dietary risks.

Each year, hundreds of activities and events take place around the world acting as a powerful reminder that we all have a role to play in reducing the global impact of cancer.

For more information on cancer please visit Cancer Council website: <https://www.cancer.org.au/>

Condoms

The Health & Wellbeing office now have an additional outlet for the condoms for the Youth, special thanks to Shawn Stormann for letting us put a bucket at the barber shop at Topcroft Salon.

We now have a few outlets for Condoms:

- Barber Shop next to P&R Groceries
- Topcroft Salon
- Health & Wellbeing office in the Smithy's building
- Condom vending machines in the toilets behind the Commonwealth Bank and there is a machine in each of the toilets.