

## CROSSED WORDS

(question on page 4)

A	M	A	N	I	T	A
P	O	S	T	D	O	C
C	O	N	D	Y	L	E
W	I	T	H	O	U	T
N	O	O	S	T	E	O
N	I	E	M	A	N	N
C	H	O	R	D	E	E

### Answer: Toluene

Toluene is a light colorless liquid solvent found in many commonly abused inhalants, including model airplane glue, paint sprays, and paint and nail polish removers. Widely used, easy available and inexpensive, it's a popular inhalant among teenagers. Entry into the brain is extremely fast with nearly immediate effects that can last several hours. These include euphoria, grandiosity, floating sensation, drowsiness, delusions and hallucinations. Side effects include irritation, headache, nystagmus, slurred speech, ataxia, staggering, nausea, vomiting, respiratory depression, convulsions, severe organ damage, coma, and death. (Source: National Highway Traffic Safety Administration. Accessed online at [www.nhtsa.gov/people/injury/research/job185drugs/toluene.htm](http://www.nhtsa.gov/people/injury/research/job185drugs/toluene.htm))

### Bonus answer: Acetone

Acetone is a volatile organic compound (VOC), but it has possible properties as an antiepileptic drug (AED). Acetone, one of three ketones elevated by a ketogenic diet, is directly responsible for the diet's anticonvulsant effects. Chronic administration may enhance its action, but further research is needed to confirm that the ketogenic diet generates relevant concentrations of acetone. Source: Likhodii SS, Burnham WM. Ketogenic diet: does acetone stop seizures? *Med Sci Monit.* 2002;8:HY19-24. [PMID: 12165751] **AI**

