



SCAN ME

# Strangulation Recognition & Response

## Key Facts

### ABOUT STRANGULATION

1

Strangulation and Choking are **NOT** the same thing - strangulation is **external pressure on the neck** while choking is an internal blockage

Women who are strangled by an intimate partner are **750% more likely to be killed** in the future by that person

2

3

Only **4 to 11 pounds of pressure** is needed to block the veins and arteries resulting in deprivation of oxygen to the brain - it takes 20 pounds of pressure to open a can of pop

Half of victims have **no visible external injuries** even though they may be experiencing serious and life threatening internal injuries

4

5

Strangulation can result in **loss of consciousness in seconds**, as well as **brain injury, stroke**, and **mental health consequences**

### Signs & Symptoms

- Difficulty Breathing
- Neck Pain
- Loss of Consciousness
- Vision Changes
- Headache
- Dizziness
- Loss of control over bladder
- Loss of control over bowels
- Hoarse Voice
- Coughing
- Sore Throat
- Petechiae (Burst Blood Vessels)
- Confusion
- Roaring in Ears
- Nausea or Vomiting
- Memory Loss
- Swelling
- Scratches
- Redness
- Bruising
- Loss of Muscle Control



A medical exam with imaging is **strongly recommended** for all survivors of strangulation as severe internal injuries, such as carotid dissection or brain injury may have occurred