

STRANGULATION

FACTS

- “Strangle” refers to obstructing the normal breathing of a person in a serious or fatal way while “choke” refers to the blockage of one’s windpipe by a foreign object.
- It takes 33 pounds of pressure to fracture the trachea, 11 pounds to occlude (i.e. stop up or cut off) the carotid artery and only four pounds to occlude the jugular vein.
- Death from strangulation has been known to happen years after the attack.
- Once blood flow is cut off, you only have 10 seconds before unconsciousness hits and only 50 seconds beyond that before death becomes a near certainty.
- Strangulation is used to control the victim and to render them helpless.
- Strangulation is the cause of 10% of violent death in the United States.

EFFECTS

- Dizziness, nausea, sore throat
- Difficulty breathing and swallowing
- Changes in voice and vision
- Loss of consciousness and memory
- Eyelid or facial droop
- Weakness on either side of the body or loss of sensation
- May experience involuntary urination or defecation

WHAT TO DO

- Document each incident and injury, and include photos if possible
- If you need medical treatment, keep the medical records for possible evidence later
- Call a hotline
- Get counseling