

Signs and Symptoms

Signs of Strangulation	Symptoms of Strangulation
<p>Face: red or flushed, pinpoint red spots (petechiae), scratch marks</p> <p>Eyes/Eyelids: petechiae to the left or right eyeball, blood shot eyes</p> <p>Nose: bloody nose, broken nose, petechiae</p> <p>Finger tips: bruises are circular and oval, often faint</p> <p>Ear: petechiae (external and/or ear canal), bleeding from ear canal</p> <p>Mouth: bruising, swollen tongue, swollen lips, cuts/abrasions</p> <p>Under chin: redness, scratch marks, bruise(s), abrasions</p> <p>Chest: redness, scratch marks, bruise(s), abrasions</p> <p>Shoulders: redness, scratch marks, bruise(s), abrasions</p> <p>Neck: redness, scratch marks, finger nail impressions, bruise(s), swelling, ligature marks</p> <p>Head: petechiae (on scalp)</p> <p>Other: hair pulled, bump, skull fracture, concussion</p>	<p>Voice changes: Raspy/hoarse voice, coughing, unable to speak, complete loss of voice</p> <p>Swallowing changes: Trouble swallowing, painful to swallow, neck pain, nausea/vomiting, drooling</p> <p>Breathing changes: difficulty breathing, Hyperventilation, unable to breathe</p> <p>Behavioral changes: restlessness or combativeness</p> <p>Also: problems concentrating, amnesia, agitation, post-traumatic stress syndrome, hallucinations, memory loss, unconsciousness, dizziness/ headaches involuntary urination or defecation.</p> <p><i>~ We thank and acknowledge the Alliance for HOPE International for allowing us to reproduce, in part the Strangulation (Choking) Need to Know Brochure.</i></p>

Monitor signs and/or symptoms

A medical evaluation may be crucial in detecting internal injuries and saving a life.

Date and Time	Record your signs	Record your symptoms	Record any other sensation

The mission of 180 Turning Lives Around is to empower survivors and families affected by domestic violence and sexual assault to find the courage and strength to turn their lives around. **We support this mission through:** 24/7 help-lines and counseling, legal advocacy, emergency shelter and transitional housing and art, play and music therapy

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A victim's guide to STRANGULATION (CHOKING)



More information about choking & strangulation can be discussed by contacting:

Monmouth County Family Justice Center located at: **Monmouth County Superior Courthouse**

**71 Monument Street
 Freehold, NJ 07728**

Phone: 732.264.4360 ext. 5000

Email: fjc@180nj.org

Also, for immediate support, please contact 180 Turning Lives Around's

24/7 confidential hotline:

1.888.843.9262

Strangulation is considered one of the most lethal forms of domestic violence, where loss of consciousness can occur within five to ten seconds and death within four to five minutes. Strangulation is classified as a felonious assault. Power and control are underlying factors to this violent act. The batterer may use the act of strangulation as a way of demonstrating control over the victim. Victims of strangulation suffer great physical and psychological harm. Victims may feel terror and pain; unconsciousness may occur. Victims usually resist the violence, leading to additional injuries. Strangulation is a serious act of violence and should not go unreported. A person who commits the act of strangulation can be charged with Aggravated Assault. It is important to be informed about the risks and symptoms of strangulation. This pamphlet briefly describes important facts regarding strangulation.

Losing Consciousness

Strangulation frequently results in the loss of consciousness. A blocked airway, carotid artery, or jugular veins all may lead to loss of consciousness. Consciousness may be regained if pressure is released within ten seconds. However, if the strangulation continues for four to five minutes, brain death will occur.

Observing Changes

How: To establish physical evidence, for several days after the assault, document the injuries through photographs.

Why: In order to determine the severity of the injuries caused by the assault, document the evidence of strangulation. This will increase the victim's credibility. Victims should also seek medical attention if they experience difficulty breathing, speaking, swallowing or experience nausea, vomiting, light headedness, headache, involuntary urination and/or defecation, especially pregnant victims.

Signs and Symptoms of Strangulation

NEUROLOGICAL

- Loss of memory
- Loss of consciousness
- Behavioral changes
- Loss of sensation
- Extremity weakness
- Difficulty speaking
- Fainting
- Urination
- Defecation
- Vomiting
- Dizziness
- Headaches

EYES

- Small red spots on eyeball or eyelid
- Bloodshot eyes
- Vision changes
- Droopy eyelid

FACE

- Tiny red spots
- Slightly red or florid
- Scratch marks
- Facial drooping
- Swelling

CHEST

- Chest pain
- Redness
- Scratch marks
- Bruising
- Abrasions

VOICE AND THROAT CHANGES

- Hoarse voice
- Unable to speak
- Trouble swallowing
- Clearing the throat
- Coughing
- Nausea
- Drooling
- Sore throat
- High-pitched wheezing

SCALP

- Small red spots from bleeding in the skin
- Bald spots (from hair pulling)
- Bump on the head (from blunt force trauma or falling to the ground)

EARS

- Ringing in ears
- Small red spots on earlobe
- Bruising behind the ear
- Bleeding from the ear

MOUTH

- Bruising
- Swollen tongue or lips
- Cuts/abrasions
- Small red spots from bleeding inside the mouth

NECK

- Redness
- Scratch marks
- Finger nail impressions
- Bruising made by thumbs or fingers
- Swelling
- Ligature marks

BREATHING CHANGES

- Difficulty breathing
- Respiratory distress
- Unable to breathe

