

# What is Strangulation?

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*If you have been strangled, seek medical help Immediately!*

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## Strangulation V. Choking:

- Strangulation is the **external** application of physical force that impeded either air or blood to or from the brain.
- Choking is an **internal** obstruction of the airway by a foreign object.

## Signs of Strangulation:

- **Head:** pinpoint red spots (petechiae) on scalp, hair pulled, bump(s), skull fracture, concussion.
- **Face:** red or flushed, petechiae, scratch marks.
- **Eyes and Eyelids:** petechiae to the left or right eyeball, bloodshot eyes.
- **Ear:** petechiae (external and/or ear canal), bleeding from ear canal.
- **Nose:** bloody nose, broken nose, petechiae.
- **Mouth:** bruising, swollen tongue, swollen lips, cuts/abrasions.
- **Under the Chin:** redness, scratch marks, bruise(s), abrasions.
- **Neck:** redness, scratch marks, fingernail impressions, bruise(s), abrasions, swelling, ligature marks.
- **Chest and Shoulders:** redness, scratch marks, bruise(s), abrasions.

## Symptoms of Strangulation:

- **Voice Change:** raspy and/or hoarse voice, coughing, unable to speak, complete loss of voice.
- **Swallowing Changes:** trouble swallowing, painful swallowing, neck pain, nausea/vomiting, drooling.
- **Breathing Changes:** difficulty breathing, hyperventilation, unable to breathe.
- **Behavioral Changes:** restlessness or combativeness, problems concentrating, amnesia, agitation, Post-traumatic Stress Symptom, hallucinations.
- **Vision Changes:** complete loss or black & white vision, seeing 'stars', blurry, darkness, fuzzy around the eyes.
- **Hearing Changes:** complete loss of hearing, gurgling, ringing, buzzing, popping, pressure, tunnel-like hearing.

- **Other Changes:** memory loss, unconsciousness, dizziness, headaches, involuntary urination or defecation, loss of strength, going limp.

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***If you have ANY of these symptoms, please seek medical attention immediately!***

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## Physiological Consequences of Strangulation

### Occlusion of Arterial Blood Flow: Seconds to Minutes Timeline

