

THE DANGERS OF STRANGULATION



CHOKING VS STRANGULATION:

Choking and strangulation are often used interchangeably. However, though choking is the popular term, it is medically incorrect. **Choking** results from an object internally obstructing your windpipe. **Strangulation** is the external application of pressure to restrict airflow.

DANGERS OF STRANGULATION:

People sometimes use strangulation as a means for sexual enhancement or to illustrate control. However, there is no “safe” way to strangle someone. Whether using your hands, limbs or an object around someone’s neck, it is all strangulation, which can be lethal with unconsciousness happening within seconds and death within minutes.

LIFE THREATENING IMPLICATIONS:

Even without physical indications that strangulation has occurred, it can still have life-threatening implications. The consequences of strangulation may only appear weeks after the event as lack of oxygen to the brain and other internal injuries take hold causing both mental and physical effects. Strangulation can cause traumatic brain injury (TBI), which can lead to memory loss. People can also become aggressive, anxious or depressed.

PHYSICAL EFFECTS OF STRANGULATION:

- “Bloodshot” Eyes
- Blurred Vision
- Bruising
- Cardiac Arrest
- Difficulty Breathing
- Difficulty Swallowing
- Dizziness
- Headaches
- Incontinence
- Irregular Heartbeat
- Miscarriage
- Nausea
- Neck Pain
- Ringing in Ears
- Seizure
- Somatic Issues
- Sore Throat
- Vomiting

The amount of pressure required to cause serious harm is far less than expected.