

He Choked Me and Left No Marks!



Non-Fatal Strangulation

Bert Groen- President EFJCA



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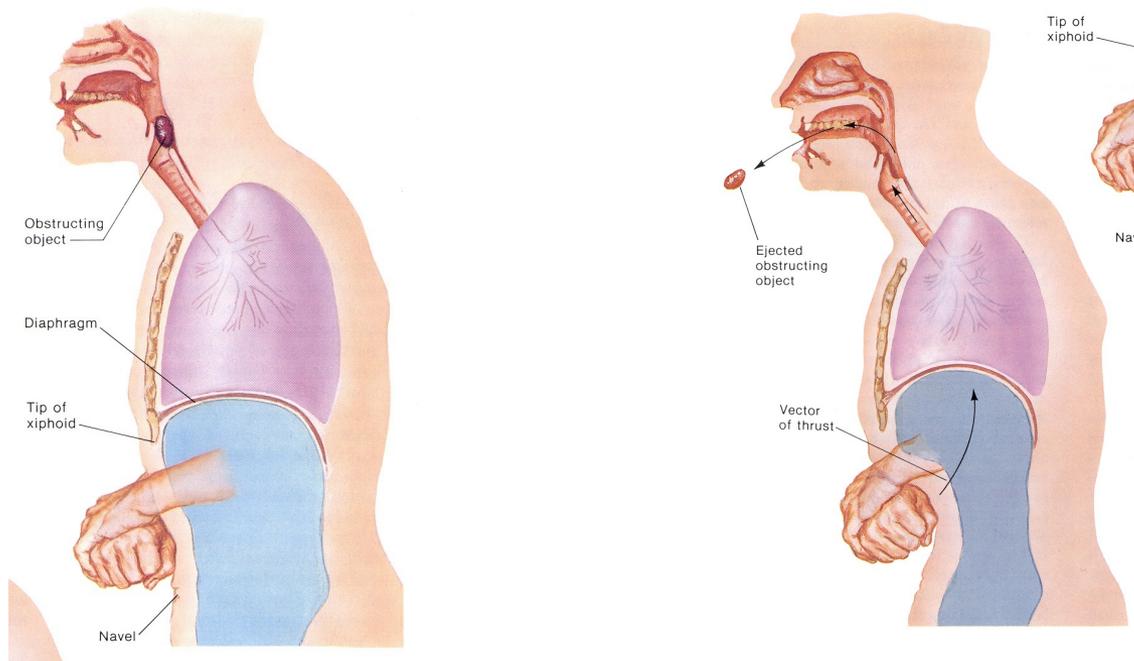




What is Non-Fatal strangulation?

Strangulation is characterized by closure of the blood vessels and/or air passages of the neck as a result of external pressure on the neck.

Strangulation is NOT 'CHOKING'





Most common method: manual strangulation

Method is important

Explains why there is likely no injury

Single incident may show intent to injury or control

Multiple strangulations may show intent to kill





Realities of Strangulation



50%
No visible
injury



PAUSE/PLAY



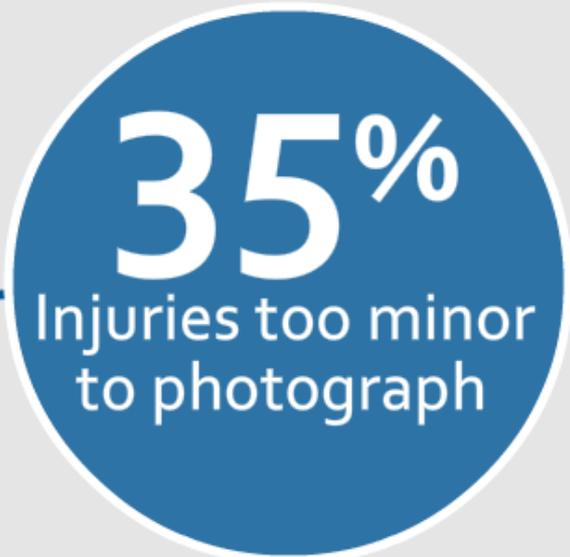
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Realities of Strangulation



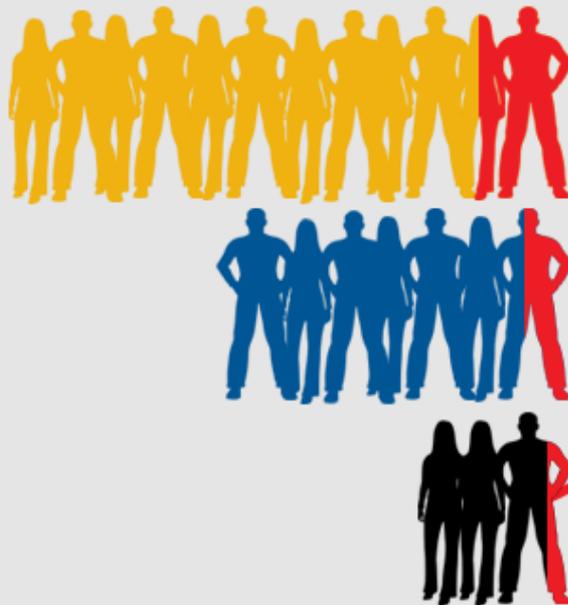
PAUSE/PLAY

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Realities of Strangulation



3%
of victims
seek medical
attention



PAUSE/PLAY

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Why no bruising or lots of bruising?

Use of a broad soft ligature or forearm when the force is applied over a wide area

When rapid death bruising will not have time to develop





6.8 seconds – unconscious (brain cells begin to die)

15+ seconds – loss of bladder control

30+ seconds – loss of bowel control

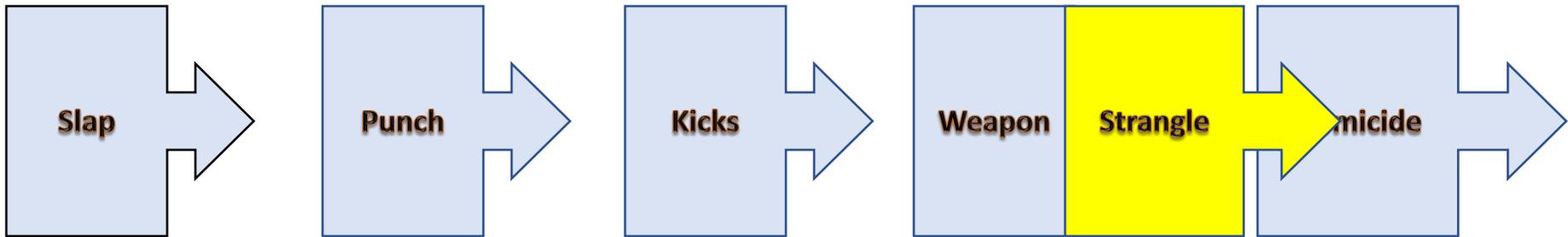
?? Seconds – point of no return: “brain dead”/coma

1 - 2.5 Minutes – death (no controlled human studies but videos of deaths)

Loss of consciousness can occur within 5 - 10 seconds. Death within minutes. 2



Non-fatal strangulation is serious





Victims of prior strangulation attempts are 7x more likely to become victims of murder (Glass, et al, 2008)



Potential long-term consequences of NFS

Death

Stroke

Dementia

Mental Health problems

Vocal cord problems



Signs and symptoms

- Redness to neck
- Scratch marks
- Rope burns
- Thumb print bruising
- Red eyes
- Spasm
- Urination & defecation
- Pain to neck/throat
- Coughing
- Raspy voice
- Nausea or vomiting
- Unconsciousness
- Ears ringing
- Head rush
- Miscarriage

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

SCALP

- Petechiae
- Bald spots (*from hair being pulled*)
- Bump to the head (*from blunt force trauma or falling to the ground*)

EYES & EYELIDS

- Petechiae to eyeball
- Petechiae to eyelid
- Bloody red eyeball(s)
- Vision changes
- Droopy eyelid

EARS

- Ringing in ears
- Petechiae on earlobe(s)
- Bruising behind the ear
- Bleeding in the ear

FACE

- Petechiae (*tiny red spots-slightly red or florid*)
- Scratch marks
- Facial drooping
- Swelling

MOUTH

- Bruising
- Swollen tongue
- Swollen lips
- Cuts/abrasions
- Internal Petechiae

CHEST

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

NECK

- Redness
- Scratch marks
- Finger nail impressions
- Bruising (*thumb or fingers*)
- Swelling
- Ligature Marks

VOICE & THROAT CHANGES

- Raspy or hoarse voice
- Unable to speak
- Trouble swallowing
- Painful to swallow
- Clearing the throat
- Coughing
- Nausea
- Drooling
- Sore throat
- Stridor

BREATHING CHANGES

- Difficulty breathing
- Respiratory distress
- Unable to breathe

Source: *Strangulation in Intimate Partner Violence*, Chapter 16, *Intimate Partner Violence*. Oxford University Press, Inc. 2009.



Graphics by Yesenia Aceves

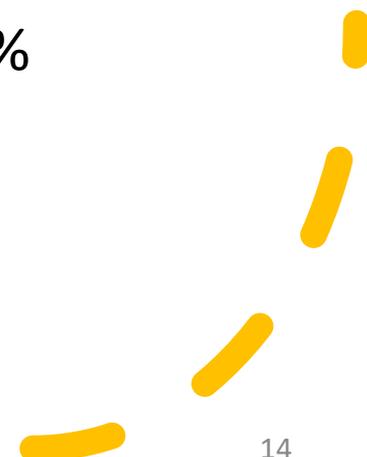
www.strangulationtraininginstitute.com



“Survey
Results of
Women Who
Have Been
Strangled
While in an
Abusive
Relationship”
Dr. Wilbur

• **Medical symptoms experienced by victims**

- Difficulty breathing: 85%
- Scratches on neck: 44%
- Dysphagia: 44%
- Voice change: 45%
- Loss of consciousness: 17%
- Ptosis (upper eyelid drops): 20%
- Facial palsy: 10%
- L or R sided weakness: 18%
- Memory deficit: 31%
- Suicidal ideation: 31%





Evidence of brain Injury from strangulation will include problems with:

- Memory
- Concentration
- Sleep
- Headaches
- Depression and
- Anxiety





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