

# How can I prove I've been strangled?

Some people may not believe you have been strangled because they do not see any marks on your face or neck.

It is important for you to know that:

**62% of strangulation victims have NO signs of injury**

and

**Only 16% of strangulation victims have injuries that can be seen by others**

*Dr. George E. McClane & Gael B. Strack*

*If someone doesn't believe you have been strangled, show them this brochure, it may help them understand*

**REMEMBER**  
**You may be seriously injured even if you can't see any marks**

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**IF YOUR SYMPTOMS ARE GETTING  
WORSE**

**PLEASE GO TO THE  
NEAREST MEDICAL CLINIC,  
EMERGENCY DEPARTMENT  
OR CALL 911**



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# STRANGULATION

*Information for  
victims of  
strangulation*

**STRANGULATION  
is very  
DANGEROUS**



## **SIGNS YOU HAVE BEEN STRANGLLED**

- Hoarse or raspy voice
- Pain when swallowing or a "thick" feeling in your throat
- Breathing problems
- Cough
- Loss of consciousness (blacking out)
- Pain in your neck or throat
- Vomiting (throwing up)
- Memory problems, confusion, restlessness or agitation
- Scratch marks or bruises around your neck
- Bruises or swelling inside your lips
- Tiny red blood spots on your face and neck or around your eyes
- Whites of your eyes are blood red
- Loss of control of bowel or bladder (you peed or pooped?)
- Ringing in your ears

### **Please note:**

*If you have been strangled and are having some of these symptoms or your symptoms get worse, please go to the nearest medical clinic or emergency room*

## **STRANGULATION OR CHOKING?**

- Choking and strangling are often thought to be the same, but they are different
- Choking is when something like a candy gets stuck in your breathing tube (wind pipe). This may stop the air going into your lungs
- Strangling is when something presses or squeezes on your neck. The squeezing may stop the blood supply going to your brain, or it may stop the air going to your lungs. It may make you lose consciousness (black out) and stop breathing
- Being strangled may cause you serious health problems. It may damage your brain causing difficulty with thinking and memory and may cause you to have a stroke. If you are pregnant you are at risk of losing your baby.

# **STRANGULATION**

- Strangulation is very dangerous
- Strangulation is much more serious than being punched or slapped
- Strangulation is a sign that your abuser has become more dangerous and you could be injured or even killed
- In 50% of all strangulations, children see, hear or know what is happening
- Children who see or hear a parent being strangled believe strangling is normal