

SIX THINGS YOU SHOULD KNOW ABOUT STRANGULATION:



1. Strangulation can render a victim unconscious in seconds.
2. Strangulation blocks veins and arteries in the neck so that oxygenated blood cannot flow to the brain and deoxygenated blood cannot flow from the brain.
3. It takes just 11 pounds of pressure to cut off blood flow.
4. Temporary or permanent brain damage can occur in as little as 30 seconds; brain death can occur in four to five minutes.
5. The seriousness of strangulation is a common precursor to further lethal violence.
6. It is not the same as 'choking' which occurs when the trachea is accidentally blocked. For example, someone can choke on food.

Strangulation is a tactic of control and abuse unlike choking which is an accidental internal obstruction of the airway. Strangulation is a powerful method of coercion and control; it's an expression of abusers' ability and willingness to take their victims' lives at any time.

Source: www.janedoe.org