

## What you need to know:

**Strangulation** has only recently been identified as one of the most lethal forms of domestic violence. Abusers use this demonstration of control over the victim's next breath as an expression of ultimate power; having devastating psychological effects or a potentially fatal outcome.

**Strangulation** occurs when external pressure on the neck closes air passages and blood flow. It may be caused by manual force (like hands or arms pressed or wrapped around your neck, or kneeling on your neck) or by ligature (wrapping a cord, rope, shoelace around your neck) or by hanging. Smothering (covering the nose and mouth - with a hand or a pillow for instance) shares similar risks. Unconsciousness may occur within seconds and death within minutes.

There may be no external signs of **strangulation**. However, there may be life-threatening internal damage to your thyroid, larynx, and throat tissue that can lead to death within 24 to 36 hours.

Nearly 9 out of 10 women who have been **strangled** have also experienced other types of physical, mental, and emotional abuse.

If you have been **strangled** by a partner or ex-partner, you are in greater danger of being seriously injured or killed by them in the future.

As **strangulation** attempts continue over the length of a relationship, adverse health conditions like strokes and cardio-vascular conditions are more likely to occur, too.

## Your health and safety are important.

**ASPEN** has advocates available to talk to you about your risks and your options to help you decide what is best for you. Call us anytime. Whether you call us or not, please:

## Seek medical care immediately, your life depends on it.

Make a report to law enforcement. Keep a log of signs and symptoms you experience, especially in the weeks following the attack. Talk to your doctor to understand your risk.

## Contacts.

**Aspen 24 Hour Support Line:**  
(406) 222-8154

**Livingston Healthcare:**  
(406) 222-3541

**CHP:** (406) 222-1111

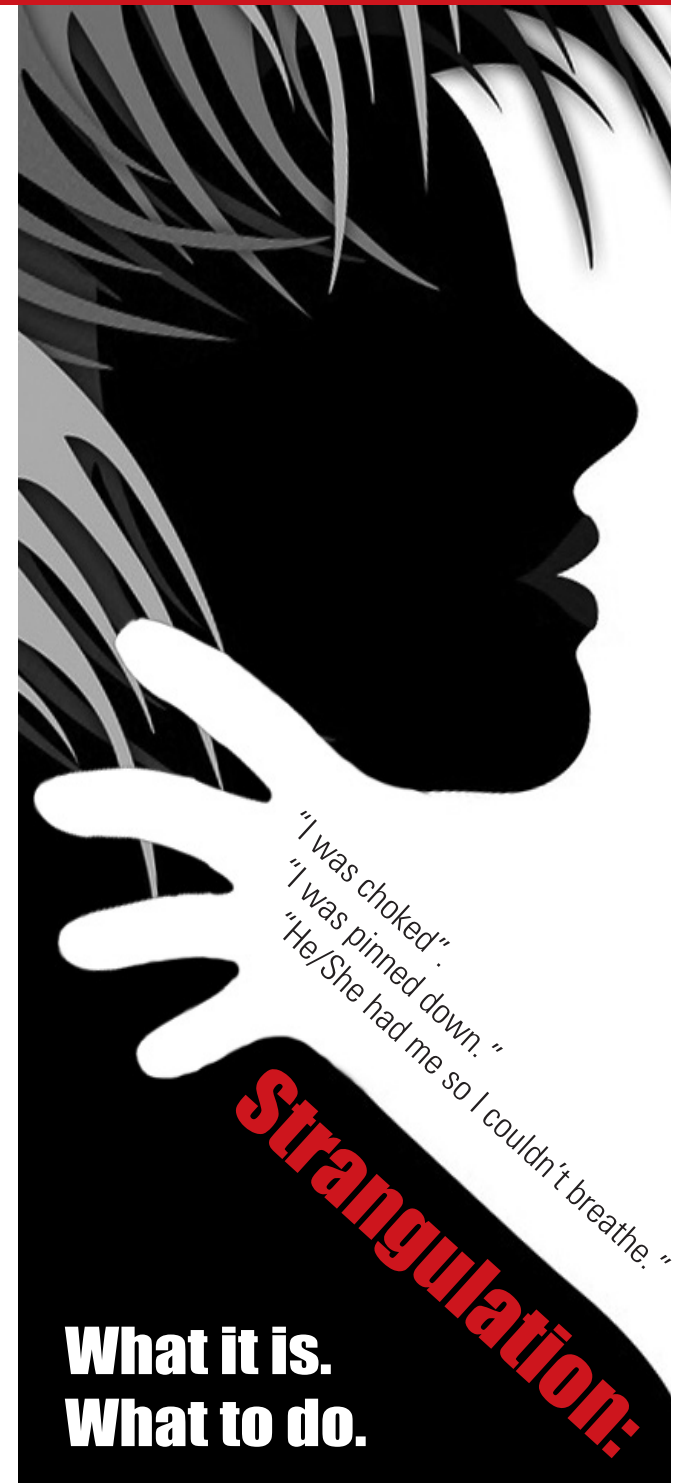
**Park County/Livingston Police:**  
(406) 222-2050

**Sweetgrass County Sheriff:**  
(406) 932-5143

**Pioneer Medical Center:**  
(406) 932-4603

**Meagher County Sheriff:**  
(406) 547-3397

**Mountain View Medical Center:**  
(406) 547-3321



## SIGNS:

**Head:** pinpoint red spots (petechiae) on scalp, hair pulled, bumps, skull fracture, concussion

**Face:** red or flushed, petechiae, scratch marks, bruising

**Eyes & Eyelids:** petechiae to the left or right eyeball, bloodshot eyes

**Ear:** petechiae in or outside 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, bruising, abrasions

**Neck:** redness, scratch marks, fingernail impressions, bruising, abrasions, swelling, ligature marks

**Chest & Shoulders:** redness, scratch marks, bruising, abrasions

**Also:** numbness or tingling in fingertips, loss of urinary or bowel control

## SYMPTOMS:

**Head:** changes in vision (blurriness, black & white vision, complete loss), ringing in ears, sore throat, difficulty swallowing, coughing, hoarse voice, loss of voice, nausea, drooling

**Breathing:** hard to breathe, chest pain, uncomfortable to lie down flat

**Behavioral:** restless, combative, agitated, hallucinations, confused, manic

**Neurological:** amnesia, can't sleep, headaches, anxious, depressed, weakness, loss of strength

Date & Time

Signs

Date & Time	Signs

Date & Time

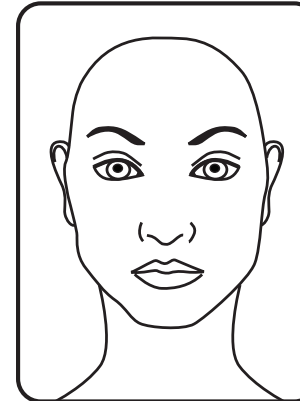
Symptoms

Date & Time	Symptoms

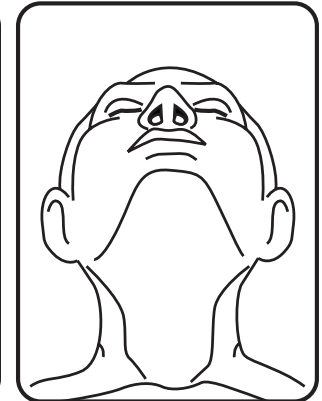
## Diagrams to Mark Visible Injuries

Use a pen or a marker to indicate any visible signs and/or symptoms.

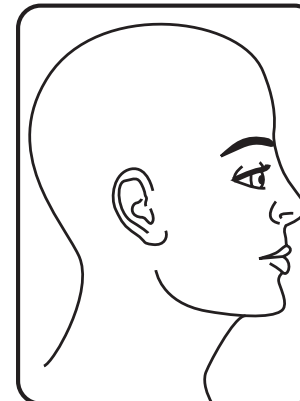
FRONT



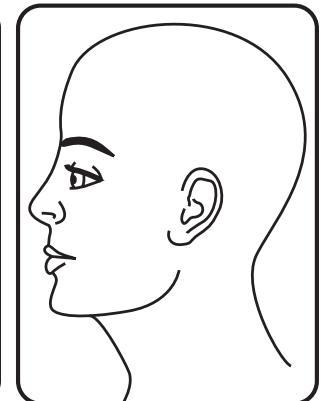
UNDER CHIN



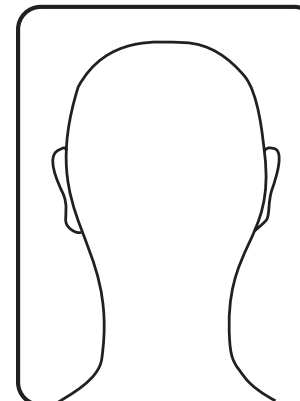
RIGHT SIDE



LEFT SIDE



BACK



INSIDE MOUTH

