

Memory Loss



If you blacked out or lost consciousness, it is common to experience memory loss. This means that you may not even remember that you were choked or strangled.

You might regain consciousness and not know how you got to where you are, or you might remember bits and pieces of the assault. For example, you might remember being in the kitchen but then suddenly wake up in your bed.

This is a normal and common side effect. Not remembering an assault does not mean it didn't happen. If you experience moments of memory loss and you notice any signs or effects of strangulation, **go to an ER or call 911** immediately.

Discharge Instructions

Make sure someone stays with you for the next 24-72 hours.

You may or may not develop complications after you leave today. Please **call 911** or **go to an ER** immediately if you experience any new effects of strangulation.

You may notice some pain or bruising in your neck or head area. Place a bag of ice on the sore area for 20 minutes, 4 times per day, for the first 2 days. Take photos of any new bruises or injuries that show up.

After you see your doctor, keep a log of any symptoms or injuries that develop. **Make a follow-up appointment with your doctor or healthcare provider in 1-2 weeks.**



Metro Office of Family Safety

If you are worried about your safety or are sometimes afraid of your partner or loved one, there is help available. To speak to an advocate, reach out to either of our offices. All of your information will be kept **confidential** and **all services are free.**

Family Safety Center

walk-ins and appointments

610 Murfreesboro Pike

Nashville, TN 37210

(615) 880-1100

M - F, 9:00 am - 6:00 pm

Order of Protection assistance 24/7

Jean Crowe Advocacy Center

courthouse location

100 James Robertson Pkwy., Suite 114

Nashville, TN 37201

(615) 862-4767

M - F, 7:45 am - 4:00 pm

We can help file Orders of Protection, create a safety plan, assess your level of risk, connect you with resources such as shelter and counseling, and provide a safe place for you to wait for your court hearing.

Your experience with abuse is unique to you, and your path to safety and healing will be as well. We will listen to you, believe you, and explain the resources that are available. **You choose whether to involve law enforcement or not.**

If you are in Nashville, you can also call the YWCA's 24-hour hotline:
1-800-334-4628

If you are outside of Nashville, you can call the 24-hour National Domestic Violence Hotline at:
1-800-799-7233



Information about strangulation (choking)

No one deserves to be hurt.

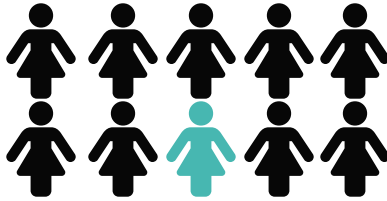
This project is funded under an agreement with the State of Tennessee. This project was supported by Grant No. 2015-WE-AX-0020 awarded by the Office on Violence Against Women, US Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

You are not alone.



1 in 4 women will experience violence from their partner or loved one at some point in their life.*

Of those, 1 in 10 will experience choking or strangulation by their partner or loved one.*



Strangulation is a severe and dangerous form of abuse.

You could lose consciousness and black out within

5-10 seconds

You could lose control of your bladder and involuntarily urinate after

15 seconds

You could lose control of your bowels and involuntarily defecate after

30 seconds

You could lose your life within

1-3 minutes

Strangulation isn't the only way to cause this level of harm. **Any kind of obstruction to your breathing is dangerous.** This can include pinning you against the wall by your neck, sitting on your chest, putting you in a headlock or chokehold, holding you underwater, or covering your mouth and nose.

Effects of Strangulation

Use this checklist to keep track of any side effects you have.

- small red/purple dots on your face, scalp, eyes, ears, or nose (this is called *petechiae*)
- bumps on your head, skull fracture, or concussion
- scratch marks, fingernail marks, linear (ligature) marks, or bruising on your face, neck, chest, shoulders, or under your chin (sometimes these can be self-inflicted)
- bloodshot eyes
- bleeding from your ears or nose
- bruising, cuts, or abrasions in or on your mouth or lips
- swollen lips or swollen tongue
- a cough that won't go away
- coughing up blood
- losing consciousness or passing out
- changes in your voice
- difficulty speaking, swallowing, or breathing
- a lump in your throat
- muscle spasms in your neck or throat
- swelling in your neck, throat, or tongue
- increasing neck pain
- weakness on one side of your body
- numbness or tingling
- drooping eyelid
- difficulty understanding speech
- difficulty walking
- a headache that doesn't go away with pain medication
- dizziness or lightheadedness
- changes in your vision
- burst blood vessels in your eye
- seizures
- memory loss or confusion
- vomiting



Visible injuries only show up in **HALF** of all cases, and you can have deadly complications days or even weeks afterward. It is important that you see your doctor even if you feel fine.

Use this diagram to mark and keep track of any visible signs or symptoms that show up.

