# Escort warns of the dangers of choking during sex amid rising trend



Katija Cortez, a 29-year-old escort from Sydney, Australia, has issued a strong warning about a rising and potentially deadly bedroom trend involving choking during sex. Cortez, who encountered the practice as a teenager, describes the act as “scary” and cautions couples against attempting it due to its significant health risks, including the possibility of lethal brain damage.

According to Cortez, there has been a noticeable increase in clients requesting choking during intimate encounters, a trend she attributes largely to the influence of pornography. “When I was younger, a lot of guys had started doing it, which I think definitely came from seeing it in porn. Choking during porn is very, very common,” she told news.com.au, underscoring the role of explicit media in normalising the behaviour.

Cortez emphasised the importance of communication between partners beforehand. She explained that porn performers are trained professionals who work in controlled environments where boundaries and safety measures are clearly established. “Even porn actors discuss dos and don'ts before a scene,” she said, adding that choking “needs to be understood... it can be scary and should not be done without asking.”

The practice of choking, which falls within the realm of submissive play, involves applying pressure to the neck and restricting blood flow to the brain. Professor Heather Douglas of Melbourne Law School highlighted the dangers, explaining that “only a small amount of pressure can cause serious harm, and potentially death.” She noted that repeated strangulation increases the risk of brain injury, often without the individual realising the extent of the damage.

Research corroborates the physical risks. A recent poll found that 35 per cent of 16-34 year-olds admitted to having been choked or strangled at least once during consensual sex. Half of those who engaged in the act reported experiencing visible injuries on their necks. Furthermore, studies led by Dr Debbie Herbinick, a sexual and reproductive health expert, revealed that women who had been choked four times within a 30-day period exhibited changes in brain structures that negatively impacted their memory.

The dangers of choking during sex extend beyond immediate physical harm. Restricting oxygen and blood flow to the brain can cause the brain to cease functioning properly within seconds. Prolonged oxygen deprivation—lasting as little as five minutes—can result in necrosis, or brain tissue death, leading to long-term brain damage. Research indicates that even just 10 seconds of choking can cause fainting.

Cortez’s warning draws attention to a bedroom practice increasingly popular among young couples, influenced in part by media portrayals but fraught with risks that are often underestimated or unknown to those engaging in it. The Daily Mail is reporting on the rise of this trend alongside expert insights and research findings that highlight the potential severity of its consequences.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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