



Physical Consequences of Abuse

Violence and abuse can have a long-term impact on your mental and physical health and wellbeing. The health impacts of domestic violence and abuse vary and may be short or long term.

Physical consequences of abuse can include:

- Bruises
- Cuts
- Broken bones,
- Internal injuries to organs and other parts inside of your body (which require x-rays or other scans)
- Vaginal bleeding or pelvic pain
- Decreased sexual desire
- Unwanted pregnancy
- Sexually transmitted infections (STIs)
- Trouble sleeping or nightmares

In the long term, physical consequences of abuse can include:

- Arthritis
- Asthma
- Chronic pain, such as back pain
- Hypertension, chest pains
- Digestive problems, such as stomach ulcers
- Heart problems
- Gastrointestinal problems
- Irritable bowel syndrome
- Eating disorders
- Nightmares and problems sleeping
- Migraine headaches
- Sexual problems, such as pain during sex
- Stress
- Problems with the immune system