

# STROKE IDENTIFICATION

If everyone can remember something this simple,  
we could save some folks. Seriously..

**STROKE:** *Remember the 1st Three Letters....* **S. T. R.**

## STROKE IDENTIFICATION:

During a BBQ, a friend stumbled and took a little fall, she assured everyone that she was fine (they offered to call paramedics) .....she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening.

Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm Ingrid passed away.) She had suffered a stroke at the BBQ.

Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die, they end up in a helpless, hopeless condition instead.

*It only takes a minute to read this...*

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke... totally . He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

## RECOGNIZING A STROKE

Thank God for the sense to remember the

"3" steps, **STR** . Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke .

Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S** \* Ask the individual to **SMILE**.

**T** \* Ask the person to **TALK and SPEAK A SIMPLE SENTENCE**  
(Coherently, i.e., **It is sunny out today**)

**R** \* Ask him or her to **RAISE BOTH ARMS** .

If he or she has trouble with ANY ONE of these tasks, call **999** OR **911** immediately and describe the symptoms to the dispatcher.

*New Sign of a Stroke* ----- **Stick out Your Tongue**

**NOTE:** Another '*sign*' of a stroke is this:

**Ask the person to 'stick' out his tongue..**

If the tongue is 'crooked',  
if it goes to one side or the other,  
that is also an indication of a stroke.

*A cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet that at least one life will be saved.*



**Each One! Bless One!**

LOVE

rises!

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