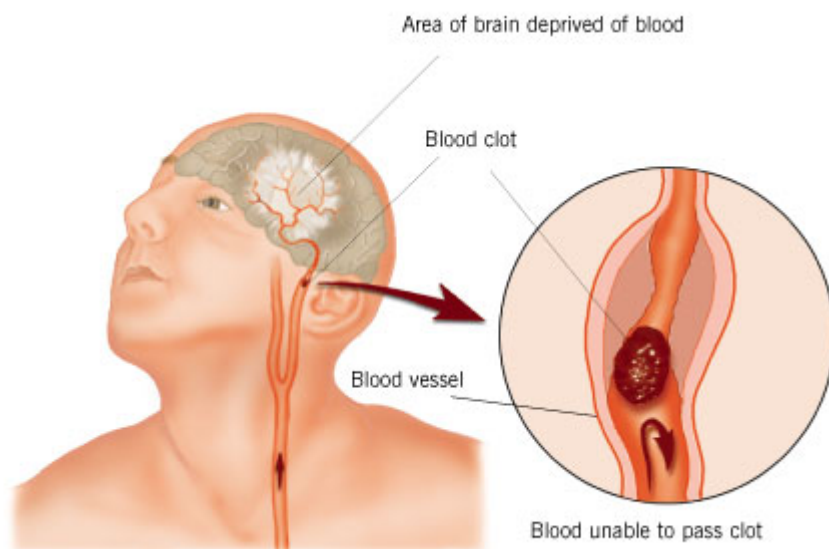


Remembering something this simple could save a life.

## **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) and 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 6:00pm, 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.*

### RECOGNISING 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** to **SPEAK A SIMPLE SENTENCE** (Coherently)  
(i.e. . . It is sunny out today).

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

**NOTE:** Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke. If he or she has trouble with ANY ONE of these tasks, call **000 immediately!!** and describe the symptoms to the dispatcher.

**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.**