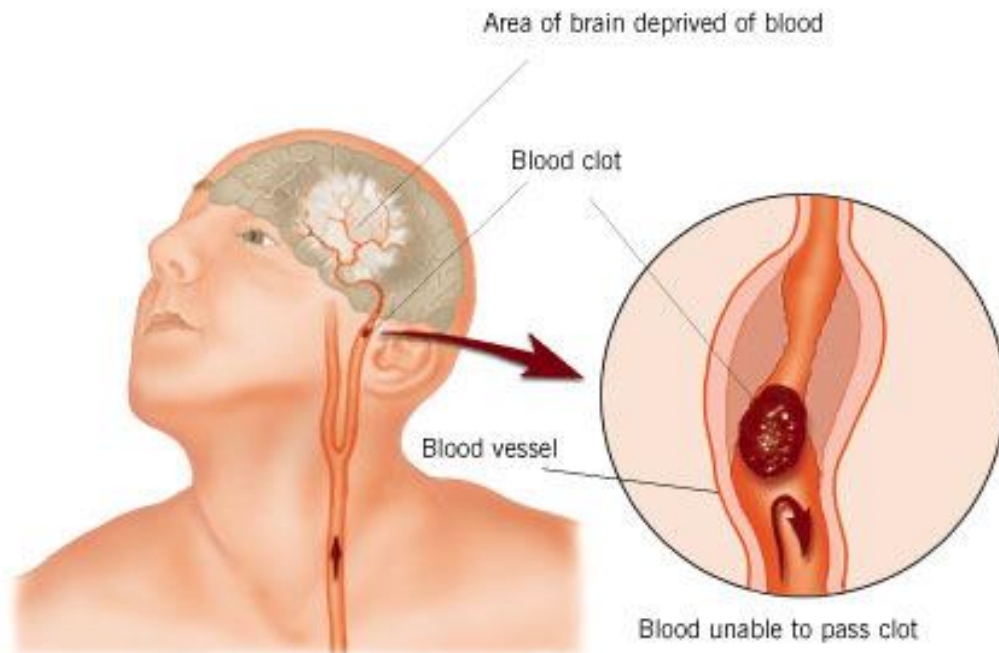


Subject: HOW TO RECOGNISE A STROKE

STROKE: Remember the 1st Three Steps



STROKE IDENTIFICATION:

During a BBQ, a friend stumbled and took a little fall. They offered to call paramedics, but she assured everyone that she was fine 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 the next day 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 people 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**, to **SPEAK A SIMPLE SENTENCE**

(Coherently- e.g.: It is sunny 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 for an ambulance immediately and describe the symptoms to the dispatcher.