

# INFORMATION EVERYONE SHOULD KNOW

## Recognising a stroke victim

Blood Clots / Stroke - They Now Have a Fourth Indicator, the Tongue

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

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

Please read:

### 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 goodness 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) (e.g. 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 emergency number **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 message sends it to 10 people; you can bet that at least one life will be saved.