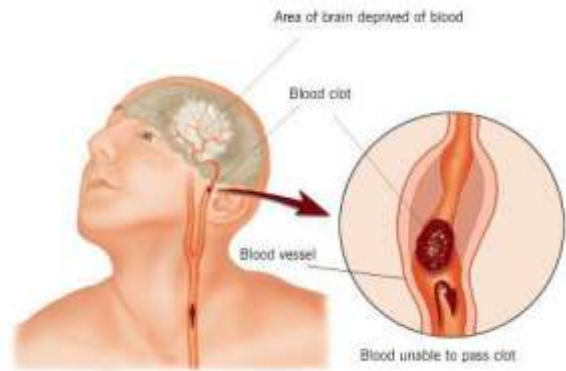


STROKE: Remember
The 1st Three Letter! s... S.T.R.



STROKE IDENTIFICATION:

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 and warm out today)

R * Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with
ANY ONE of these tasks,
call 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.