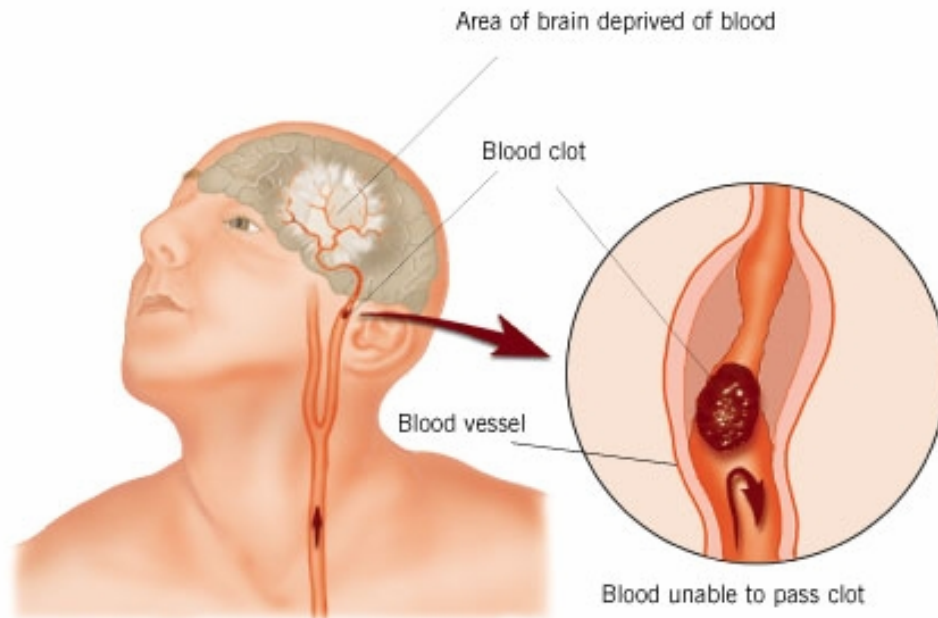


# You could save a life.



**STROKE:** Remember The 1st Three Letters...

## S.T.R.

*My friend sent this to me and encouraged me to post it and spread the word. I agree. If everyone can remember something this simple, we could save some folks.*

### **STROKE IDENTIFICATION:**

*During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine and just tripped over a brick because of her new shoes. (They offered to call ambulance)*

*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...

## **STROKE IDENTIFICATION:**

*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**

*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** \* = **TALK**. Ask the person to SPEAK A SIMPLE **SENTENCE** (Coherently) (eg "*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 immediately!!** and describe the symptoms to the dispatcher.

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

1. Ask the person to 'stick' out their tongue.
2. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

A prominent 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.

....and it could be your own.....



**PASS THIS  
ON....**