

# 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 party, 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 party . 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 the ambulance 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..