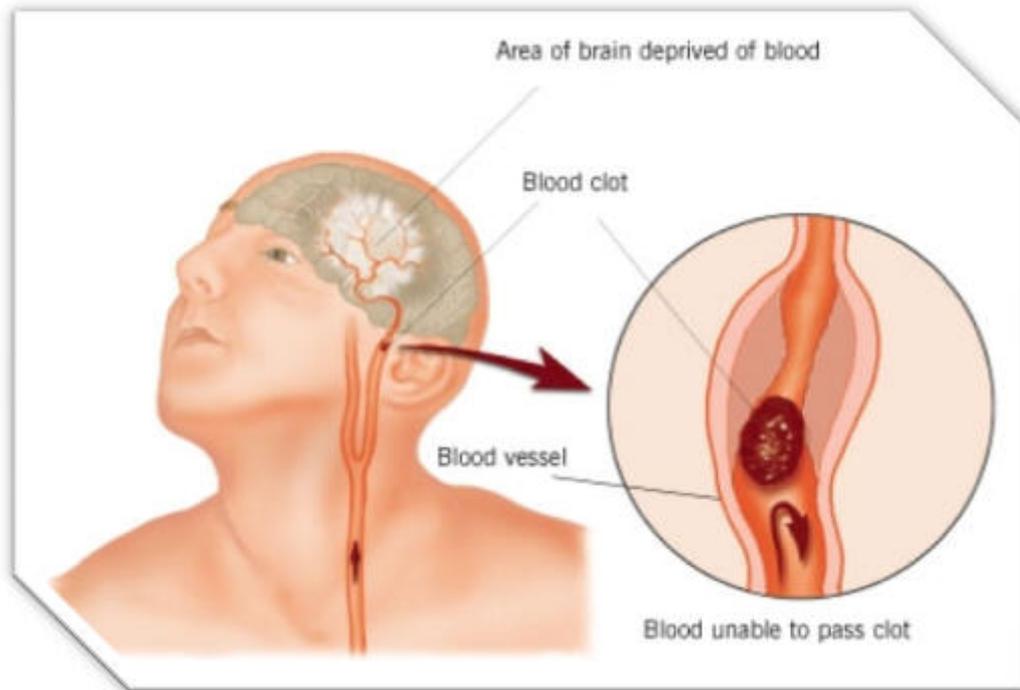


You Could Save a Life



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.

The Story:

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 6:00 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 . . .

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, **S. T. R.** 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. = Smile

Ask the individual to **SMILE**.

T. = Talk

Ask the person to **SPEAK A SIMPLE SENTENCE** (Coherently) (e.g. "*It is sunny out today*").

R. = Raise

Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with ANY ONE of these tasks, call one of the emergency numbers IMMEDIATELY and describe the symptoms to the dispatcher.

ALSO 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 ...