

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. Chicken Soup)

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!

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

A 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.

I have done my part. Will you?

Submitted by AGCS John "Stroade" Shay Sr., USN RET

[Recently a local 66 year old man, showing signs of a stroke, was delayed in getting to the hospital. He is still alive, but now can't speak or move...Editor]