

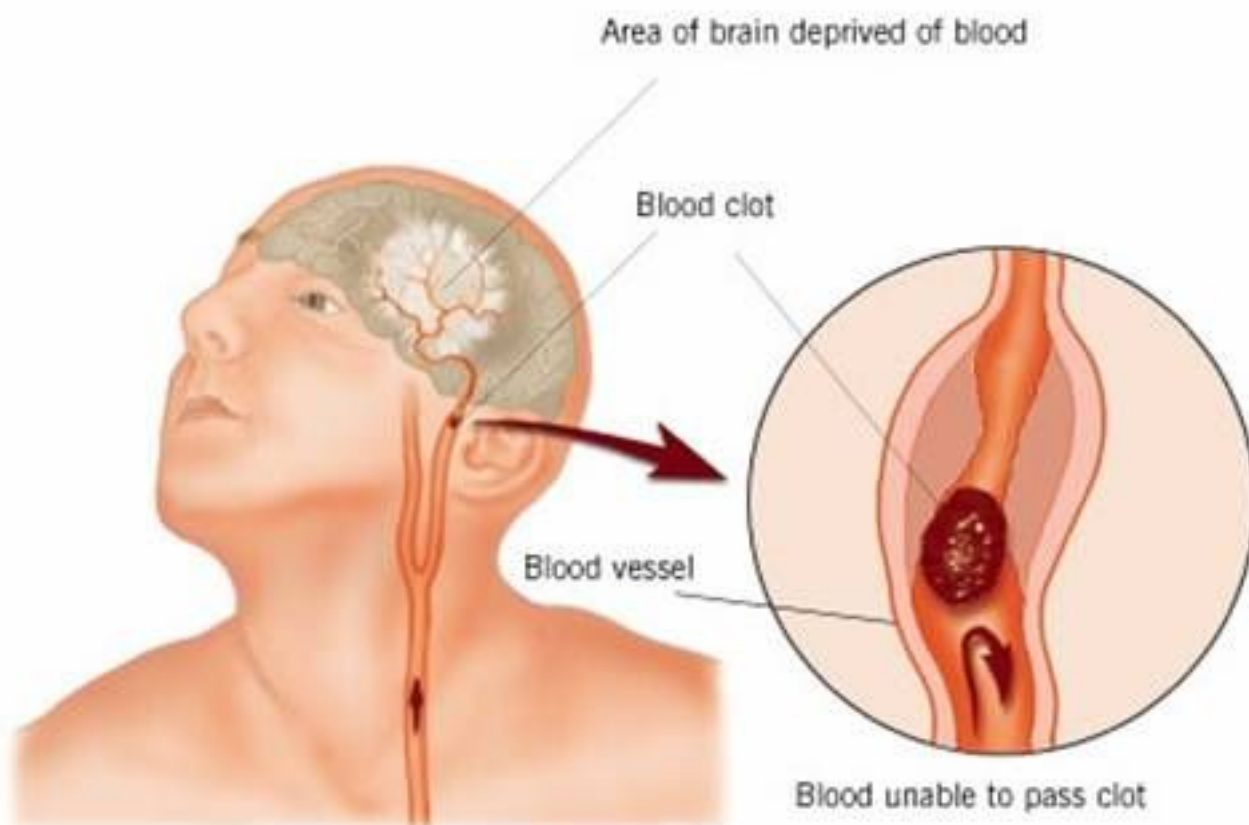
# STROKE Symptoms and Signs - How to recognize Stroke?

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**STROKE:** Remember the 1st Three Letters "S, T and 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 and 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.

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, and R".

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 BOTH ARMS) - Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call medical helpline immediately and describe the symptoms to the dispatcher.

**Note:** Another **signs of a stroke** are

- Ask the person to 'stick' out their tongue.
- 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 reads this article sends it to 10 people; you can bet that at least one life will be saved and it could be your own.