

## Stroke identification

A friend sent this to us with an encouragement to share it and spread the word.

A friend stumbled and fell during a backyard barbecue, but she got up and reassured everyone that she was fine when they wanted to call the paramedics. It was just her new shoes that caught on something and tripped her up.

With a little help she got cleaned up and got her a new plate of food. She did appear a bit shaken, but everyone continued to enjoy the rest of the afternoon.

It was almost sundown when my friend's husband called to say his wife had been taken to hospital where she passed away. She had suffered a stroke at the barbecue and no one recognized the signs. Some stroke victims don't die, they end up hopelessly helpless, and can live for a long time.

The point of this story is that everyone should be able to recognize the signs of stroke...please read on.

Neurologists say that if they can get to a stroke victim within three hours they can usually completely reverse the effects of a stroke. However, the trick was having the stroke recognized, diagnosed and then ensuring that the patient gets medical attention within three hours. Often that is very difficult.

### RECOGNIZING A STROKE:

Thank God for the sense to remember the "3" steps.

Read and Learn!

Doctors recommend asking three questions to recognize a stroke:

- S -- \*Ask the individual to SMILE

- T -- \*Ask the person to TALK, to SPEAK A SIMPLE SENTENCE. (Coherently)

For example:

It is sunny out today

- R -- \*Ask the person to RAISE BOTH ARMS.

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue . if the tongue is 'crooked', if it goes to one side or the other, you may be seeing another indication of a stroke .

If the person has trouble with any one of these tasks, call 911 immediately and describe the symptoms to the dispatcher.