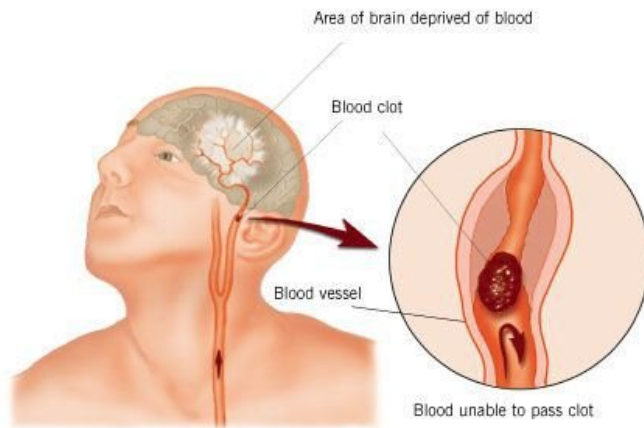


Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue



STROKE: Remember the 1st Three Letters....S.T.R.

STROKE IDENTIFICATION

It only takes a minute to read this...

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 recognised, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

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 recognise the symptoms of a stroke.

Now doctors say a bystander can recognise a stroke by asking three simple questions:

Smile - Ask the individual to SMILE.

Talk - Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)
(i.e. It is sunny out today.)

Raise - 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

Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

If everyone who gets this sends it on; you can bet that at least one life will be saved.