

How to Recognize a Stroke

(and let's hope we never have to....)

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.

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 Ask the individual to **SMILE**

T Ask the person to **TALK & SPEAK A SIMPLE SENTENCE**
(coherently, i.e., It is sunny out today).

R Ask him or her 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, that is also an indication of a stroke.

If he or she has trouble with ANY ONE of these tasks,
call 911 immediately and describe the symptoms to the dispatcher.

Knowing is not enough; we must apply!

GOETHE
