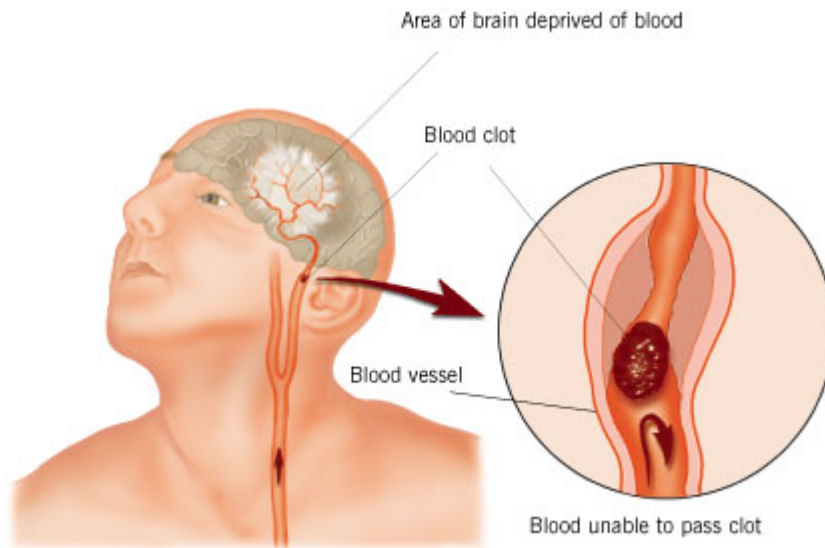


STROKE: Remember The 1st Three Letters... S.T.R.



STROKE IDENTIFICATION:

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, **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** to **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' or 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.*