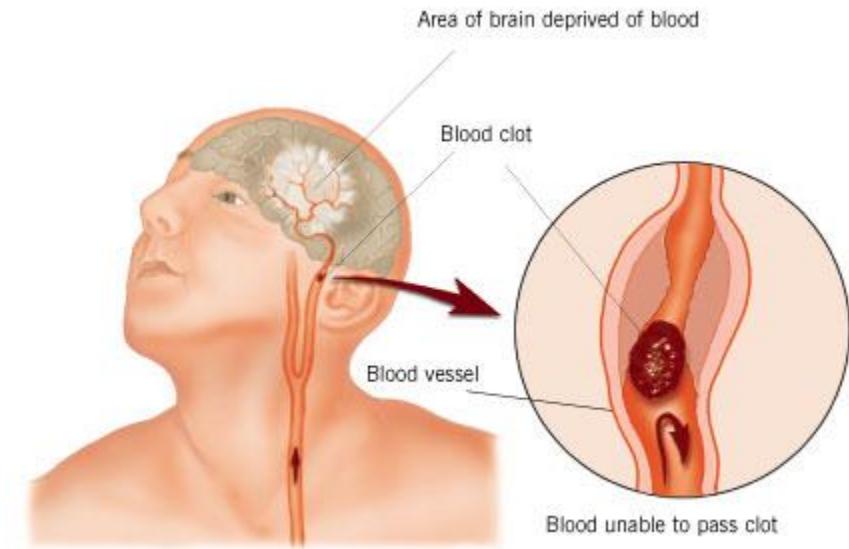


## Public Service Announcement: Stroke Recognition



A friend from my coffee group sent this about recognizing the signs of a stroke and encouraged me to post it and spread the word. I checked it out to make sure it was not another Internet hoax and I'm happy to report it is [valid](#).

If everyone can remember this simple **STR procedure**, lives could be saved.

### **Some background -**

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) .....she said she had just tripped over a brick because of her new shoes.

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 - (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. Some don't die.... they end up in a helpless, hopeless condition instead.

**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 these '3' steps: **STR**. It's the first three letters of the word STRoke.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of situational 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** and SPEAK A SIMPLE SENTENCE (Coherently)  
(i.e. It is sunny out today)

**R** \* Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with ANY ONE of these tasks, call 999/911 immediately and describe the symptoms to the dispatcher.

See References: [American Stroke Foundation, Stroke Awareness.org](http://American Stroke Foundation, Stroke Awareness.org)

## **New Sign of a Stroke —— Stick out Your Tongue**

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.