

PLEASE READ THIS INFORMATION SHEET

STROKE

Remember the first three letters – S,T,R.



Stroke identification;-

During a BBQ, a person stumbled and took a little fall – she assured everyone that she was fine (they offered to call the ambulance) and just tripped over a brick because of her new shoes. They got her settled and replaced her food that was spilled. She went on and enjoyed herself that evening and went home quite happily. Her husband called later that night telling everyone that she had been rushed to the hospital where she had died. The lady had suffered a stroke at the BBQ. Had we known how to identify the signs of a stroke, perhaps she would still be alive. It only takes a minute to read this and by doing so, you could potentially save someone's life or help prevent long term disability.

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 that 3 hours.

Recognising a stroke;-

So on to the 3 steps, S T & R.

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 fail to recognize the symptoms of the stroke. Now doctors say anyone can recognize a stroke by asking 3 simple questions

S - Ask the individual to SMILE

T - Ask the person to TALK, to speak a simple sentence

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 the indication of a stroke. If he or she has any trouble with ANY ONE of the tasks, go to the hospital IMMEDIATELY.