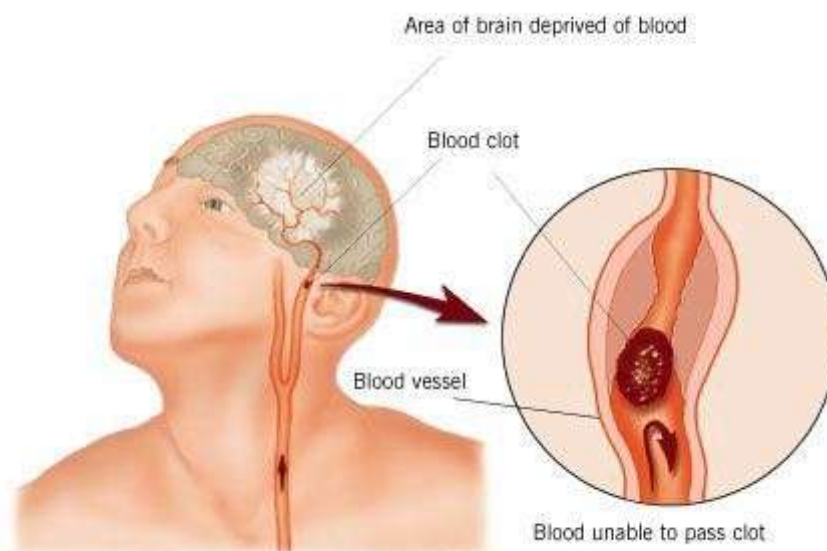


BLOOD CLOTS / STROKE

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



**I will continue to forward this
every time it comes around!**

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

STROKE IDENTIFICATION:

During a BBQ, a woman 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,

Jane went about enjoying herself the rest of the evening
Jane's husband called later telling everyone that

**his wife had been taken to the hospital -
(at 6:00 pm Jane passed away.)**

She had suffered a stroke at the BBQ.

**Had they known how to identify the signs of a stroke,
perhaps Jane would be with us today. Some don't die.**

They end up in a helpless, hopeless condition instead.

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 recognized,
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 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 emergency number immediately

and describe the symptoms to the dispatcher.

**New Sign of a Stroke ----- Stick out Your
Tongue**

NOTE: Another 'sign' of a stroke is this:

Ask the person to 'stick' out his/her tongue...

If the tongue is 'crooked', if it goes to one side or the other,

that is also an indication of a **STROKE!!**

A cardiologist says if everyone who gets this e-mail

sends it to 10 people;

you can bet that at least one life will be saved.