

The SIGNS of a STROKE

INFO Everyone Should Know

Below are some simple things to do that will save peoples lives. Not much to remember here, and the the positive effects of these things are tremendous. Pass this along to all that you know.

STROKE IDENTIFICATION:

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.

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: Remember the first three letters of the word STRoke.

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. 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 tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

A stroke is caused by a blood clot that blocks an artery supplying part of the brain, or by bleeding from a leaking vessel into the brain. It occurs suddenly and can be minor or major, depending on the area and amount of the brain involved. If a stroke involves the brainstem, it may affect the breathing center and cause rapid death. A stroke may be caused by rupture of a cerebral artery aneurysm; when this occurs, the victim may suffer from a form of bleeding known as subarachnoid hemorrhage, in which case the victim typically complains of the "worst headache of my life."

Symptoms include sudden headache without another cause, numbness of the face/arm/or leg, nausea, vomiting, blurred or double vision, weakness or paralysis of the arm(s) and/or leg(s) (particularly if it occurs on one side), difficulty speaking or understanding speech, difficulty walking, dizziness, confusion, loss of balance or coordination, loss of consciousness, coma, seizure, and collapse. If someone has stroke symptoms that last for a few minutes to an hour and then gradually resolve, he has suffered a transient ischemic attack (TIA), which is a warning that he may soon suffer a full-blown stroke.