

## Stroke Identification

### **STROKE: Remember the first three letters...S.T.R.**

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, she went about enjoying herself the rest of the evening.

Her husband called later telling everyone that his wife had been taken to the hospital and at 6:00pm had passed away. She had suffered a stroke at the BBQ. If anyone had known how to identify the signs of a stroke, perhaps she would be with us today. Some don't die. They end up in a helpless, hopeless condition.

Neurologists say that if they can get to stroke victims within 3 hours, they can usually totally reverse the effects of a stroke...totally. The trick was getting a stroke recognized, diagnosed, and then getting the victim medically cared for within 3 hours, which can be difficult.

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. Doctors say a bystander can recognize a stroke by asking three simple questions:

**S** -- Ask the victim to SMILE.

**T** -- Ask the victim to TALK and SPEAK A SIMPLE SENTENCE  
(i.e. It is sunny out today.)

**R** -- Ask the victim to RAISE BOTH ARMS.

If the victim has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

New sign of a stroke --- Stick Out Your Tongue. Another sign of a stroke is this: Ask the victim to stick out their tongue. If the tongue is crooked or if it rolls to either side, this is also an indication of a stroke.

In summary, remember the three steps by remembering the first three letters: **S.T.R.**