Stroke Has a New Indicator
They say if you email this to ten people, you stand a chance of saving one life. Will you send this along?

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 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.