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New Sign of a Stroke

New Sign of a Stroke -- stick out Your Tongue. Ask the person to stick out their tongue. If the tongue is crooked or goes to one side or the other, that is an indication of a stroke. There are other indications, read on and learn....

During a BBQ, a friend stumbled and took a little fall. They offered to call paramedics, but she assured everyone that she was fine. 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. Neurologists believe that if they can get to a stroke victim within three hours they can totally reverse the effects of a

stroke. Totally! The trick is getting a stroke recognized, diagnosed, and then getting the patient medically cared for within three hours, which is tough!

REMEMBER THE FIRST THREE LETTERS: 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 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 them to RAISE BOTH ARMS.

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

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