

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. This will greatly improve the chances of recovery for the person.

I just spoke to a woman the other day and she said the symptoms of her stroke were she couldn't put her clothes on correctly. She would put her right arm in the left sleeve, trouble with pants at first, etc. I thank her for this information. Something you might brush off at first could be very dangerous.

If you find someone acting a bit off, pay attention, you may be witnessing a stroke. Don't be afraid to say something to the person. Many times they have no idea they aren't acting correctly. Call 911. The sooner the care, the better the chances of a complete recovery. I wish I had more info when this happened in my family. I hope this will help if anyone runs into this shocking situation.