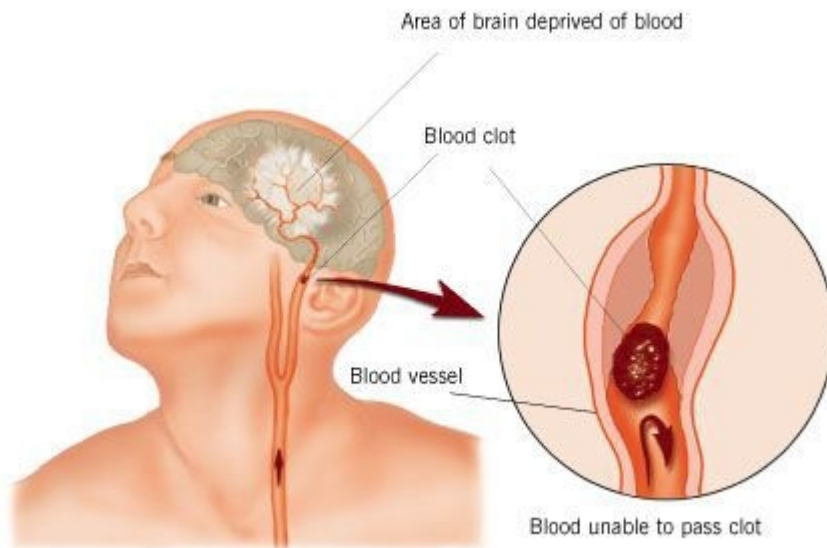


**Blood Clots/Stroke - They now have a fourth indicator, the tongue.**



**STROKE:** Remember the 1st Three Letters....  
S. T. R.

### STROKE IDENTIFICATION:

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

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.

**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.