

Blood Clots/Stroke - Tongue Indicator Technique

I will continue to forward this every time it comes around! My nurse friend sent this and encouraged me to post it and spread the word. I agree. If everyone can remember something this simple, we could save some folks. Seriously. Please read:

Stroke Identification:

During a BBQ, a friend 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, 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... 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, S T R. 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.

Stroke: Remember the 1st Three Letters...S. T. R.

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 & 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.