

NEW SIGN OF A STROKE----
STICK OUT YOUR TONGUE!

A neurologist says that if he can get to a stroke victim within **3 hours** he can totally reverse the effects of a stroke....The trick is to get a stroke recognized and to medical care within 3 hours.

Sometimes stroke symptoms are difficult to identify. 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 3 simple questions.

RECOGNIZING A STROKE

Just remember the 3 steps: **STR.**

- S** Ask the person to **SMILE.**
- T** Ask the person to **TALK** and **SAY** a simple sentence coherently – such as "it is sunny out today."
- R** Ask the person to **RAISE BOTH ARMS.**

If the person has trouble doing even **ONE** of these things, **call 911 immediately** and describe the symptoms to the dispatcher.

**AND NOW THERE IS A NEW SIGN OF A STROKE—
STICK OUT YOUR TONGUE!**

Another sign of a stroke is this" **Ask the person to stick out his/her tongue.** If the tongue is crooked, if it goes to one side or the other, that is also an indication of a stroke.

Pass this word on to at least 10 other people. A cardiologist says that if you pass this on to 10 people, at least one life will be saved. Do your part and spread the word!

QUIZ FOR "SIGNS OF A STROKE"

What are the 4 simple things you can ask someone to do if you think they might be having a stroke?

1. _____
2. _____
3. _____
4. _____

How many hours does someone have to get to medical care so the effects of a stroke can be reversed? _____ hours.

STR has been used as a simple memory tool to help us remember what to ask the possible stroke victim. Now we can add a "T" for Tongue. Think of a memory trigger you can use to include the additional "T". One idea is to remember "**STR**" as in "stutter," which might help you think of the confused speech some stroke victims have. (If you can think of a better memory tool, let me know - I'll spread the word so we all can remember what to do if we come across someone who seems to be having a stroke!)

Write down the first names of 10 people you know whom you will tell about **STR**:

By telling them, it is highly likely that you will save someone's life — or at least prevent someone from being paralyzed on one side, or from not being able to talk the rest of his/her life. Awesome!!

Your name _____ Date _____