

June is Stroke Month

▶ It only takes a minute to read this...



HEART AND STROKE FOUNDATION OF ONTARIO

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) and 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. Shoen don't die. They end up in a helpless, hopeless condition instead.

Recognizing a Stroke:

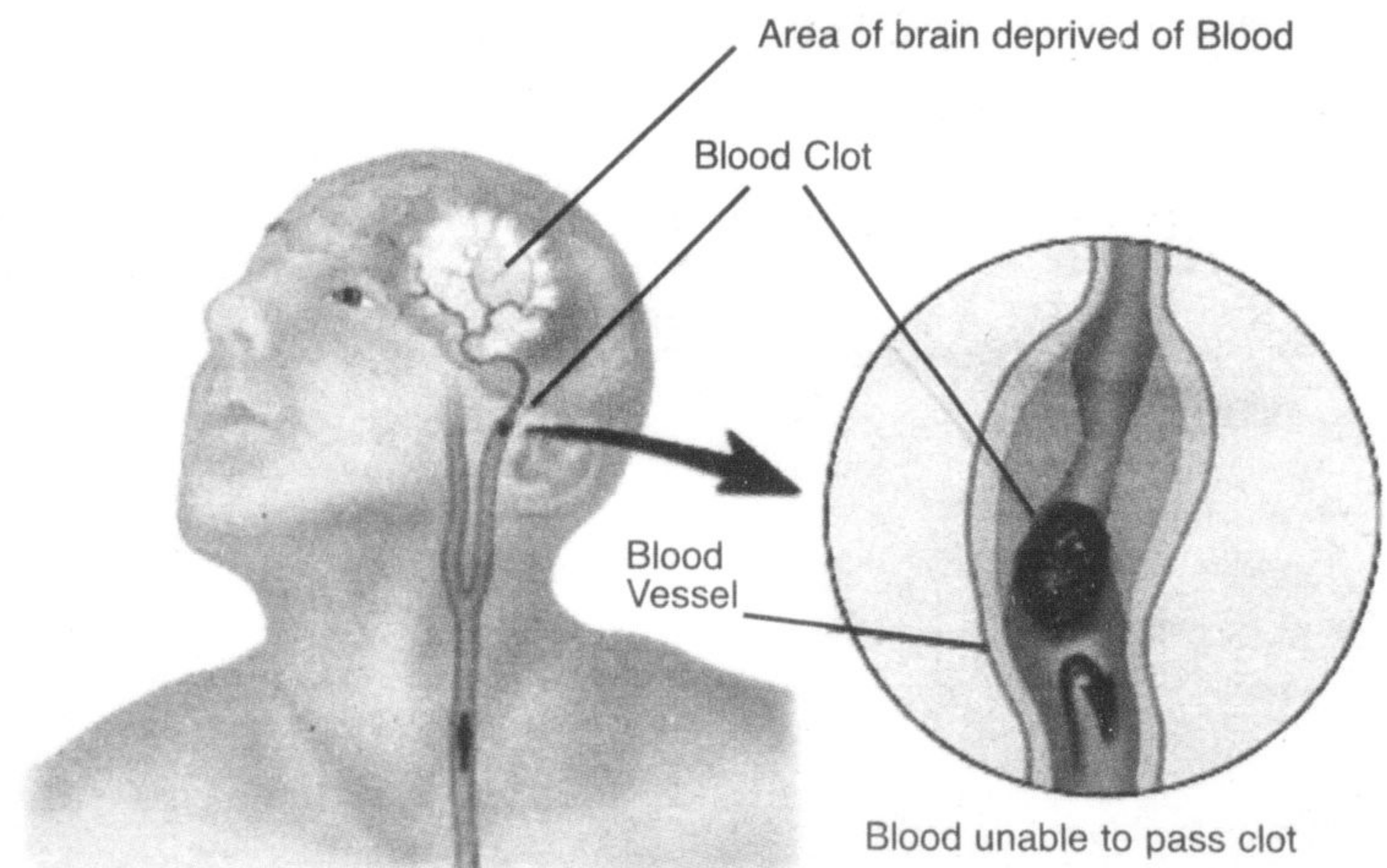
Some symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

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** to **SPEAK A SIMPLE SENTENCE**
Coherently, i.e. 'It is sunny out today'
- R** - Ask him or her to **RAISE BOTH ARMS**

Note: Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke. If he or she has trouble with ANY ONE of these tasks, call 911 immediately!! and describe the symptoms to the dispatcher.

STROKE: Remember the 1st 3 Letters: S.T.R.
A neurologist says that if he can get a stroke victim within 3 hours he can totally reverse the effects.



This message has been brought to you by these community minded people & the Milton Canadian Champion

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