

# Recognizing a Stroke Can Save a Life

A neurologist says that if he can get to a stroke victim within three hours he can totally reverse the effects of a stroke – totally. He said the trick was getting a stroke recognized, diagnosed and getting to the patient within three hours, which is tough.

## Recognizing a Stroke

A patient named Suzie is recouping at an incredible pace for someone with a massive stroke all because her friend Sherry saw Suzie stumble - that is the key that isn't mentioned below - and then she asked Susie three important questions.

## So Simple

This literally saved Suzie's life. Some angel sent it to Suzie's friend and they did just what it said to do. Suzie failed all three so 911 was called.

Even though she had a normal blood

pressure readings, and it did not appear to be a stroke as she could converse to some extent with the paramedics, they took her to the hospital right away. Thank God for

*"Now doctors say a bystander can recognize a stroke by asking three simple questions."*

the sense to remember the three steps!

## Read and Learn!

Sometimes symptoms of these strokes are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer 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:

- 1) Ask the individual to **SMILE**.
- 2) Ask him or her to **RAISE BOTH ARMS**.
- 3) Ask the person to **SPEAK A SIMPLE SENTENCE** (coherently) (i.e. 'It is sunny out today').

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February.

Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.



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