

RECOGNIZING A STROKE

Now doctors say a bystander can recognize a stroke by asking three simple questions:

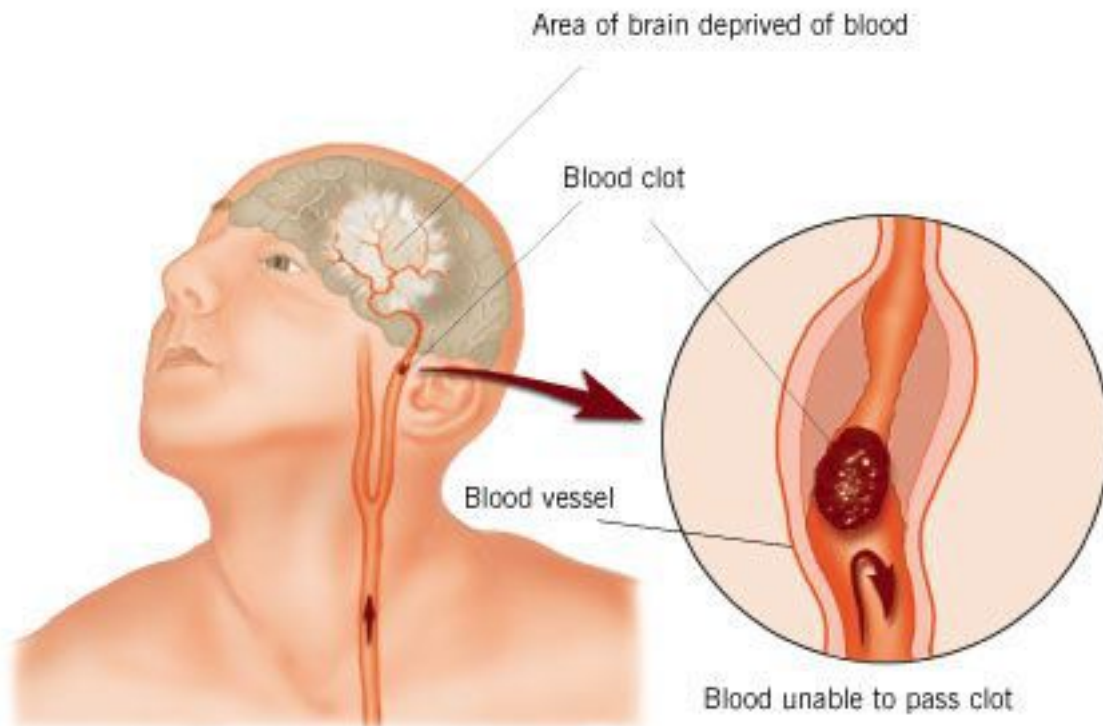
S *Ask the individual to **SMILE**.

T *Ask the person to **TALK** and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today)

R *Ask him or her to **RAISE BOTH ARMS**.

New Sign of a Stroke — **Stick out Your Tongue**

NOTE: 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.



The American Stroke Association wants you to learn the warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Be prepared for an emergency.

- Keep a list of emergency rescue service numbers next to the telephone and in your pocket, wallet or purse.
- Find out which area hospitals are primary stroke centers that have 24-hour emergency stroke care.
- Know (in advance) which hospital or medical facility is nearest your home or office.

Take action in an emergency.

- Not all the warning signs occur in every stroke. Don't ignore signs of stroke, even if they go away!
- Check the time. When did the first warning sign or symptom start? You'll be asked this important question later.
- If you have one or more stroke symptoms that last more than a few minutes, don't delay! Immediately call 9-1-1 or the emergency medical service (EMS) number so an ambulance (ideally with advanced life support) can quickly be sent for you.
- If you're with someone who may be having stroke symptoms, immediately call 9-1-1 or the EMS. Expect the person to protest — denial is common. Don't take "no" for an answer. Insist on taking prompt action.