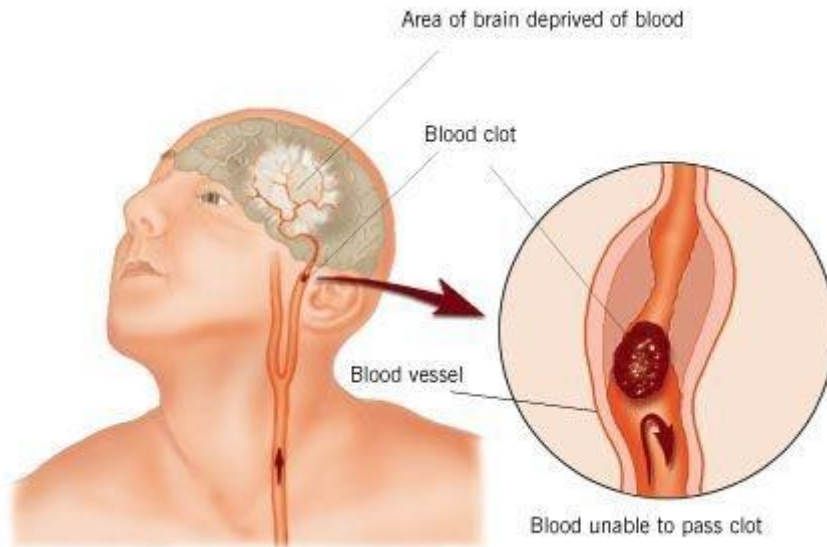


INFORMATION EVERYONE SHOULD KNOW.....

Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue



RECOGNIZING A S TROKE

Remember the '3' steps, STR . 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.**

Four letters...S.T.R.O.

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.

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
O*UT 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
reads this and tells or shows it to ten
people, you can bet that at least one life
will be saved!!!!!!!!!!!!*