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# Stroke

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**Remember the 1<sup>st</sup> three  
letters – S.T.R.**

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# Stroke Identification

During a BBQ, a woman stumbled and took a little fall – she assured everyone that she was fine (they even offered to call the paramedics)...she said she had just tripped over a brick because of her new shoes.

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They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, the woman went about enjoying herself for the rest of the evening.

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Later that evening the woman's husband called informing everyone that his wife had been taken to the hospital. (The woman passed away at 6:00 p.m.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps the woman would be with us today. Some don't die...they end up in a helpless, hopeless condition instead.

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# The 3 Hour Window of Opportunity

Neurologists report that if there is medical intervention within 3 hours the effects of a stroke can be **totally** reversed. The trick is to recognize the stroke, diagnose and get the patient medically cared for within 3 hours.

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# Three Steps to Remember in Recognizing a Stroke - STR

Sometimes the 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.

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# Ask 3 Simple Questions

**S** \* Ask the individual to **Smile**

**T** \* Ask the person to **Talk** and Speak a Simple Sentence (Coherently)

**R** \* Ask him or her to **Raise** Both Arms

If the person has trouble with any one of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

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# New Sign of Stroke – Stick out your tongue

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.

Also, be aware: Some television programs and video games have been known to cause stroke.

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## Slideshow presented by the Oconto County Commission on Aging, Inc.

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