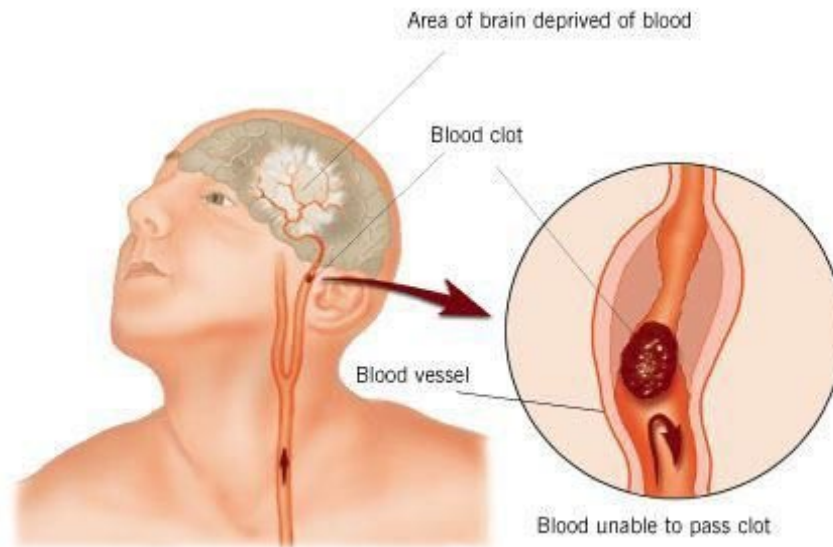


KASRA Members, this has been around before but it is worth repeating. Please share it with retirees who do not use email and others as well.

SIGNS OF A STROKE

STROKE: Remember The 1st Three Letters....S.T.R.



If everyone can remember these simple signs, perhaps we could save some folks.

STROKE IDENTIFICATION:

A neurologist says that if he can get to a stroke victim within 3 hours he can usually reverse the effects of a stroke. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is difficult.

RECOGNIZING A STROKE:

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.

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

S Ask the individual to SMILE.

T Ask the individual to TALK and SPEAK A SIMPLE SENTENCE (Coherently, e.g. It is sunny out today)

R Ask the individual to RAISE BOTH ARMS.

If the individual has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

MORE SIGNS OF A STROKE:

The National Institute of Neurological Disorders and Stroke notes these major signs of stroke:

- Sudden numbness or weakness of the face, arms or legs
- Sudden confusion or trouble speaking or understanding others
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause

If you think someone is having a stroke, you should call 911 immediately. It is better to be safe than sorry!

Submitted by Evo Alexandre