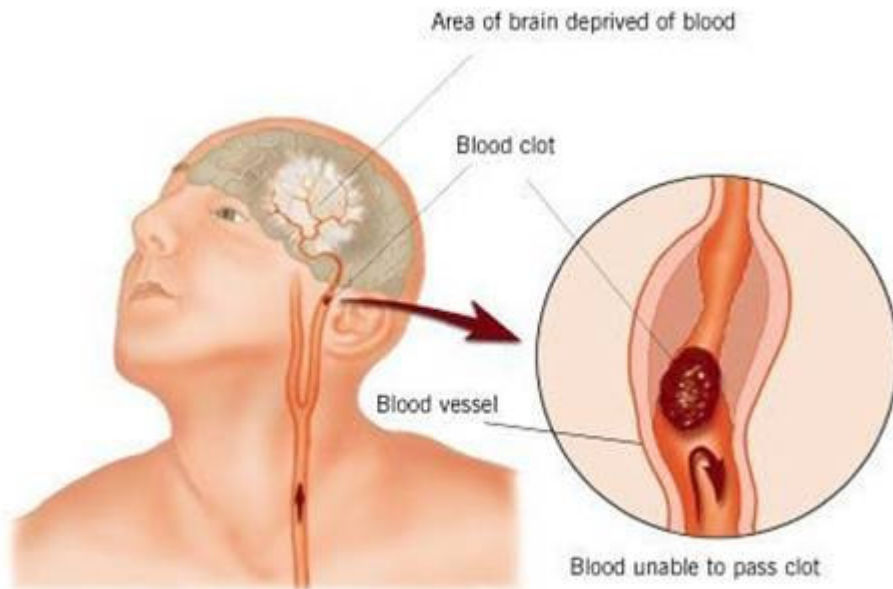


**Don Woodward**

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**From:** Deborah Hailston [dhailsto@mvnhealth.com]  
**Sent:** Monday, July 09, 2007 2:04 PM  
**To:** Ashley O'Brien; Katherine Mccann; Laura Graham; Mark Butler; Nicole Kneedham; Sandra Pizur; Veronica Alesandro  
**Subject:** Signs of a Stroke

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



### RECOGNIZING A STROKE

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 person to TALK to SPEAK A SIMPLE SENTENCE(Coherently) (i.e. It is sunny out today)

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

**NOTE: Another 'sign' of a stroke is this: 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. If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.**

**A cardiologist says if everyone who gets this e-mail sends it to**

**10 people; you can bet that at least one life will be saved.**