

Share the Care Network

www.SharetheCareNetwork.com



Face
Does the face look uneven?
Ask them to smile.

Arm
Does one arm drift down?
Ask them to raise both arms.

Speech
Does their speech sound strange?
Ask them to repeat a phrase.

Time
Every second brain cells die. Call 9-1-1 at any sign of stroke!

FAST
Face
Arms
Speech
Time

**Is it a stroke?
Check these signs FAST!**

Call 9-1-1 at any sign of stroke.

It only takes a minute to read this...

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

RECOGNIZING A STROKE

Thank God for the sense to 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 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 999/911 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out 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 gets this e-mail sends it to 10 people; you can bet that at least one life will be saved.

IF YOU NEED EMERGENCY MEDICAL ATTENTION, CALL YOUR PHYSICIAN OR 9-1-1 IMMEDIATELY.

Share the Care Network can help you if you need assistance in facilitating any of these things.

California: 323-280-3586 Florida: 941-544-9751

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