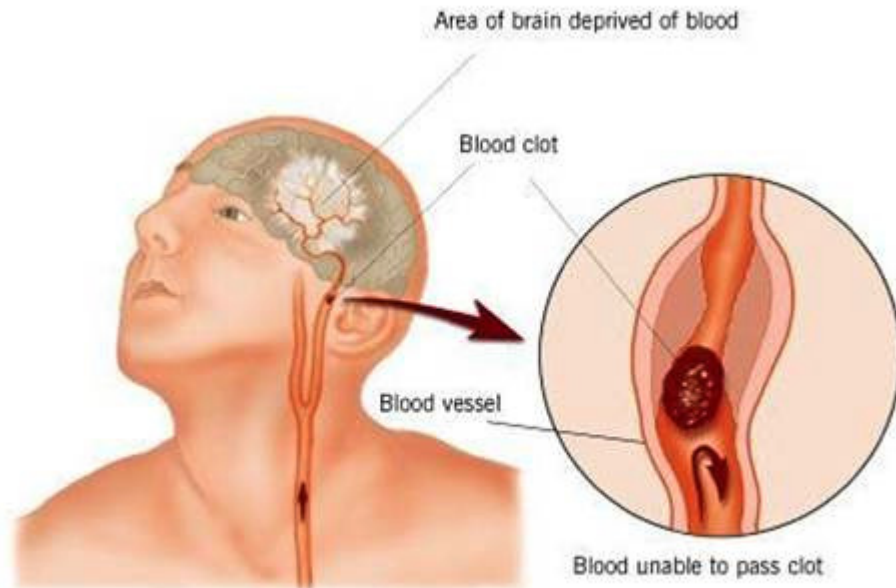


STROKE: Remember the 1st Three Letters...S.T.R.



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.

New Sign of a Stroke: Stick out Your Tongue.

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.