

# Is It a Stroke?

verified true through [Urban Legends](#) — Holly Deyo

Remembering three simple tests could be a life saver !!

Is It a Stroke?

This was published in a monthly newsletter where a friend of mine lives and he sent it on. I had never heard this advice before and hadn't a clue. Perhaps you hadn't either and would like to file it away in the back of your head.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say any bystander can recognize a stroke asking three simple questions:

- ask the individual to smile.
- ask him or her to raise both arms.
- ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of nonmedical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions.

They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage."

<http://www.newswithviews.com/Burns/albert19.htm>