

## Stroke Identification and “ICE” Number

*“During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) and just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid’s husband called later telling everyone that his wife had been taken to the hospital - (at 6:00pm, Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don’t die. They end up in a helpless, hopeless condition instead.”*

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

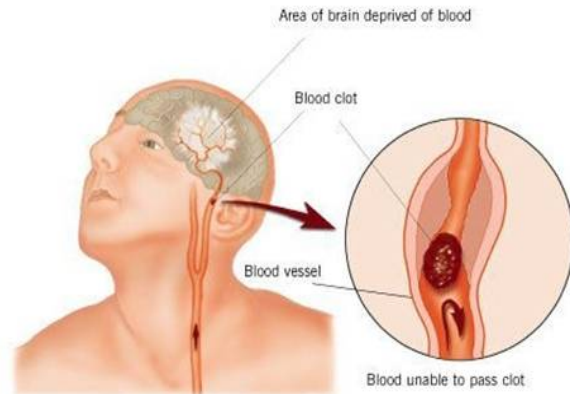
symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S\*** Ask the individual to **SMILE**.

**T\*** Ask the person to **TALK 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.



## In Case of Emergency!

There is a movement to get everyone to make an “ICE” entry in their cell phone directories. This stands for “In Case of Emergency” and emergency personnel are now instructed to look for it. It should contain the telephone number of a person who is reachable and will know the details of your medical history. New cell phones now come with this entry already created although it needs to be filled in with the right number.