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## Guide to recognising a stroke

Stitchlinks member, Sally sent this information to us – it's important, simple and could save a life!

The earlier a stroke victim sees a doctor the better, but sometimes the symptoms are vague.

If someone you know starts behaving strangely or takes an unexplained stumble ask them to do these three things:

1. SMILE.
2. RAISE BOTH ARMS.
3. SAY A SIMPLE SENTENCE coherently (eg. It is sunny out today).

If he or she has trouble with any of these tasks call the Emergency Services immediately and describe the symptoms.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions above. They presented their conclusions at the American Stroke Association's annual meeting in February 2005. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.