Attention Classmates:

Heart attack info: NEW ASPIRIN/ Serious stuff, no joke!!

Just a reminder to all: purchase a box, keep one in your car, pocketbook, wallet, bedside, etc.

IMPORTANT READ......

Something that we can do to help ourselves. Nice to know. Bayer is making crystal aspirin to dissolve under the tongue. They work much faster than the tablets.
Why keep aspirin by your bedside?

About Heart Attacks

There are other symptoms of an heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.. The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards:
- CALL 911
- say "heart attack!"
- say that you have taken 2 aspirins..
- phone a neighbor or a family member who lives very close by
- take a seat on a chair or sofa near the front door, and wait for their arrival and...

~ DO NOT lie down ~
A Cardiologist has stated that, if each person, after receiving this e-mail, sends it to 10 people, probably one life can be saved!

*I have already shared the information - - What about you?*

*Do forward this message; it may save lives!*

____________________________________________

**ALSO**

**Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue.**

![Blood clot diagram]

**STROKE: S.T.R.**

My nurse friend sent this and encouraged me to post it and spread the word. I agree.

If everyone can remember something this simple, we could save some folks. Seriously.

Please read:
STROKE IDENTIFICATION:

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ..she said she had 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 6:00 pm 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.

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

All you have to do is 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 Development:

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.