

**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!

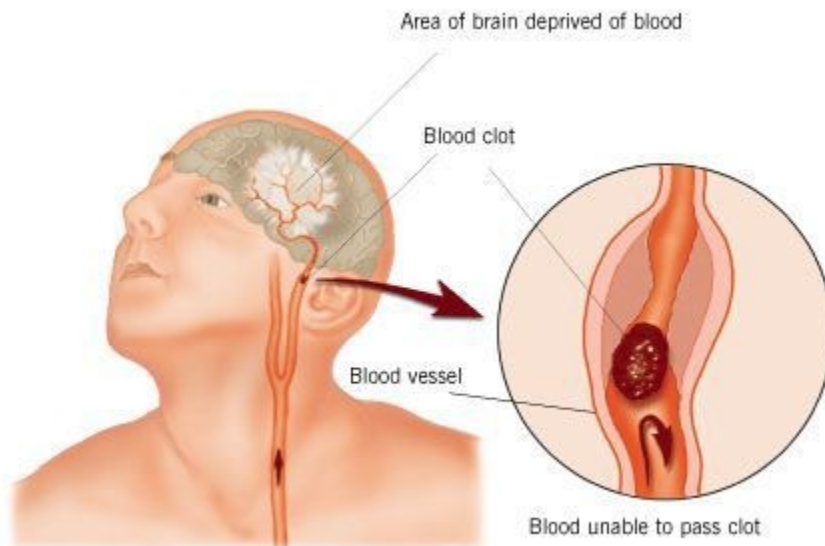
*I have already shared the information- - What about you?*

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

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**ALSO**

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



## **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.**