

Female Brain Attacks Happen – How You Can Help



In Memory: Actress Rue McClanahan died yesterday of a brain attack – a massive cerebral brain hemorrhage. It is reported that she also experienced an earlier minor stroke while recovering from previous bypass heart surgery. Among her many accomplishments is her most famous character, Blanche Devereaux, in the 1980's TV series *The Golden Girls*. The warm, outspoken and sexy lady will be dearly missed.

You can help save someone's brain if you follow the **Act F.A.S.T. steps** recommended by the National Stroke Association.

Once you realize that an individual is exhibiting any of the classic or unique symptoms, there are four simple steps to follow. An easy way to remember what to do is to **link your response to the word FAST.**

F = Face

A = Arms

S = Speech

T = Time

First – look directly at the person's face and **ask them to smile.** You are looking to see if only one side of the face

muscles and lips are able to create a smile.

Second – ask the person to **raise both arms at the same time**. You are looking to see if both arms are equally raised. If not, note how much one arm is lower than the other.

Third – ask the person to **repeat a simple sentence**. You are looking to see if they can repeat the sentence completely and accurately as well as not slurring any words.

Fourth – if the person is unable to perform any one or all of these three responses, **kick into high gear**. Keep calm and call 911. **Tell 911** you believe someone is experiencing a stroke and that you have performed the three checks for face, arms and speech and what the results were.

A great way to always be prepared yourself is to **have a list on your refrigerator or other highly visible place** with the contact number (office and emergency) for health care providers, local hospital and a list of current medications.

When time is short brain wise any medical information that can pass on to a medical team is invaluable.

You can also click below to watch the Act F.A.S.T. steps in action.

by Joyce Hansen