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The following is a KSCO commentary. Here is Kay Zwerling:

The following information is useful for all people, but especially for those who live alone. It's about strokes and heart attacks. For strokes, remember these four steps. If everyone can remember something this simple, many lives could be saved.

A neurologist says that if he can get to a stroke victim within three hours, he can reverse the effects of the stroke totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within three hours. Later than that, the damage is usually not reversible.

Sometimes symptoms of a stroke are difficult to identify. A stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Because doctors say a bystander can now recognize a stroke by asking several simple questions: Ask the individual to smile. Then, ask him to speak a simple sentence. And then ask him or her to raise both arms. And finally ask the person to stick out his tongue, and if the tongue is crooked, if it goes to one side or another, then it also is an indication of a stroke. And, if she or he has trouble with any one of these tasks, call 911 immediately. If everyone who gets the message sends it to ten people, you can be sure that at least one life will be saved.

Also, the following is a very helpful, especially if you're alone. The subject is self rescue during a heart attack. Women should know that not every heart attack symptom is going to be the left arm hurting. For women, sometimes it could be the right arm. Be aware of intense pain in the jawline. Nausea and intense sweating are also common symptoms as well as the epigastric pain under the breast bone. The pain in the jaw happened to the writer, and it woke her from a sound sleep. She said it's pain unlike anything you've ever experienced before. Given a choice between natural childbirth and a heart attack, pain-wise, it's much easier to have a baby. So, be careful and be aware, and the more you know, the better the chance you could survive. A cardiologist also says, "If everyone who gets this sends it to ten people, you can be sure that the information could save at least one life." Let's say it's 6:15 p.m., and you're driving home alone after an unusually hard day on the job. You're tired, upset, and frustrated. Suddenly you start experiencing severe pain in your chest, it starts to radiate down into your arm and up into your jaw. You're only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. You've been trained in CPR, but the instructor didn't tell you how to perform it on yourself. So, here's how to survive a heart attack when alone. Since many people are alone when they suffer a heart attack, without help the patient whose heart is beating improperly and who begins to feel faint has only about ten seconds left before losing consciousness. These victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives or until the heart is felt to be beating normally again. Deep breath gets oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. This way heart attack victims can get to a hospital. Tell as many people as you possibly can about this. And, if you would like to go to our website at KSCO.com within the next 48 hours you can retrieve a copy of this.

For KSCO and KOMY, this is Kay Zwerling.

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