

## BLOOD CLOTS/STOKES HAVE A NEW INDICATOR

John Harms

As so many of us known, there are thousands each year who die or are permanently disabled as a result of a blood clot and/or a stroke; this article will address a new fourth indicator all of us can use to identify one.

During a golf game, Bill got out of his cart, stumbled on the cart path and took a fall. He told his foursome he was fine, just tripped guess due to age. Later at the 19<sup>th</sup> Hole having a libation, Bill appeared a bit shaken up, but thought nothing of it, told his buddies I'm just a bit shaky and continued enjoying himself. Bill's wife called his golf cronies and advised them that he had been taken to the hospital at 1800 and died. He had suffered a stroke at the 19<sup>th</sup> Hole, and if his buddies had known how to identify the signs of a stroke perhaps he would be with us today. Some don't die but end up in a helpless and hopeless condition. Neurologist state that if a person can get a stroke victim medical treatment within three hours, they can totally reverse the effects of a stroke.

### **RECOGNIZING A STROKE**

Any bystander can recognize a stroke that has occurred by these four simple steps. **FIRST**- Ask the individual to SMILE; **SECOND** – Ask the person to talk and SPEAK a simple sentence coherently, like "It is sunny out today"; **THIRD** – Ask him or her to RAISE BOTH ARMS. Now the **FOURTH** indicator – Have the person STICK OUT THEIR TONGUE. If the tongue is "crooked", if it goes to one side or the other this is also an indicator of a stroke. IF the person has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher and state an ambulance be sent to your location immediately. A cardiologist stated that if 10 people have these indicators in memory, it can be a safe bet that at least one life will be saved.

### **HONOR FLIGHT SEND-OFF**

VIPMOAA members took part in the [Honor Flight Historic Triangle Virginia](#) (HFHTVA) Send-Off Ceremony for this Year's Honor Flight trip, Saturday, October 22, 2011. Chapter members came out at 6:30 AM at the Historic Triangle Community Center at 312 Waller Mill Road, down Waller Mill Road past the K-Mart. The indoor Williamsburg ceremonies were held in the Alex Kuras Hall, which is named after a past president of our Chapter, LTC Alexander C. Kuras, USAF, Ret. The Williamsburg Fife and Drum Corps provided music. He was president in 1993 & 94, and remained active on the VIPMOAA board until moving away from our area recently. The Honor Flight also had a good group at the Dale City Rest Stop and a terrific arrival support at Quantico later in the day. Weather was great. Vets had a marvelous day, as did the guardians. My vet said, at Dale City, with good humor, "This is the first time I have ever had an honor guard to pass through to go the the bathroom". Peter Fullinwider, USNA. He was at Pearl Harbor on day of Japanese attack, before he entered the service. I think this trip was the best yet. The veterans were deeply moved during the last departure seeing the VIPMOAA members and other Williamsburg residents lining the street waving American flags as the buses pulled out. For the Guardians, it was a heart-warming experience as well. Thanks to all that participated. VIPMOAA.org website has a section on our participation in Honor Flight HTVA. Website <http://www.honorflighthtva.org/> has info on volunteering as guardian/escort, and signing up to attend as a WWII vet.

*Courtesy of Jack Greenhalgh, CDR, USN (ret)*