

Dear Friend,

A stroke is nothing to mess around with. The slightest sign of one should have you dialing 911 ASAP. Of course, before you call for help, you have to know what you're looking for—and the signs aren't always as obvious as you might imagine.

In the October issue of *The Douglass Report*, I told you about the five most common signs of a stroke. I wasn't about to suggest that you to memorize them, but at the same time, this information is too important to just set aside.

That's why I've decided to have my computer geniuses put a wallet-sized version of this information on my website. That way you can print it out and keep it in your wallet (or your purse). You can also easily email it to your family and friends so that they can also have this information at their fingertips. (Don't you just love technology?)

Remember: Knowing the signs of a stroke—and getting immediate treatment when you see them—can mean the difference between life and death, or between a full and partial recovery.

If you experience any of these five signs, or if you're with someone who is experiencing them, don't tempt fate. Call an ambulance.

Always looking out for your health,



William Campbell Douglass II, M.D.

Cut along dotted line and save for yourself.



### **Five Common Signs of a Stroke**

1. Sudden numbness or weakness on one side of your body
2. Blindness or dimmed vision
3. Difficulty speaking or understanding what others are saying
4. A sudden, severe headache
5. Dizziness or loss of balance

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