

# SELF-HELP FOR A HEART ATTACK & Stroke

Let's say it's 6.15pm and you're driving home (alone of course) after an unusually hard day on the job.

You're really tired, and frustrated.....

You are really stressed and upset ....

Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw.

You are only five miles from the hospital nearest your home.

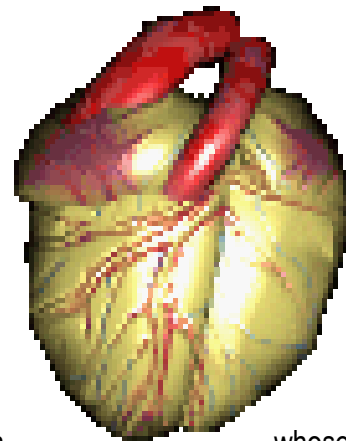
Unfortunately, you don't know if you'll be able to make it that far.

What to do?

You have been trained in CPR, but the guy that conducted the course did not tell you how to perform it on yourself!

How to survive a heart attack when alone?

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.



## **Answer:**

- 1. Do not panic, but start coughing repeatedly and very vigorously.**
- 2. A deep breath should be taken before each cough; the cough must be deep and prolonged, as when producing sputum from deep inside the chest.**
- 3. 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 breaths get 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. In this way, heart attack victims can get to a hospital.

## 發現中風的徵兆的「三個問題」

Symptoms of a stroke 中風的徵兆

1. \*Ask the individual to SMILE.  
1. 要求病患展示笑容。
2. \*Ask him or her to RAISE BOTH ARMS.  
2. 要求病患兩隻手都舉起來。
3. \*Ask the person to SPEAK A SIMPLE SENTENCE.  
3. 要求病患說出一句簡單的話。

If he or she has trouble with any of these tasks, call for help immediately and describe the symptoms to the dispatcher.

如果病患無法做到這『三個問題』，就立即打 119 電話求救，並且告訴隨車的救護人員這是中風的徵兆。

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

有了這個發現後，一些非醫療單位的義工團員也能因為面部、手臂及語言的虛弱狀況來判斷中風的徵兆了。研究人員在二月份的美國中風協會年度會議中，展示了這個結論並鼓勵大眾將這個『三個問題』的方法學習起來。廣泛的傳遞並且應用這種詢問測試中風徵兆的方法，可以達成迅速診斷治療中風患者還能避免患者的腦部受損。