

# ASHBY ADVISOR

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## **VITAMIN D –**

People over 60 need to increase to 700/800IU/day (this is twice the government recommendations). This helped reduce hip fractures in 80 year olds by 26%. The standard 400 IU/day dose offered no benefit.

## **STROKE IDENTIFICATION –**

Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. Ask the individual to **SMILE**.
2. Ask him/her to **RAISE BOTH ARMS**.
3. Ask the person to **SPEAK A SIMPLE SENTENCE** (coherently)  
i.e. It is sunny out today.

If he/she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

Hope some part if not the whole proves to inform and educate you. Remember if you don't want to receive these, we don't want to send them to you. Enjoy and remember to breathe, life is too short.

**Success is found in the journey as well as the destination**