

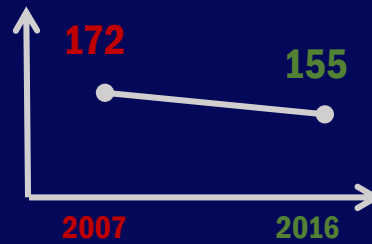
STROKE

IN SINGAPORE FACTS AND FIGURES*

* Based on stroke episodes among Singapore residents (aged 15 years and above) admitted into public hospitals

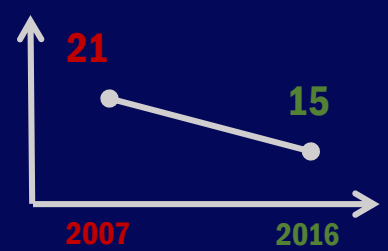
INCIDENCE

per 100,000 population[^]



MORTALITY

per 100,000 population[^]



[^] taking into account population growth and ageing

2 MAJOR SUBTYPES OF STROKE (2016)

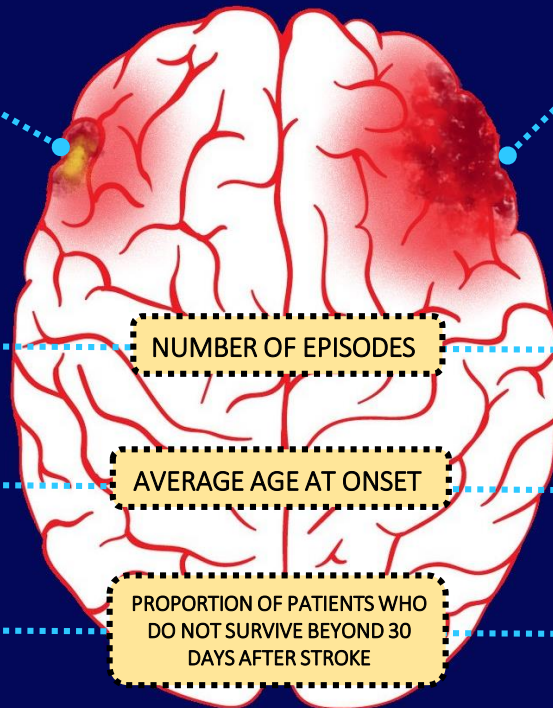
ISCHAEMIC STROKE

Occurs when arteries are blocked by blood clots or plaque of other fatty deposits.

6,014

69
YEARS

5%



NUMBER OF EPISODES

AVERAGE AGE AT ONSET

PROPORTION OF PATIENTS WHO DO NOT SURVIVE BEYOND 30 DAYS AFTER STROKE

HAEMORRHAGIC STROKE

Occurs when a weakened blood vessel ruptures, causing blood to leak internally.

1,383

64
YEARS

22%

RECOGNISE THE SIGNS
OF STROKE AND ACT

FAST

YOU COULD HELP SAVE A LIFE



FACE

DROOPING ON
ONE SIDE



ARM

WEAKNESS
ON ONE SIDE



SPEECH

DIFFICULTY



TIME

TO CALL 995

Up to **2 MILLION** brain cells die every minute when a stroke is left untreated. Prompt medical attention improves the chances of recovery from a stroke.

A stroke can happen to anyone.

PROTECT YOURSELF

by lowering your risk of stroke



Attend regular health screening and follow-up



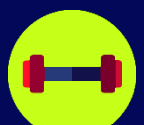
Keep diabetes, high blood pressure, and high cholesterol under control by taking medication as advised by your doctor



Have a balanced diet rich in fruit, vegetables, whole grains and low in salt and fat



Avoid smoking



Physical activity of at least 150 min every week