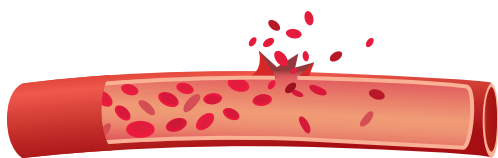


Stroke in Singapore 2021

What is a stroke?

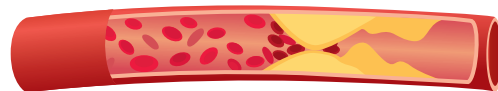
A stroke occurs when there is a disruption of blood flow to the brain, depriving the area of blood & damaging it. There are two main types of stroke: ischaemic (IS) & haemorrhagic (HS). HS is generally more severe, presenting greater impairment in patients. Although the incidence of stroke has risen over time, mortality from stroke has declined.¹

¹ After accounting for population ageing



Haemorrhagic Stroke (HS)

HS occurs when a blood vessel ruptures & causes bleeding in the brain



Ischaemic Stroke (IS)

IS occurs when a brain blood vessel is blocked by fatty plaque formation or a dislodged blood clot

1,760

Number of cases
4 in 5 strokes were IS

7,919

67
years

Median age at onset
On average, IS patients were 3 years older

70
years

430

Total number of deaths

453

23%

Stroke deaths within 30 days of onset
HS & IS accounted for similar numbers of deaths, but HS patients were more likely to die within 30 days

4%

Common risk factors among stroke patients

The two most common risk factors for both HS & IS were high blood cholesterol & high blood pressure

81%

High blood pressure

81%

61%

High blood cholesterol

88%

30%

Diabetes

46%

27%

Smoking

36%

13%

Atrial fibrillation or flutter
(Irregular & unusually fast heart rhythm)

21%

Lower your risk of a stroke with these lifestyle modifications:



Adopt a healthy & balanced diet



Engage in regular physical activity & maintain a healthy weight



Do not smoke



Keep blood pressure, blood cholesterol & blood glucose levels under control



Attend regular health screenings & follow-up²
² Recommendations vary by age & gender

Spot symptoms of a stroke F.A.S.T

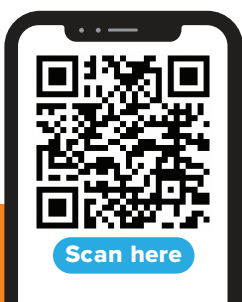
Face
drooping on one side

Arm
weakness in one side of the body

Speech
difficulty

Time
to call 995

A stroke is a medical emergency; every second counts in improving chances of survival & recovery.



Scan here

Scan the QR code for more information, or visit www.healthhub.sg/programmes/130/strokehub