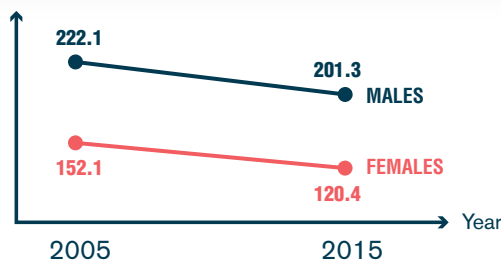


STROKE IN SINGAPORE

INCIDENCE RATE PER 100,000 POPULATION*

* takes into account population growth and ageing



Ischaemic Stroke

Blood supply to the brain is blocked by a clot in a blood vessel

4 in 5 cases of stroke



Haemorrhagic Stroke

Blood leaks out of the blood vessel into brain tissue

1 in 5 cases of stroke



Stroke accounted for up to **1 in 14 deaths** and together with related diseases, was the **4th most common cause of death***

* Source: MOH, 2015

WHAT TO DO

WHEN A STROKE OCCURS

Identifying the signs and symptoms of stroke using **F.A.S.T**

F



FACE

Does the person's face droop on one side when smiling?

A



ARM

Can the person lift both arms and keep them there?

S



SPEECH

Does the person's speech sound strange or unclear?

T



TIME TO ACT

Call 995 for an ambulance immediately if you see any one of these signs in someone

RISK FACTORS

COMMON MODIFIABLE RISK FACTORS



High blood Pressure



High Cholesterol



Diabetes



Obesity



Smoking



Physical Inactivity



Unhealthy Diet

PREVENTION IS THE BEST PROTECTION

The risk of getting stroke can be reduced



A healthy lifestyle

- Do not **smoke**. Limit your intake of **alcohol**
- Have a healthy **diet** rich in fruits, vegetables, whole grains and low in fats
- Exercise **regularly**
- Maintain a healthy **weight**



Regular health screening with follow-up



Good control of high blood pressure, high cholesterol and diabetes



Take medication as advised by your doctor