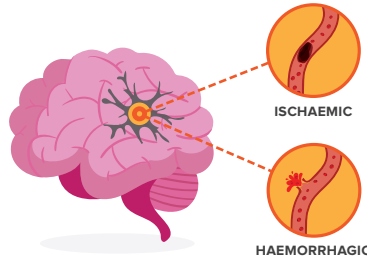


### What is a stroke?

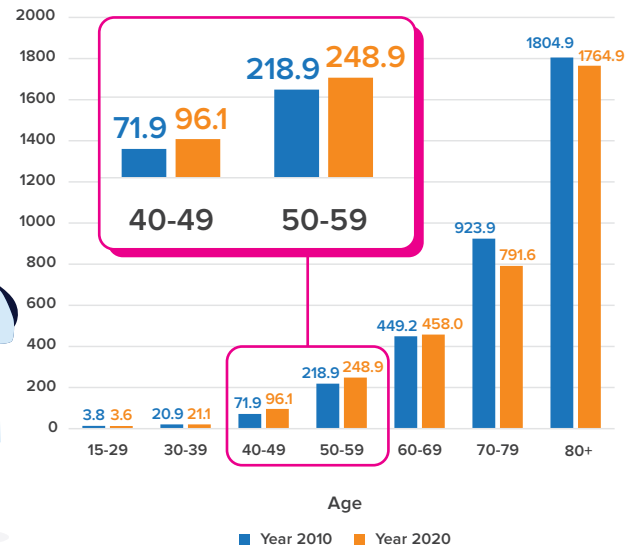
Stroke occurs when blood flow to the brain is restricted due to blockage of blood vessel (ischaemic stroke), or when there is bleeding in the brain due to rupture of blood vessel (haemorrhagic stroke).



### Stroke can strike at any age

The number of stroke patients in their 40s and 50s are relatively small compared to those aged 60 and above, but their rates have risen over the years.

Stroke cases per 100,000 population of each age group



Key Statistics	Year 2010	Year 2020
Stroke cases	5,890	8,846
Stroke cases per 100,000 population*	158	160
Median age at stroke	68 years old	69 years old
Died of stroke within 30 days from onset	10%	8%

\* After adjusting for the change in Singapore's demographics over the years

### What to look out for a stroke?



**F**ace drooping



**A**rm weakness



**S**peech difficulty



**T**ime to call 995






**If a person shows any of these signs, call for an ambulance immediately**

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### Common risk factors among stroke patients

	Year 2010	Year 2020
High cholesterol	83%	83%
High blood pressure	82%	82%
Diabetes	43%	43%
Smoking	39%	35%
Atrial fibrillation/flutter	17%	19%

**80% of stroke can be prevented by leading a healthy lifestyle\***

-  Eat healthily and in moderation
-  Keep blood pressure, cholesterol and glucose under control
-  Lead an active lifestyle and maintain a healthy weight
-  Go for regular health screening and follow up
-  Practise a smoke-free lifestyle

\* Reference: Centers for Disease Control and Prevention. U.S. Department of Health & Human Services