Health Promotion Board

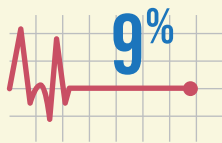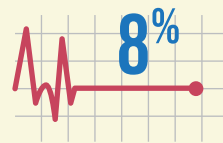# Singapore Stroke Registry
Report 2017

YEAR 2013

6720 Stroke episodes

161 per 100,000 population*

9% deaths from stroke within 30 days

YEAR 2017

7741 Stroke episodes
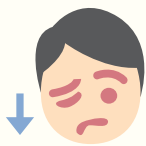
156 per 100,000 population*

8% deaths from stroke within 30 days

Young people are not spared from stroke.

1 in 4 patients hospitalized for stroke in 2017 were aged under 60 years.

Recognise common symptoms[+] of stroke and act F.A.S.T

Face drooping on one side

Arm weakness on one side

Speech difficulty

995

Time to call 995 for an ambulance immediately if a stroke is suspected

Common risk factors among stroke patients

4 out of **5** have hypertension

4 out of **5** have hyperlipidemia

2 out of **5** have diabetes

2 out of **5** are current or ex-smokers

Tips to prevent stroke

Eat healthily and in moderation

Keep blood pressure, cholesterol and glucose under control

Exercise and maintain a healthy weight

Go for regular health screening and follow up

Avoid smoking

*Among Singapore residents (aged 15 years and above) admitted to public hospitals and taking into account population growth and ageing
[+]There are other possible symptoms of stroke such as difficulty in swallowing, dizziness, severe headache, confusion, sudden weakness or numbness on one side of the body.