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

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
- Go for regular health screening and follow up
- Avoid smoking
- Exercise and maintain a healthy weight

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*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.