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

STROKE IN SINGAPORE

INCIDENCE RATE PER 100,000 POPULATION*

* takes into account population growth and ageing

2005 2015
222.1 201.3 MALES
152.1 128.4 FEMALES

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

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