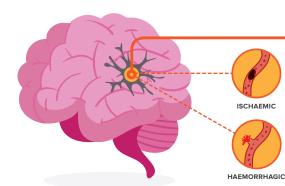


Singapore **Stroke Registry**

Report 2019













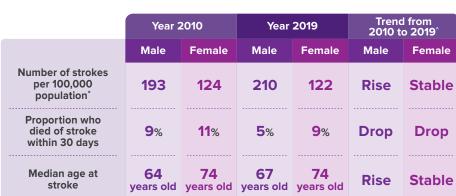
Annual number of stroke cases increased from 2010 to 2019







Proportion who died of stroke within 30 days decreased from 2010 to 2019



[·] Incidence rate of stroke is higher for males, but fatality rate due to stroke is higher for females as females tend to be older when stroke occurs.

Risk factors

	Year 2010		Year 2019		Trend from 2010 to 2019^	
	Male	Female	Male	Female	Male	Female
Proportion with high cholesterol	85%	81%	84%	84%	Stable	Rise
Proportion with high blood pressure	80%	84%	81%	85%	Stable	Stable
Proportion with diabetes	41%	45%	41%	43%	Stable	Drop
Proportion with atrial fibrillation or flutter	13%	22%	16%	25%	Rise	Rise
Proportion who were current or ex-smokers	61%	11%	55 %	8%	Drop	Drop

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



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







Recognise common symptoms of a stroke and act FAST





weakness



Speech difficulty



Time to call 995

If a person shows any of these signs, the person needs to go to a hospital immediately

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[^]The rise/drop in trends were statistically significant.