

STROKE IN SINGAPORE

Singapore Stroke Registry Annual Report 2022

What is a stroke?

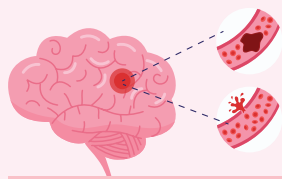
A stroke occurs when there is a disruption of blood flow to the brain, depriving the area of blood and oxygen, causing damage.



Although stroke incidence has been on the rise, mortality rates have fallen

	2012	2022
Number of episodes	6367	9702
Age-standardised incidence rate per 100,000 population	158	165
Number of stroke deaths	783	938
Age-standardised mortality rate per 100,000 population	19	14

There are 2 main types of stroke



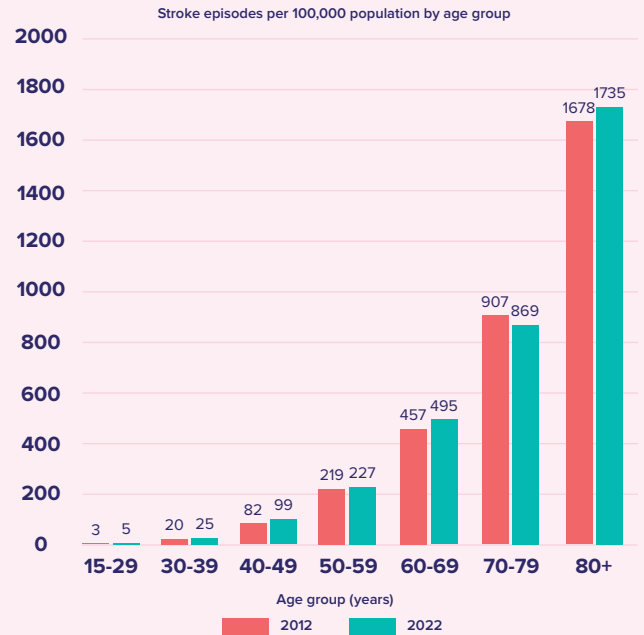
Ischaemic: fatty plaque formation or a dislodged blood clot causes blockage in blood vessel

Haemorrhagic: a ruptured blood vessel causes bleeding in the brain

	2022	
	Ischaemic	Haemorrhagic
Number of episodes	7812 (4 in 5 strokes)	1890 (1 in 5 strokes)
Age-standardised incidence rate per 100,000 population	131	34
Number of stroke deaths	462 (1 in 2 stroke deaths)	476 (1 in 2 stroke deaths)
Age-standardised mortality rate per 100,000 population	6	8

Stroke can occur at any age

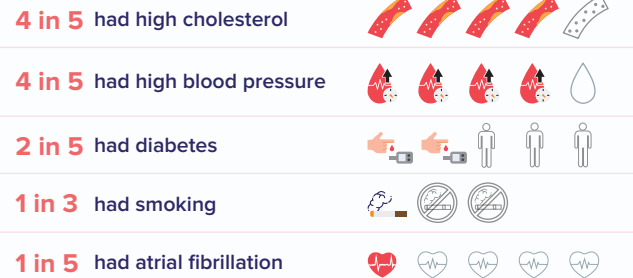
About 90% of stroke episodes occurred in those aged 50 years or older, but the incidence of stroke has increased across almost all age groups over time.



Risk factors for stroke

High cholesterol, high blood pressure, diabetes, smoking and atrial fibrillation are common risk factors for stroke.

Prevalence of risk factors among stroke patients in 2022



Take a S.M.A.R.T approach to stroke prevention

- S**tay smoke-free
- Take healthy **M**eals
- Maintain an **A**ctive lifestyle
- Attend **R**egular health screening
- T**ake prescribed medications

If you are aged 40 and above, enrol in Healthier SG today to receive support in preventive and chronic care. For more information, visit <https://www.healthiersg.gov.sg/enrolment/howtoenrol/>

Think F.A.S.T when you spot the following symptoms of a stroke

- Face** drooping on one side
- Arm** weakness in one side of the body
- Speech** difficulty
- Time** to call 995

A stroke is a medical emergency; every second counts in improving chances of survival & recovery.



Scan here

Scan the QR code for more information, or visit www.healthhub.sg/programmes/strokehub