

What is a stroke?

A stroke occurs when part of the brain gets damaged because the blood supply is interrupted.

TYPES OF STROKE

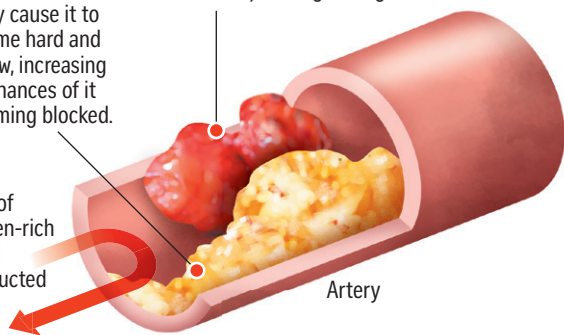
Ischaemic stroke

- Accounts for around 80 per cent of strokes
- Occurs when a blood clot blocks a blood vessel in the brain

Built-up fatty deposits on the inside wall of the artery cause it to become hard and narrow, increasing the chances of it becoming blocked.

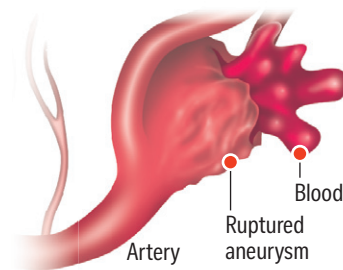
Blockages can also be caused by a blood clot or other matter (such as an air bubble) moving through the blood stream.

Flow of oxygen-rich blood obstructed



Haemorrhagic stroke

- Accounts for around 20 per cent of strokes
- Occurs when a blood vessel bursts within the brain
- Could be caused by a ruptured aneurysm, which is when a balloon-like bulge of a vessel in the brain bursts



WHAT COULD INCREASE YOUR STROKE RISK

- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Heart disease

WARNING SIGNS OF A STROKE (FAST)



Facial weakness

- Can the person smile?
- Is one side of his face drooping?



Arm weakness

- Can he raise both arms?
- Does one arm drift downwards?



Speech difficulty

- Can he speak clearly and understand what is being said to him?
- Does his speech sound slurred?

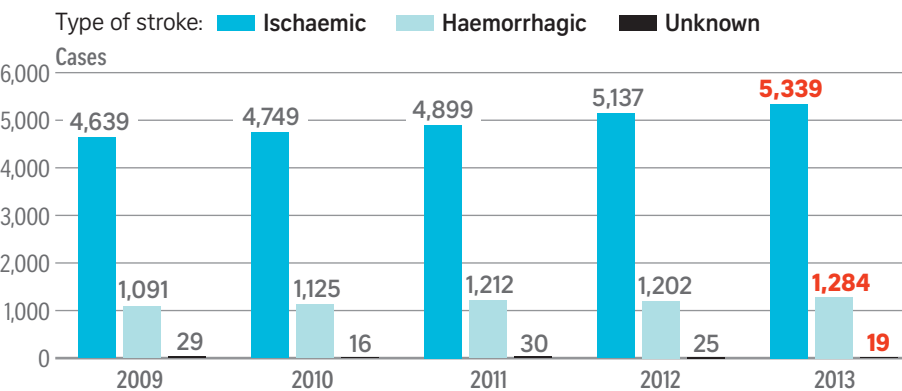


Time to act fast

Call an ambulance immediately.

NOTE: Other warning signs include very sudden, bad headaches ("thunderclap headaches"), difficulty swallowing, dizziness and numbness.

SINGAPORE STROKE NUMBERS



DEATHS FROM STROKE

