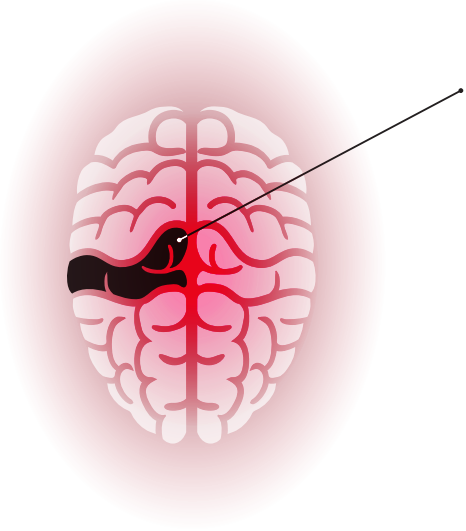
YOU CAN
AGE WELL

Health Promotion Board



You can spot a stroke

What Is A Stroke?



A stroke occurs when blood supply to the brain is interrupted, causing brain damage and its associated signs.

Call **995** immediately if you spot any of the signs of stroke.

How To Identify Signs Of A Stroke?



F

FACE
Is it drooping on one side?



A

ARMS
Can they lift both arms and keep them there?



S

SPEECH
Does it sound strange or unclear?



T

TIME
Call 995 immediately if you spot any of these signs.

Don't wait. Call 995. Stroke is an emergency.
Early treatment in a hospital improves outcomes.
Find out more at **www.HealthyAgeing.sg/FAST**

What Are The Risk Factors Of Stroke?

Existing Conditions



High Blood Pressure



High Cholesterol



Diabetes

Lifestyle Choices



Obesity



Smoking



Physical Inactivity



Unhealthy Diet

How To Prevent A Stroke?



A **healthy lifestyle:**

- Do not smoke and limit the 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



Take medication as advised by the doctor



Good control of high blood pressure, high cholesterol and diabetes



For more information,
contact Healthline 1800 223 1313
or visit **www.HealthyAgeing.sg/FAST**

An initiative under the Action Plan for Successful Ageing