



OMRON Healthcare Introduces Stroke Risk Calculator feature on its website, Offering Online Personalized Stroke Prevention Guidance for Singaporeans

Singapore, October 18, 2023: The Singaporean arm of OMRON Healthcare, a Japanese global leader in home blood pressure monitoring and solutions for cardio and cerebrovascular disease management, has announced the campaign “Sleeves Up, Stroke Risk Down” to introduce a new feature on its website – the Stroke Risk Calculator.

The feature has been developed by the Auckland University of Technology in New Zealand. It enables users to assess their personal risk of experiencing a stroke within the next five or ten years, while also providing essential guidance on risk mitigation.

This introduction of the new feature reflects the company’s commitment to promoting proactive cerebrovascular health management in Singapore, equipping people with the insights and tools to lead healthier lives.

According to a recent Lancet commission reportⁱ, strokes could cause the deaths of 10 million people a year by 2050, indicating a 50 per cent increase in 30 years. This underscores the importance of controlling lifestyle factors, such as hypertension. In Singapore, the rate of hypertension has nearly doubledⁱⁱ since 2010. Presently, more than a third of the population suffers from high blood pressure, amplifying the risk of stroke. Remarkably, addressing a small number of risk factors, including smoking, diet, exercise, and high blood pressure (hypertension), can prevent up to 90%ⁱⁱⁱ of these strokes. Among these modifiable risk factors, high blood pressure stands as the leading contributor to stroke risk.

Against this backdrop, the introduction of the Stroke Risk Calculator provides a proactive, fast, and easily accessible way for individuals aged 20 to 90+ to assess their personal stroke risk within 3 minutes. Available on the OMRON Healthcare [website](#) in English, Thai, Vietnamese, and Bahasa Indonesia, the Stroke Risk Calculator guides users through 20 scientifically validated questions, and incorporates blood pressure readings into its risk assessment.

By continuously tracking and updating blood pressure readings over time, individuals can gain a comprehensive understanding of their stroke risk profile – including 5-year and 10-year stroke risk projections, relative risk assessments, identification of specific risk factors, as well as actionable advice for risk reduction. Armed with this knowledge, individuals can take informed steps to manage and mitigate their stroke risk effectively, thus staying motivated to make healthy lifestyle choices.

“In light of World Stroke Day, OMRON Healthcare reaffirms its commitment to fostering a healthier world. High blood pressure often goes unnoticed, with no apparent symptoms. The only definitive method to detect it is through regular blood pressure monitoring. Our recent data review found that hypertensive patients with a baseline Systolic Blood Pressure (SBP) of 135mmHg or higher, who regularly tracked their blood pressure at home, achieved an average SBP improvement of 10mmHg within 12 months. The combination of routine blood pressure monitoring and the utilization of the Stroke Risk Calculator emerges as pivotal steps in effectively combatting the burgeoning disease burden and the escalating healthcare costs intertwined with hypertension and stroke,” said Alexis En, Director, Marketing & Digital Health, OMRON Healthcare Singapore. “This initiative aligns with our vision – Going for Zero – aimed at reducing incidents related to heart and strokes through preventive care.”

“We take pride in our collaboration with OMRON Healthcare on the Stroke Risk Calculator – a monumental project that engaged over 300 stroke experts from 102 countries, making



it the world's largest international collaborative mobile health initiative of its kind. It has undergone rigorous scientific testing and has received endorsements from esteemed global health organisations such as the World Stroke Organisation and the World Heart Federation. Together, we are making significant strides toward promoting a healthier and more resilient global population,” stated Professor Valery Feigin, Director, Auckland University of Technology’s National Institute for Stroke and Applied Neuroscience (NISAN), New Zealand.

“The burden of disability after a stroke is also large. The prioritisation of early detection and the control of hypertension is strongly recommended as a part of both primary and secondary stroke prevention strategies. This will prove instrumental in not only reducing the burden of stroke but also achieving the Sustainable Development Goal 3.4, which aims to reduce the burden of stroke as part of the general target to reduce the burden of non-communicable diseases by a third by 2030,” added Professor Feigin.

About OMRON Healthcare & its Singapore Business

Committed to advance health and empower people worldwide to live life to the fullest, OMRON Healthcare is a global leader in the field of clinically proven, innovative medical equipment for home health monitoring and treatment.

Aiming to realize its vision “Going for Zero, Preventive Care for the Health of Society”, the company develops products and services for cardiovascular condition management, remote patient monitoring, respiratory care, and pain therapy devices. These help healthcare professionals and patients to reduce cerebro-cardiovascular events, aggravation of respiratory diseases and restrictions due to chronic pain.

With well over 350 million units sold globally^{iv}, OMRON provides the world’s most recommended blood pressure monitors by healthcare professionals^v. Throughout its history, OMRON Healthcare has been striving to improve lives and contribute to a better society by developing innovations that help people prevent, treat, and manage their medical conditions and provides products and services in over 130 countries^{vi}.

OMRON Healthcare Group is headquartered in Kyoto, Japan. Established in 1997, OMRON Healthcare Singapore has established itself as a key player in the health monitoring segment in the country providing high-quality blood pressure monitors, respiratory therapy devices, body composition monitors, digital thermometers, pain management devices, etc.

Website: <https://www.omronhealthcare-ap.com/sg>

Facebook: <https://www.facebook.com/omronhealthcare.sg/>

Japan: <https://www.healthcare.omron.co.jp/>

International: <https://www.healthcare.omron.com/>

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ⁱ Feigin, V.L., Owolabi, M.O., Abanto, C., Addissie, A., Adeleye, A.O., Adilbekov, Y., Adilbekova, B., Adoukonou, T.A., de Sousa, D.A., Akhmetzhanova, Z. and Akpalu, A., 2023. Pragmatic solutions to reduce the global burden of stroke: a World Stroke Organization-Lancet Neurology Commission. *The Lancet Neurology*. doi: [https://doi.org/10.1016/S1474-4422\(23\)00277-6](https://doi.org/10.1016/S1474-4422(23)00277-6)

ⁱⁱ *National Population Health Survey 2022 (Household Interview and Health Examination)* . rep. Health Promotion Board, Singapore. Available from: https://hpb.gov.sg/docs/default-source/default-document-library/nphs-2022-survey-report.pdf?sfvrsn=3e8530aa_8.

ⁱⁱⁱ *World Stroke Day 2023 - Together we are #GreaterThan Stroke, World Stroke Organization*. Available from: <https://www.world-stroke.org/news-and-blog/news/together-we-are-greaterthan-stroke-introducing-the-world-stroke-day-theme-for-2023-24>.

^{iv} Cumulative sales of home-use digital blood pressure monitors worldwide. (as of May 2023)

^{v1} Frost & Sullivan Survey, Blood pressure clinician perception tracker surveys. (November 25, 2019, and U.S. News Staff 2020, U.S. News & World Report, accessed June 9, 2020)

^{v2} Kantar Health. Survey with cardiologists. (2019)

^{vi} Number of the countries where OMRON products and/or services are available (as of March 2023)