

Easy Read

Rhaglen Sgrinio  
Ymlediadau Aortig  
Abdomenol Cymru



Wales Abdominal  
Aortic Aneurysm  
Screening Programme

# NHS Wales screening information for people who are transgender (trans) or non-binary



## About your abdominal aortic aneurysm (AAA) test



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



[www.phw.nhs.wales/aaa-screening](http://www.phw.nhs.wales/aaa-screening)

# How to use this leaflet

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This is an Easy Read leaflet. The words are easy to read and understand. Words in **bold blue** writing may be hard to understand. Difficult words are in **bold** the first time they are used.



You may need help and support to read and understand this leaflet. Ask someone you know to help you.



This leaflet is available in Welsh.

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# What is this leaflet about?



This leaflet is about having an **abdominal aortic aneurysm** test if you are trans or non-binary and aged 65.

You may know this as an AAA test.

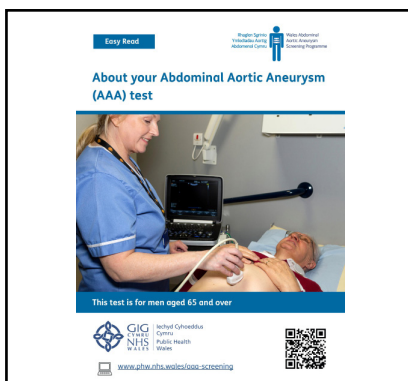


It is important that you read this information. It will tell you who:

- will be invited for the AAA test, and
- needs to have an AAA test.

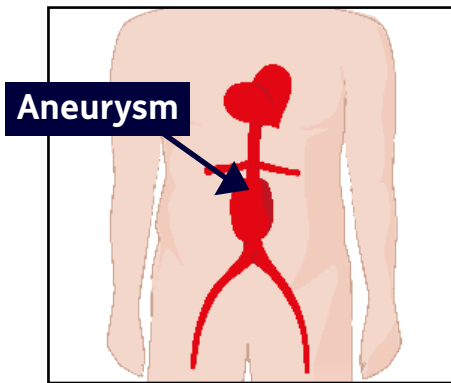


Going for an AAA test is your choice.



There is another Easy Read leaflet to tell you about this test.

# About an AAA

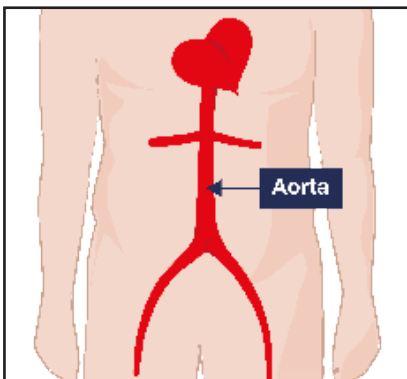


An AAA is an abdominal aortic aneurysm.

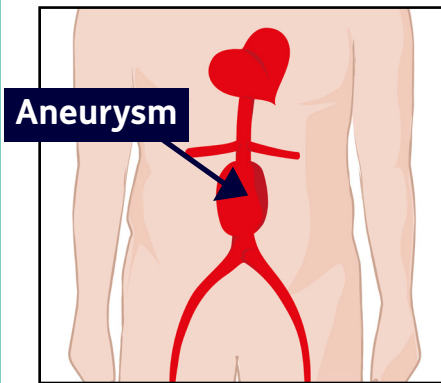


The best way of looking for an AAA is to have an **ultrasound** scan.

An **ultrasound** scan uses sound waves to make a picture of the inside of your body. This helps us to see if you have an AAA.

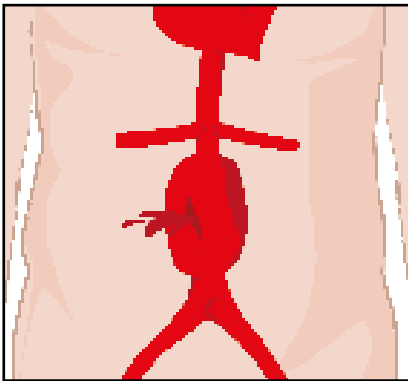


The test checks the aorta is healthy. The **aorta** is a tube that carries blood around the body.



Sometimes the aorta in the tummy (**abdomen**) becomes weak and stretches.

This is called an aneurysm.

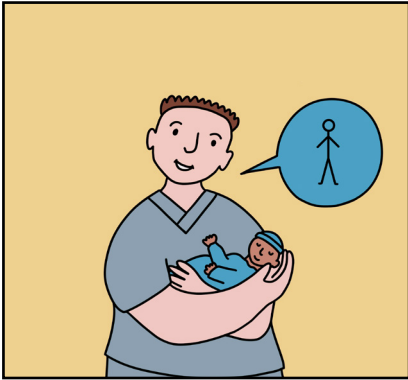


An aneurysm can split or tear. People can die from an aneurysm that splits and tears.



The earlier we find an AAA the easier it is to treat.

# Who can get an AAA



People are more likely to have an AAA if they:

- were **assigned** male at birth



- are 65 or over



- smoke



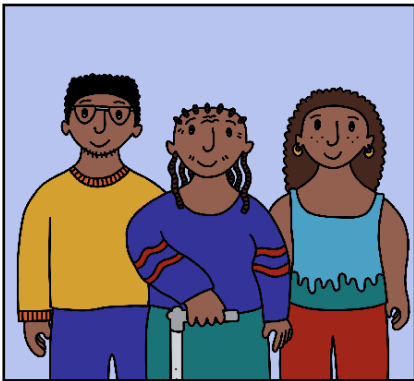
- have high blood pressure





- have high **cholesterol**, or

**Cholesterol** means they have too much fat in their blood.



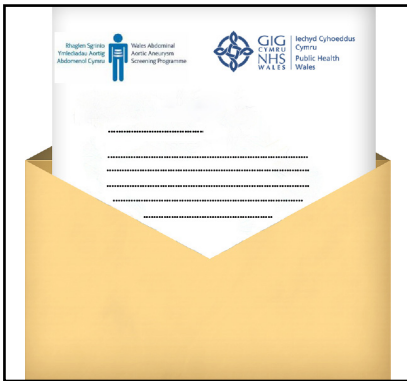
- have someone in the family who has had an AAA.



If you are worried about a change in your health talk to your doctor.

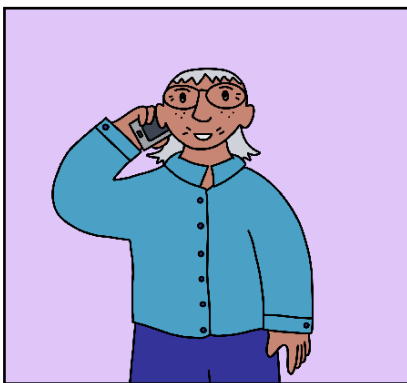


# Who will be invited for an AAA test



You will be invited if you are:

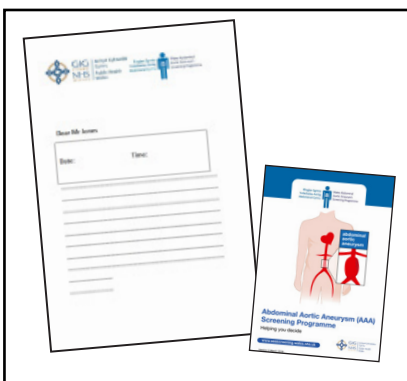
- registered with your doctor as male, and
- aged 65.



People over 65 can ask to have an AAA test.



You will be sent a letter in the post.



Your letter will tell you:

- the date and time of your AAA test
- where to go, and
- how to get in touch.



You can phone us to:

- change the date or time of your appointment, or
- ask to go for your AAA test at the beginning or end of the clinic.



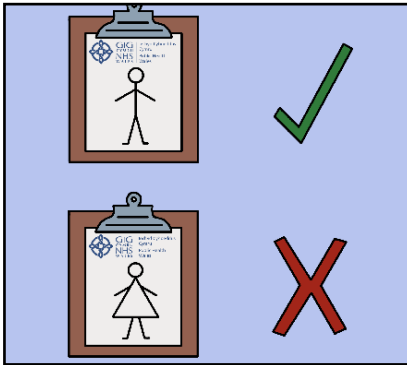
You can choose to go for an AAA test.



Let us know if you cannot come for your AAA test. We may be able to give your appointment to someone else.

If you are not invited it does not mean you cannot be screened.

# Who will not be invited for an AAA test



If you are not registered with your doctor as male, you will not be invited.



People who are assigned male at birth are more likely to have an AAA.



It is important you go for your AAA test.

Contact us to arrange an AAA test.



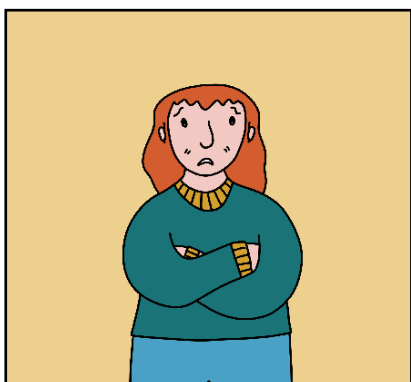
You can speak with your doctor or someone you trust to help you decide.

# Before your AAA test

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We know this can be a worrying time.



You may feel scared or embarrassed about having an AAA test.



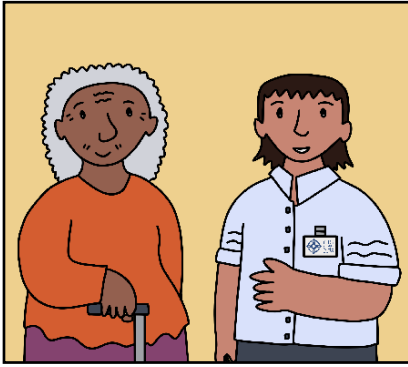
Talk to your nurse, doctor or someone you trust about how you feel. They may be able to help.



Before your appointment let us know if you need:

- support at your appointment
- a longer appointment, or
- to bring someone with you. For example a family member or carer.

# About your AAA test



When you arrive the screener will ask you some questions.

The screener will take your test.



My pronouns  
are she/her

My pronouns  
are they/them

Let us know what **pronouns** you would like us to use.

It is important that we get this right.



The test is a scan of the tummy.



It is like the scan people have when they are pregnant.



The scan checks to see if there is an aneurysm.



The screener will ask you to lie on your back and lift up your top.



If you wear a **binder** you will not have to take this off.

**Binders** are like tight vests. Wearing a binder makes a person's chest look flat. Most trans men and some non-binary people may wear a binder.



It only takes a few minutes.



The scan may feel a little uncomfortable.

You can stop the test at any time.

# What happens next?



The screener will give you the results on the day.



Most people who have an AAA test do not have an AAA.



If there is no AAA, you do not need another scan.



If you have an AAA, a nurse will contact you.



# Changes to look out for

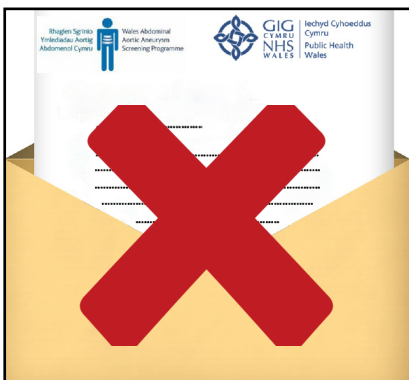
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Anyone can get an AAA. There are no symptoms.



Speak to your doctor if you notice a change in your health.



Do not wait for your AAA screening test.

# Where can I get more information?



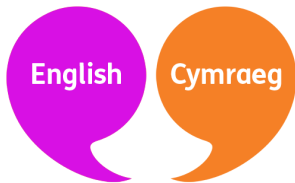
Phone: South East Wales  
01443 235161

South West Wales  
01792 453162

North Wales  
01492 863563



E-mail: [aaa-screening@wales.nhs.uk](mailto:aaa-screening@wales.nhs.uk)



You can contact us in Welsh or English. It will take us the same amount of time to answer you whichever language you choose.



Website:  
[phw.nhs.wales/screening-trans-information](http://phw.nhs.wales/screening-trans-information)



For more information and support visit:  
[www.circulationfoundation.org.uk](http://www.circulationfoundation.org.uk)

# Keeping healthy

Things you can do to look after yourself.



Go for screening when you are due.



Stop smoking. You can get free help to support you to stop smoking.

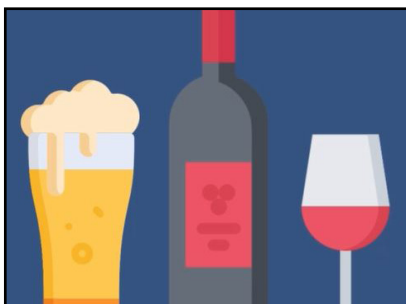
Ring Help Me Quit on: 0800 085 2219.



Eat healthy food.



Move more.



Drink less alcohol.