

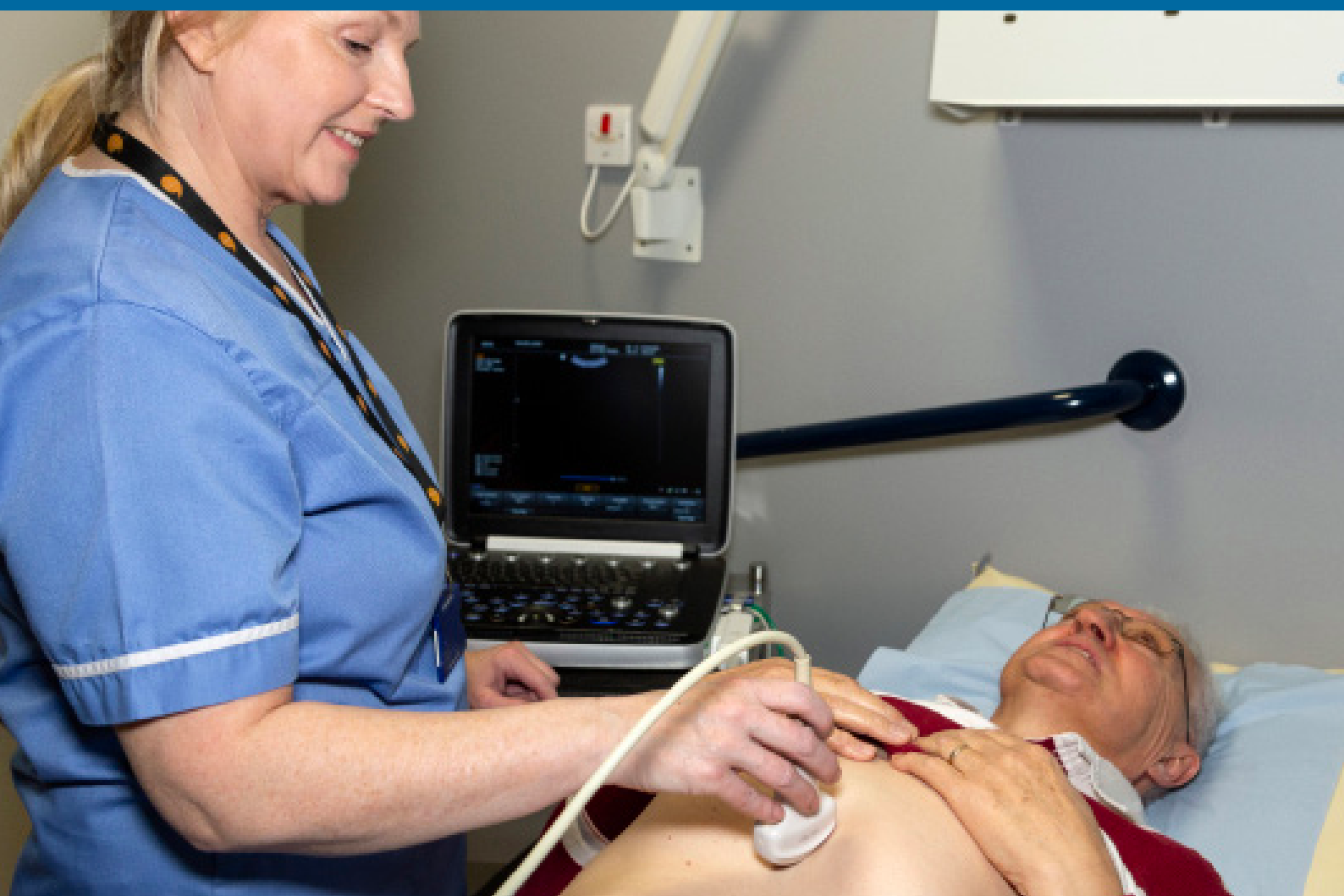
Easy Read

Rhaglen Sgrinio
Ymlediadau Aortig
Abdomenol Cymru



Wales Abdominal
Aortic Aneurysm
Screening Programme

About your Abdominal Aortic Aneurysm (AAA) test



This test is for men aged 65 and over



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



www.phw.nhs.wales/aaa-screening

How to use this leaflet



This is an Easy Read leaflet. The words are easy to read and 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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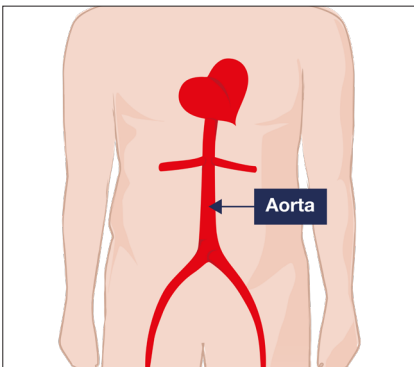
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What is this leaflet about?



This leaflet is about a health test for men.

It tells you about going for an **abdominal aortic aneurysm** scan. It is called an AAA scan.

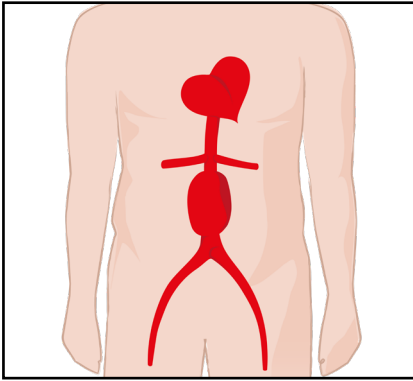


The test checks for any swelling on your **aorta**. Your aorta is a tube that carries blood around your body.

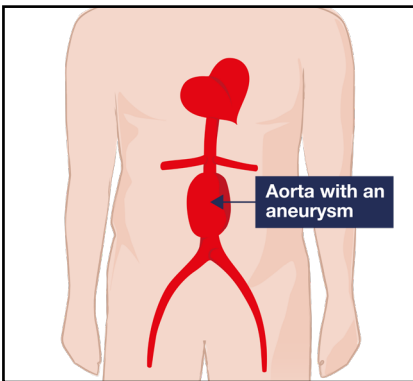


You are more likely to have an AAA if you are a man aged 65 or older.

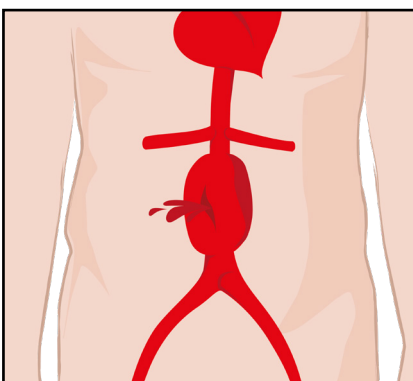
What is an AAA?



An AAA is an abdominal aortic aneurysm (a swelling).



Sometimes the aorta in your tummy (**abdomen**) becomes weak and stretches. This is called an **aneurysm**.



An aneurysm can split or tear. You can die if this happens.

About your AAA test



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



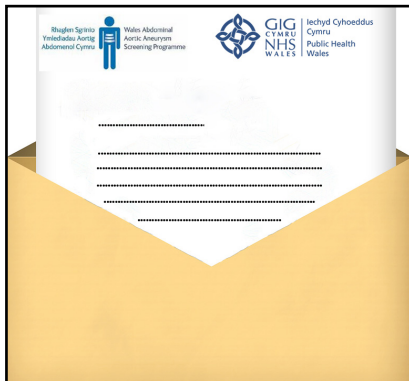
The test is a scan of the tummy. It is like the scan women have when they are pregnant.



The scan checks to see if you have an aneurysm.



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



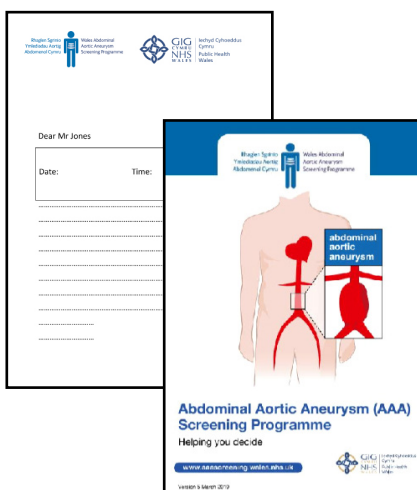
Men aged 65 will be sent a letter to have an AAA scan.



Men over the age of 65 can ask for an AAA scan.



Going for an AAA scan is your choice.



Your letter will tell you the date and time of the test.



Let us know before your appointment if you have a disability or need support.

You can ask for a longer appointment.



Your scan may be in a doctor's surgery, the local hospital or a community clinic.



You can come with a family member, carer or support worker.



The person who will do the AAA scan is called a **screeners**.



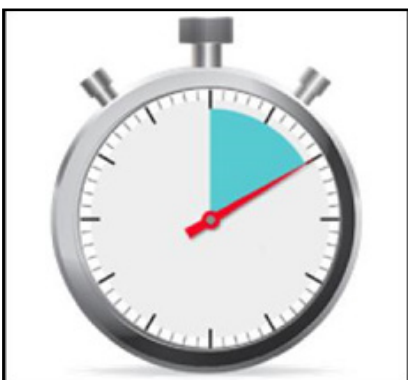
The screener will ask if you are happy to have the test.



You will need to lie on your back and lift your top.



The screener will put gel on you and press the **scanner** over your tummy.



The scan may feel a little uncomfortable. It only takes a few minutes.

Your AAA test results



The screener will give you the results on the day.



Most men 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.



If you have a small or medium sized AAA, you will need more scans.



If you have a large AAA, you will need to see a doctor at the hospital.



If you have a large AAA, you may need to have an **operation**.

Who can get an AAA?

You are more likely to get an AAA if:



You are a man. Men are more likely than women to get an AAA.



You smoke.



You have high blood pressure.



You have high cholesterol. This means you have too much fat in your blood.



Someone in your family has had an AAA.



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

Anyone can get an AAA. There are no **symptoms**.

Where can I get more information?



Phone:

South East Wales: 01433 235161

Mid and West Wales: 01792 453162

North Wales: 01492 863563



Email:

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 in Welsh or English.



Website:

phw.nhs.wales/aaa-screening



For more information and support, visit:
www.circulationfoundation.org.uk

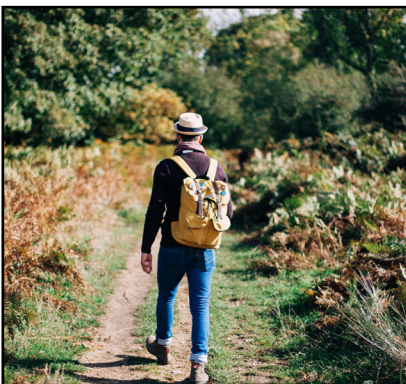


Stop smoking. You can get free help to support you to stop smoking.

Ring Help Me Quit on: 0800 085 2219.



Eat healthy food.



Move more.



Drink less alcohol.