

NHS Wales screening information  
for people who are:



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Transgender Non-binary Gender-diverse



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

This leaflet is available in Welsh.  
It is also available in other formats.

## Contents

<b>NHS screening</b>	<b>3</b>	<b>About bowel screening</b>	<b>18</b>
<b>Screening</b>	<b>4</b>	<b>About diabetic eye screening</b>	<b>22</b>
<b>About breast screening</b>	<b>6</b>	<b>About antenatal screening</b>	<b>24</b>
<b>About cervical screening</b>	<b>10</b>	<b>Tell us what you think</b>	<b>26</b>
<b>About abdominal aortic aneurysm (AAA) screening</b>	<b>14</b>	<b>Where can I find more information?</b>	<b>26</b>

## NHS screening

This leaflet is for you if you are trans (transgender), non-binary or gender-diverse. It is important you read the information in this leaflet to help you decide.

If you are a health professional you may find this leaflet helpful.

If you live in Wales, we will invite you for screening based on your:

- age; and
- gender.

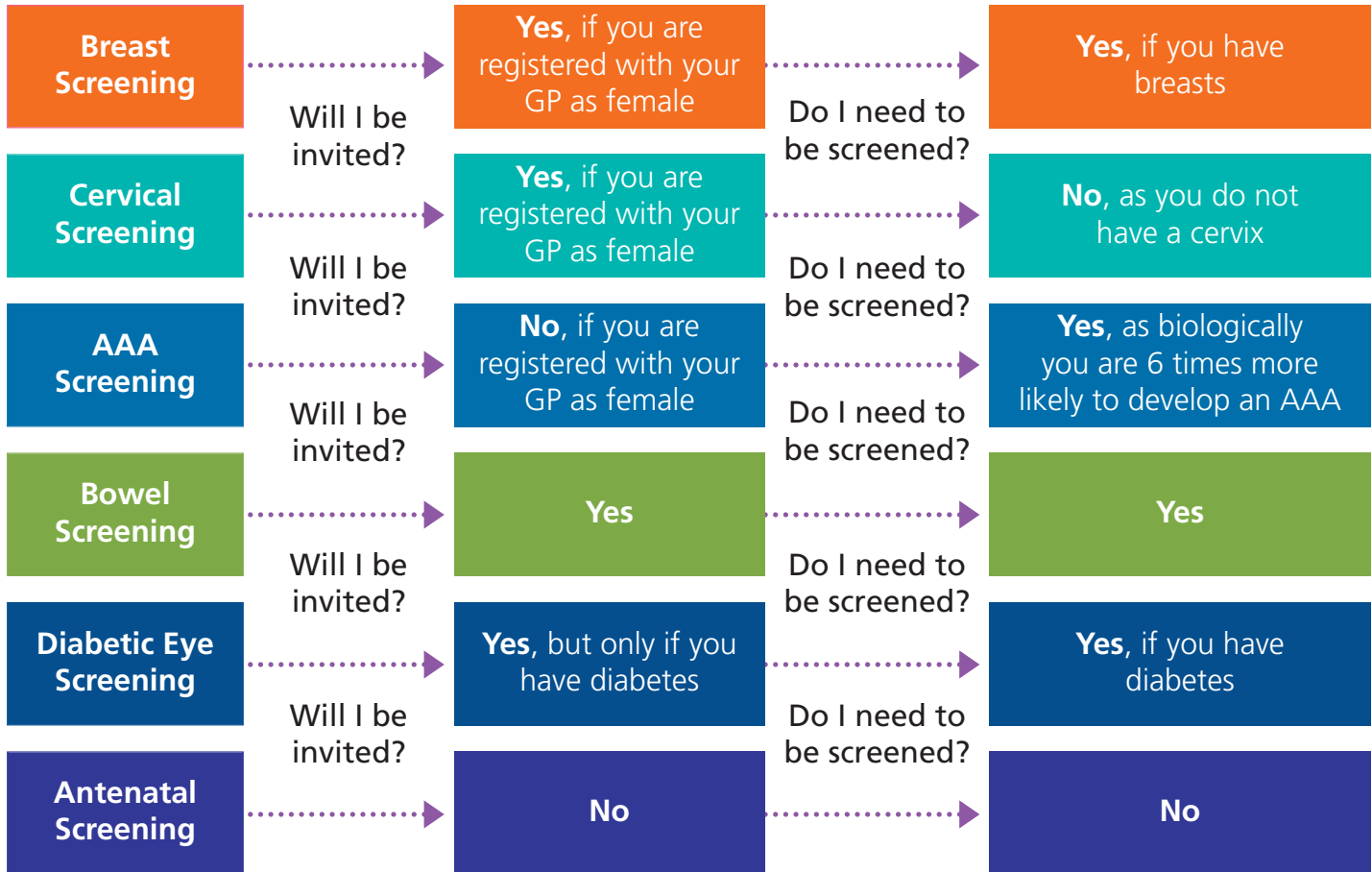
It is important to know that you will be invited for screening based on how you are registered with your GP and not based on the sex you were assigned at birth.

**Your risk of certain conditions will depend on the sex you were assigned at birth**

We aim to treat everyone with dignity and respect. It is important that we address you in the correct way. Please tell us if you feel we can improve your experience of screening.

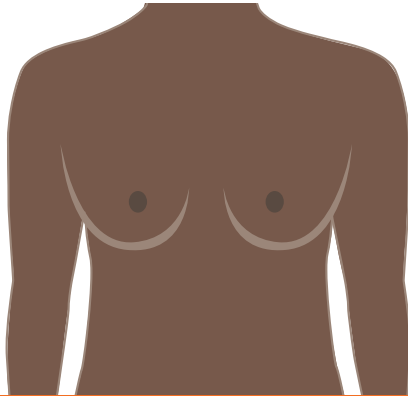
We have provided contact numbers throughout this leaflet. We welcome phone calls in Welsh.

# I was assigned male at birth



## I was assigned female at birth





If you have any questions about breast screening, please contact:

**South East Wales** 029 2039 7222

**West Wales** 01792 459988

**North Wales** 01492 860888

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

## About breast screening

**Who:** Some people aged between 50 and 70 (and some people over 70 if you ask)

**When:** Every three years

**Test:** Mammogram (Breast x-ray)

You will receive your first invitation before your 53rd birthday.

If you are invited for breast screening or have asked for a breast check to be done at your local hospital, it is important to attend.

Breast screening can save lives by finding breast cancer early.

## Things you need to know about breast screening

If you are registered with your GP as female, you will be invited for breast screening.

- If you are on long-term oestrogen therapy, you may be at an increased risk of developing breast cancer and should attend for screening when invited.
- If you have had chest reconstruction (breast implants), we recommend that you still attend for breast screening.

If you are not registered with your GP as female, you will not be invited for breast screening.

If you have not yet had chest reconstruction (top surgery) or still have breasts, we recommend that you go for breast screening.

You will need to talk to your GP to arrange a referral to your local hospital or breast clinic. This will not be carried out by Breast Test Wales.

If you wear a binder, you will need to remove this before having your mammogram (breast x-ray). Private changing rooms are available so that you can remove your binder just before having your breast x-ray. If you have any concerns about your appointment, you can contact your local breast screening office.

We may invite people who do not need to have breast screening. If you think this applies to you or you are not sure, contact Breast Test Wales who will be able to help you.

### General information

We understand that you may be worried about going for your breast screening appointment. Let Breast Test Wales know if you would like your appointment at the beginning or end of the clinic or if you would prefer to be screened at your local breast screening centre.

Speak to your GP if you are worried about breast cancer running in your family. Taking part in screening is your choice. If you do not want to be invited for breast screening you will need to contact your local breast screening office. They will explain how you can opt out of breast screening.

### What you can do

Breast awareness is part of general body awareness. It is important to get to know how your breasts look and feel normally. This will help you notice any changes that are different.

Although uncommon, people assigned male at birth can get breast cancer, so it is important that everyone is breast aware.



It's as simple as:

- **Touch** your breasts: can you feel anything unusual?
- **Look** for changes: does anything look different?
- **Check** any changes with your GP.

**TOUCH**

**LOOK**

**CHECK**

If you notice any changes, talk to your GP without delay.

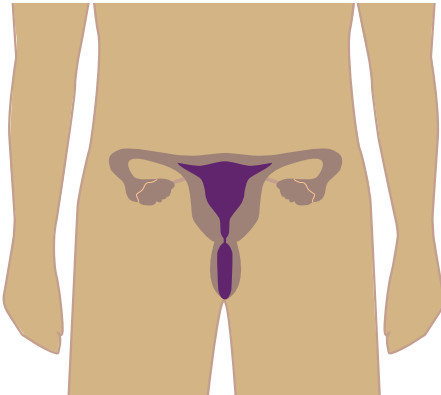
### Signs and symptoms you should look for

- A change in the size or shape of one breast
- Puckering or dimpling of the skin
- A change in the position of the nipple - it might be pulled in or pointing differently
- Lumps, thickening or bumpy areas in one breast or the armpit
- Discharge or blood from the nipple
- A rash around the nipple
- Swelling in your armpit
- Constant discomfort or pain in one breast that is different from normal

For more information, visit: [phw.nhs.wales/breast-screening](https://phw.nhs.wales/breast-screening)



Sgrinio Serfigol **Cymru**  
Cervical Screening **Wales**



## About cervical screening

**Who:** Anyone aged 25 to 64 who has a cervix

**When:** Every five years

**Test:** Cervical screening (smear) test

If you have any questions about cervical screening, please contact:

**South East Wales** 029 2078 7910

**Mid & West Wales** 01792 940940

**North Wales** 01352 877899

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

If you have a cervix it is important for you to attend your cervical screening.

Cervical screening (a smear test) can save lives by preventing cancer from developing in the cervix (the neck of the womb).

## Things you need to know about cervical screening

**If you are registered with your GP as female, you will be invited to make an appointment for cervical screening.**

If you have a cervix, please attend. If you do not have a cervix, you do not need to attend. Please let your GP or Cervical Screening Wales know so that you do not receive further invitations.

**If you are not registered with your GP as female, you will not be invited for cervical screening.**

However, if you are registered as male and have a cervix, it is important that you are screened. To do this, let your GP or Cervical Screening Wales know.

If you or your GP let Cervical Screening Wales know, they can automatically invite you each time you are due to have cervical screening and tell you your results.

We may invite people who do not need to have cervical screening as they do not have a cervix. If you do not have a cervix, you will need to let your GP or Cervical Screening Wales know so we do not send you further invitations.

### General information

We understand that you may be worried about going to a cervical screening appointment. You may want to ask your GP practice if you can have your appointment at the beginning or end of the clinic.

If you are a trans man taking long-term testosterone, your screening test may be uncomfortable or painful. You may want to:

- talk to your GP or nurse about using a different size speculum;
- ask them to use extra lubrication; or
- lie on your side to have the test.

We know this can be an anxious time as there may be physical changes to your body, particularly to your genital area. If you are worried about having your cervical screening test, talk to your GP practice or contact Cervical Screening Wales.

Taking part in screening is your choice. If you do not want to be invited for your screening test you should contact Cervical Screening Wales. They will be able to tell you how you can opt out of cervical screening.

### What you can do

- Attend your cervical screening appointment even if your previous results have been normal.
- Stop smoking, as smoking increases your risk of cervical cancer.

Nearly all cervical cancers are caused by a virus called human papilloma virus (HPV). This is a very common virus that most people will come into contact with at some time during their lives.

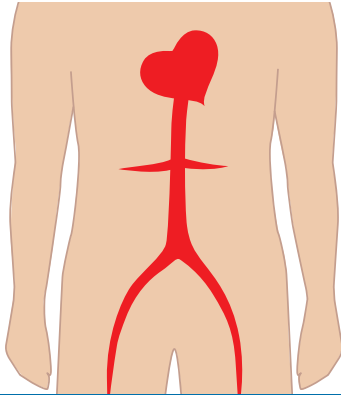
HPV is spread by skin-to-skin contact. For HPV in the cervix, this is passed on through any type of sexual activity. In Wales, HPV vaccinations are offered to everyone aged 12 to 13. The vaccine could prevent 7 out of 10 cases of cervical cancer in the future. However, it is possible to develop cell changes despite having had the vaccine. People who have been vaccinated and have a cervix should still have screening.

### Signs and symptoms you should look for

You should tell your GP if you have any of the following, even if you have had a normal screening test.

- Bleeding between periods, during or after sex or after the menopause (after your periods have stopped)
- Unusual vaginal discharge.

For more information, visit: [phw.nhs.wales/cervical-screening](https://phw.nhs.wales/cervical-screening)



## About AAA screening

**Who:** Some people aged 65  
(Some people over 65 if  
you ask)

**When:** One-off test

**Test:** Ultrasound

AAA (abdominal aortic aneurysm) screening can save lives by finding a swelling (aneurysm) of the aorta (main blood vessel) in the abdomen.

If you have any questions about AAA screening, please contact:

**South East Wales** 01443 235161

**South West Wales** 01792 453162

**North Wales** 01492 863563

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

## Things you need to know about AAA screening

If you were assigned male at birth, you are six times more likely to have an AAA than someone who was assigned female at birth.

A ruptured AAA is less common in a person assigned female at birth, and on average this happens 10 years later than in a person assigned male at birth.

**If you are registered with your GP as male, you will be invited for AAA screening.**

If you were assigned female at birth you can choose whether or not you would like to attend for screening.

**If you are not registered with a GP as male, you will not be invited for AAA screening.**

If you were assigned male at birth it is important for you to be screened. You will need to contact your local screening office to arrange a suitable appointment.

## General information

We understand that you may be worried about attending your AAA screening appointment. Let the Wales Abdominal Aortic Aneurysm Screening Programme know if you would like your appointment at the beginning or end of the clinic.

AAA screening involves having an ultrasound scan of your abdominal aorta. You will not need to undress but you will have to lift up your top. If you wear a binder, the screener may be able to do the scan without you having to remove this.

Speak to your GP if you are worried about AAA running in your family.

Taking part in screening is your choice. If you do not want to be invited for your screening test you should contact the Wales Abdominal Aneurysm Screening Programme. They will be able to tell you how you can opt out of AAA screening.

## Who is most at risk of an AAA?

An AAA can happen to anyone but it is most common in people who are assigned male at birth and who are aged 65 or over.



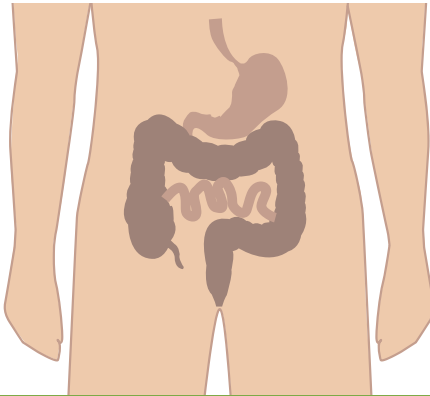
## You are more at risk of developing an AAA if:

- you have high blood pressure;
- you have high cholesterol;
- you have a family history of AAA; or
- you smoke.

## Signs and symptoms you should look for

There are usually no signs and symptoms of an AAA. The easiest way to find an AAA is by having a simple ultrasound scan of the abdomen.

For more information, visit: [phw.nhs.wales/aaa-screening](http://phw.nhs.wales/aaa-screening)



## About bowel screening

**Who:** People aged 55 to 74

**When:** Every two years

**Test:** Poo sample kit completed at home and returned by post

Bowel screening can save lives by finding bowel cancer early.

If you have any questions about bowel screening, please contact:

**0800 294 3370**

**[phw.nhs.wales/bowel-screening](http://phw.nhs.wales/bowel-screening)**

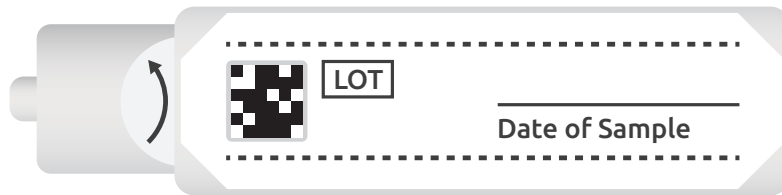
## Things you need to know about bowel screening

Everyone aged 55 to 74 will be invited to take part in bowel screening every two years.

A bowel screening test kit and information pack will be sent to you in the post when you are due for screening.

The test kit is quick and easy to use and only one small poo sample is needed.

The test looks for tiny amounts of blood in your poo which you may not be able to see. This may be a sign of bowel cancer.



## General information

If blood is found in your sample, you will be referred for further tests. This may involve you having a colonoscopy. A colonoscopy is where a small flexible camera is inserted into your back passage (bottom) to look at the lining of your bowel.

If you have had gender reassignment surgery you may find having a colonoscopy more uncomfortable. You may want to talk to your screening nurse or GP about this before having the test.

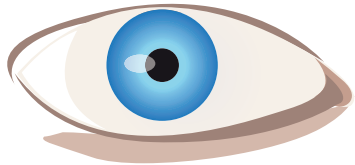
Taking part in screening is your choice. If you do not want to take part you should contact Bowel Screening Wales. They will be able to tell you how you can opt out of bowel screening.

## Signs and symptoms you should look for

You may feel well even if you have early bowel cancer. Bowel cancer is more common as you get older. You should tell your GP if you have any of the following.

- Bleeding from your bottom or blood in your poo (or both)
- A persistent and unexplained change in your bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

For more information, visit: [phw.nhs.wales/bowel-screening](https://phw.nhs.wales/bowel-screening)



If you have any questions about diabetic eye screening, please contact:

**01443 844244**

**[phw.nhs.wales/diabetic-eye-screening](http://phw.nhs.wales/diabetic-eye-screening)**

## About diabetic eye screening

**Who:** Everyone aged over 12 who has diabetes

**When:** Every year

**Test:** Photographs of the eye

Eye screening can prevent you from losing your sight as it can find retinopathy (damage to the back of the eye) at an early stage.

Screening saves sight.

## Things you need to know about diabetic eye screening

Everyone aged 12 or over who has diabetes and is registered with a GP will be invited for diabetic eye screening every year.

### General information

Diabetic eye screening looks for retinopathy (damage to the back of the eye), which can lead to sight loss if not treated. It is important to take part in diabetic eye screening even if your vision seems fine to you.

Finding retinopathy early means it can be treated, and this can help prevent sight loss. Taking part in screening is your choice. If you do not want to be invited for your diabetic eye screening test you should contact Diabetic Eye Screening Wales. They will be able to tell you how you can opt out of screening.

### Signs and symptoms you should look for

You should tell your GP or optician if you have any of the following.

- Blurred vision
- Dark spots in your vision
- Impaired colour vision

For more information, visit: [phw.nhs.wales/diabetic-eye-screening](http://phw.nhs.wales/diabetic-eye-screening)



## About antenatal screening

**Who:** All people during pregnancy

**When:** During pregnancy

**Test:** Blood tests and  
ultrasound scans

You will be offered antenatal screening tests during your pregnancy, to check your health and the health of your baby.

If you have any questions about antenatal screening, please speak to your midwife or contact us:

**029 2010 4433**

**[phw.nhs.wales/antenatal-screening](http://phw.nhs.wales/antenatal-screening)**



## Things you need to know about antenatal screening

If you are pregnant, you will be offered antenatal screening tests.

### General information

You will be offered antenatal screening tests during your pregnancy to check your health and the health of your baby. A midwife will explain the different tests you can have as part of your routine antenatal care.

Screening may involve ultrasound scans and blood tests. These tests will be offered at different stages during your pregnancy. You can choose whether or not to have these tests.

If your screening test suggests a problem, you may be offered more tests and ultrasound scans.

### What you can do

If you have any questions about antenatal screening you can talk to your midwife.

For more information, visit: [phw.nhs.wales/antenatal-screening](http://phw.nhs.wales/antenatal-screening)

## Tell us what you think

It is important that everyone is treated with dignity and respect. If you feel that you have not been treated in this way, or if you want to share your experience with us, we would like to hear from you. Everything you tell us will be treated in the strictest confidence.

[screening.feedback@wales.nhs.uk](mailto:screening.feedback@wales.nhs.uk)

## Where can I find more information?

For more information or advice, visit the following websites.

Public Health Wales Screening  
Division  
[phw.nhs.wales/screening](http://phw.nhs.wales/screening)

Gender Identity Research and  
Education Society  
[gires.org.uk](http://gires.org.uk)

Unique Transgender Network  
[uniquetg.org.uk](http://uniquetg.org.uk)

Stonewall Cymru  
[stonewallcymru.org.uk](http://stonewallcymru.org.uk)

Wales GIC  
[gender.wales](http://gender.wales)

Public Health Wales  
[phw.nhs.wales](http://phw.nhs.wales)