

Easy Read

Rhaglen Sgrinio
Ymlediadau Aortig
Abdomenol Cymru



Wales Abdominal
Aortic Aneurysm
Screening Programme

About your Abdominal Aortic Aneurysm test

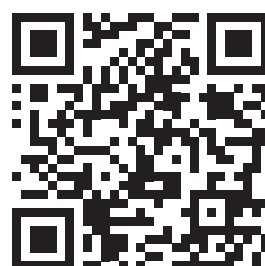


This test is for men aged 65 and over



GIG
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Iechyd Cyhoeddus
Cymru
Public Health
Wales



phw.nhs.wales/aaa-screening

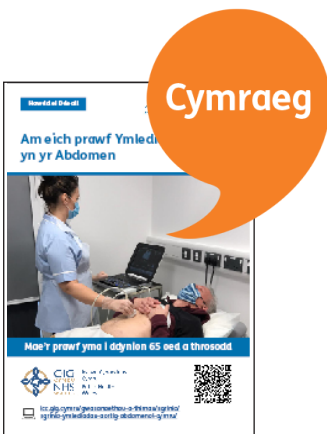
How to use this leaflet



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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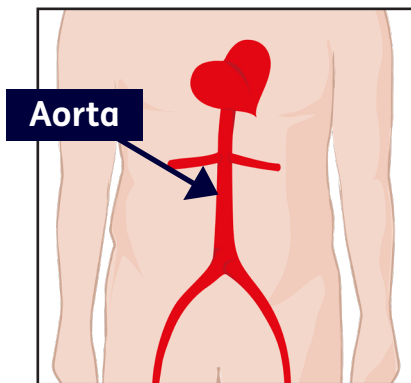
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What is this leaflet about?



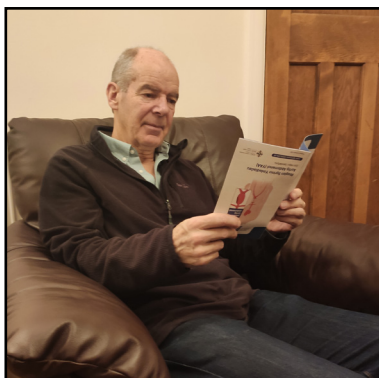
This leaflet is about a health test for men.



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

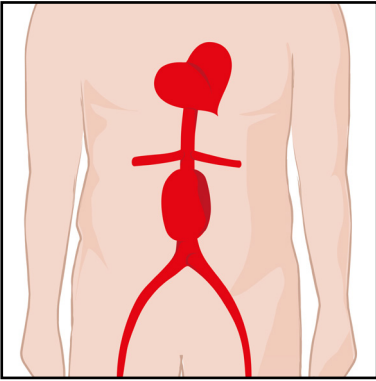


This leaflet tells you about going for an **Abdominal Aortic Aneurysm** scan. It is called an **AAA** scan.

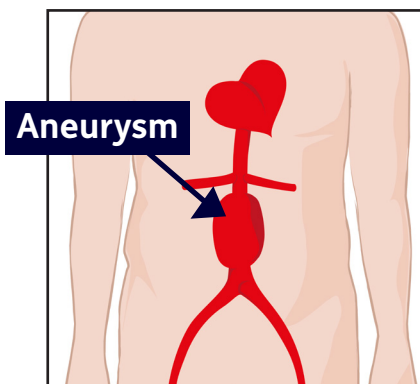


You are more likely to have an AAA if you are a man aged 65 or older.

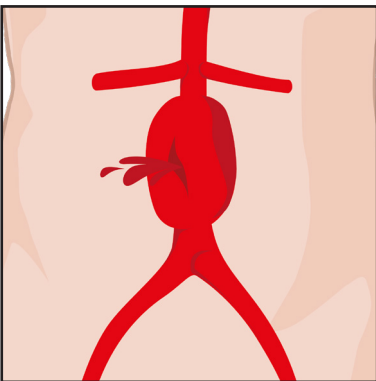
What is an AAA?



An AAA is an abdominal aortic aneurysm.



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 from an aneurysm that splits or tears.

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.

Going for an AAA scan could save your life

About your AAA test



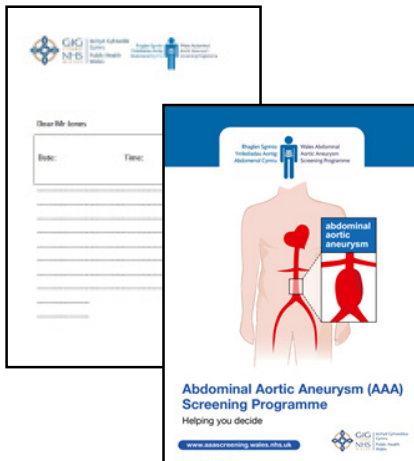
Men aged 65 will be sent a letter to have an AAA scan.



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.

About your AAA test



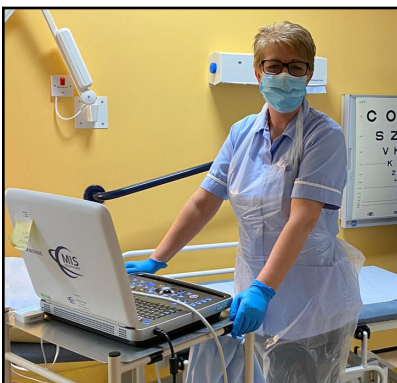
Let us know before your appointment if you have a disability or need support. You can ask for a longer appointment.



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



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



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

About your AAA test



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.

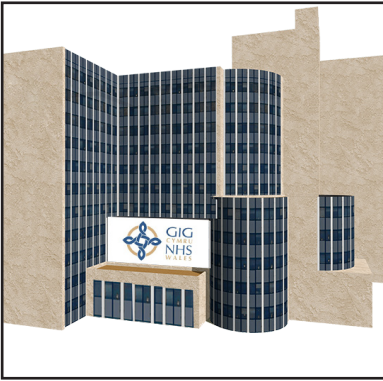


If you have an AAA, a nurse will contact you.

Your AAA test results



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:



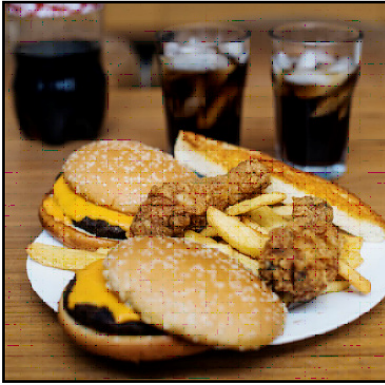
You are a man. Men are more likely than women to get an AAA.



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**.

Keeping healthy



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.

More information

Rhaglen Sgrinio
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Wales Abdominal
Aortic Aneurysm
Screening Programme



You can phone us:

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You can e-mail us: aaa.screening@wales.nhs.uk

Cymraeg

You can speak with us, or write to us in Welsh.



You can visit our website:
phw.nhs.wales/aaa-screening



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

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Photosymbols (page 2, 9, 11, 12, 13 and 15)