

NHS Wales screening information  
for people who are:



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Transgender or Non-binary



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

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

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## NHS screening

This leaflet is for you if you are transgender (trans) or non-binary. It is important you read the information in this leaflet to help you decide about taking part in screening.

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.

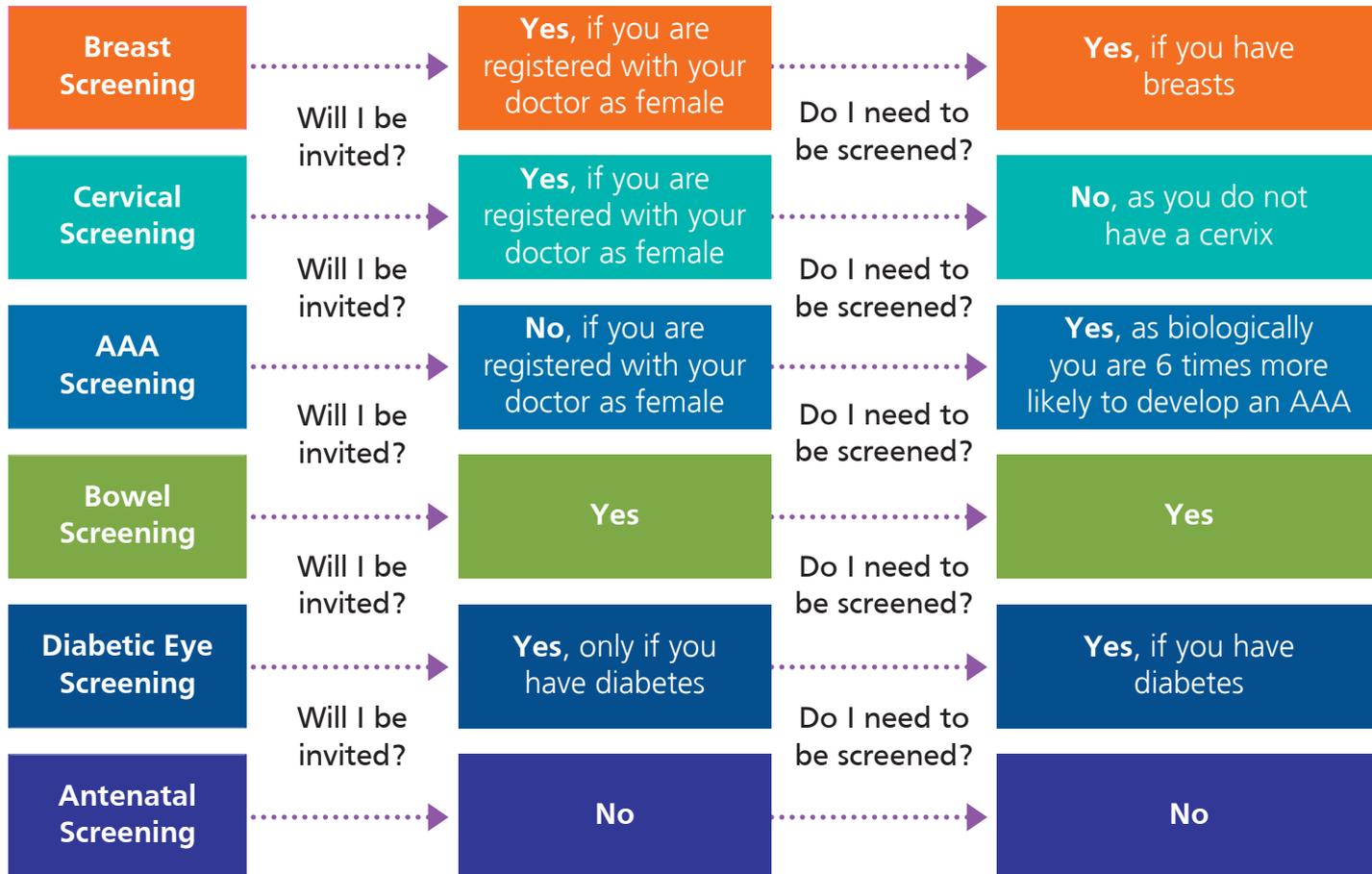
It is important to know that you will be invited for screening based on how you are registered with your doctor and not based on the sex you were assigned at birth.

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

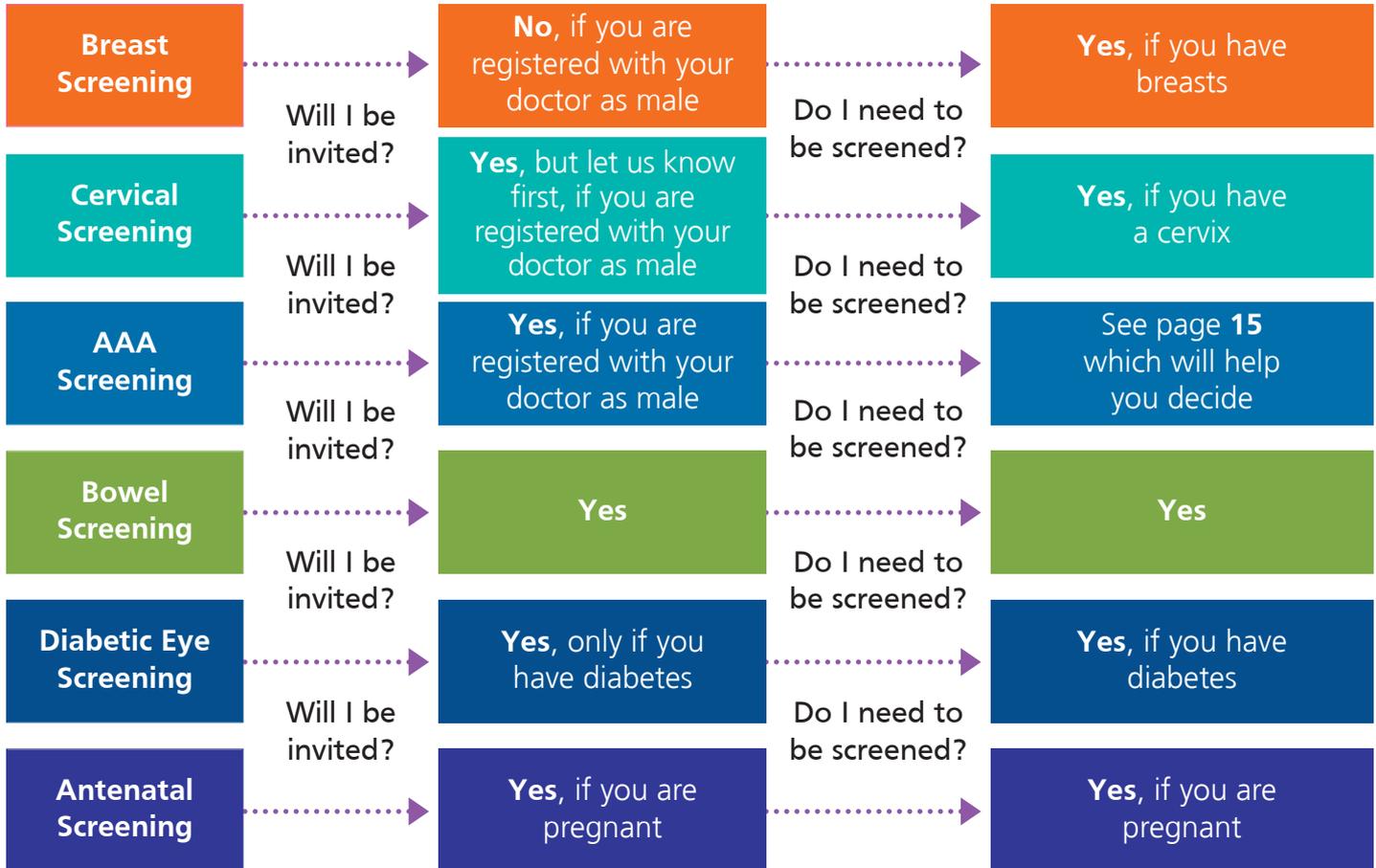
We aim to treat everyone with dignity and respect. It is important that we address you in the correct way. Let us know if you feel we can improve your experience of screening.

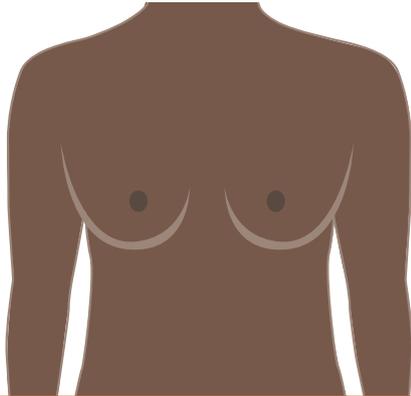
We have provided contact details throughout this leaflet. You can contact us in Welsh or English. It will take us the same amount of time to answer you, whichever language you choose.

## I was assigned male at birth



## I was assigned female at birth





## About breast screening

**Who:** Some people aged from 50 up to 70 (and 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 this to be done at the hospital, it is important to attend.

Breast screening can save lives by finding breast cancer early.

Contact us:

**South East Wales** 029 2039 7222  
[south-breast-screening@wales.nhs.uk](mailto:south-breast-screening@wales.nhs.uk)

**West Wales** 01792 459988  
[west-breast-screening@wales.nhs.uk](mailto:west-breast-screening@wales.nhs.uk)

**North Wales** 01492 860888  
[north-breast-screening@wales.nhs.uk](mailto:north-breast-screening@wales.nhs.uk)

## Things you need to know about breast screening

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

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

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

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

### General information.

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 nearest breast screening centre.

If you wear a binder, private changing rooms are available so that you can remove this before having your breast X-ray.

If you are worried about going for breast screening or if breast cancer runs in your family speak to your doctor. If you find talking to your doctor difficult you may want to get support from someone you trust to do this for you.

Taking part in screening is your choice. If you do not want to be invited for breast -screening you will need to contact your nearest breast screening office, who will explain how you can opt out of breast screening.

### What you can do.

It is important to get to know how your breasts look and feel. We understand that this may be difficult. However, it is important as it 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/chest aware.

## 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.

## How to check your breasts.

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

**TOUCH**

**LOOK**

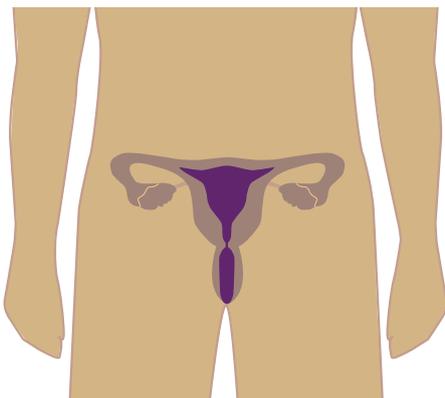
**CHECK**

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

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

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

Contact us:

South East Wales    029 2078 7910  
[south-cervical-screening@wales.nhs.uk](mailto:south-cervical-screening@wales.nhs.uk)

Mid & West Wales    01792 940940  
[west-cervical-screening@wales.nhs.uk](mailto:west-cervical-screening@wales.nhs.uk)

North Wales    01352 877899  
[north-cervical-screening@wales.nhs.uk](mailto:north-cervical-screening@wales.nhs.uk)

## Things you need to know about cervical screening

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

It is important to attend if you have a cervix. If you do not have a cervix, you do not need to attend. Let your doctor or Cervical Screening Wales know so that you do not receive further invitations.

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

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

If you or your doctor 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 doctor 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 contact your doctor's surgery to ask 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 doctor 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, contact your doctors' surgery or Cervical Screening Wales. If you find talking to your doctor difficult you may want to get support from someone you trust to do this for you.

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**, who will explain how you can opt out of cervical screening.

### What you can do.

- Attend your cervical screening appointment even if your previous results did not find high-risk HPV.
- Stop smoking, as smoking increases your risk of cervical cancer.

Nearly all cervical cancers are caused by a virus called human papillomavirus (HPV). This is a very common virus that most people will come into contact with at some time during their lives. Only certain types of HPV cause cervical cancer. These are called high-risk types. Cervical screening tests for high-risk HPV.

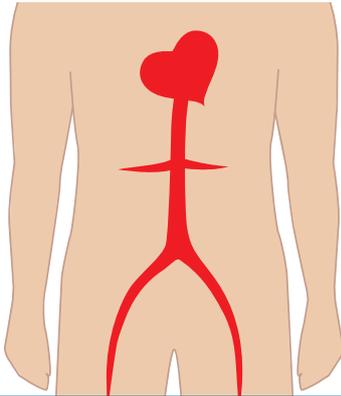
HPV is spread by skin-to-skin contact. For HPV in the cervix, this is through sexual contact. This can be by having sex, oral sex, or through genital touching or sharing sex toys. In Wales, HPV vaccinations are offered to everyone aged 12 to 13. The vaccine could prevent 7 out of 10 cases of cervical 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 doctor if you have any of the following, even if your previous screening test did not find high-risk HPV.

- Bleeding that is unusual for you.
- Pain during or after having sex.
- Discharge that is unusual for you.

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



## About AAA screening

**Who:** Some people aged 65  
(and 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.

### Contact us:

**South East Wales** 01443 235161

**South West Wales** 01792 453162

**North Wales** 01492 863563

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

## 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, on average this happens 10 years later than in a person assigned male at birth.

### If you are registered with your doctor 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 doctor 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 nearest screening office to arrange a suitable appointment.

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.

## General information.

Let the Wales Abdominal Aortic Aneurysm Screening Programme know if you would like your appointment at the beginning or end of the clinic.

If you are worried about going for AAA screening or if AAAs run in your family speak to your doctor. If you find talking to your doctor difficult you may want to get support from someone you trust to do this for you.

Taking part in screening is your choice. If you do not want to be invited for AAA screening you will need to contact your nearest screening office, who will explain how you can opt out.

## Who is most at risk of an AAA?

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

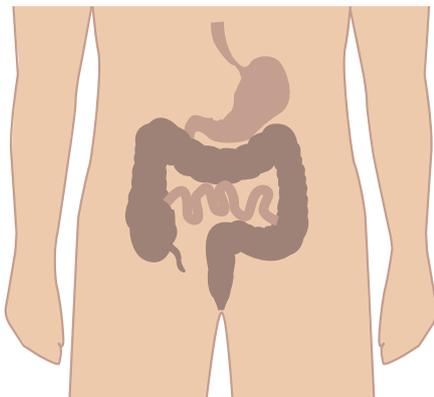
## You are more at risk of developing an AAA if you:

- have high blood pressure;
- have high cholesterol;
- have a family history of AAA; or
- 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](https://phw.nhs.wales/aaa-screening)**



## About bowel screening

**Who:** People aged 50 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.

Contact us:

0800 294 3370

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

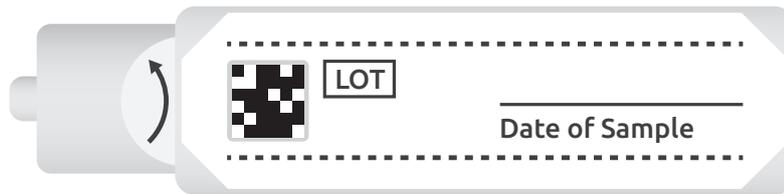
## Things you need to know about bowel screening

Everyone aged 50 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 doctor about this before having the test. If you find talking to your doctor difficult, you may want to get support from someone you trust to do this for you.

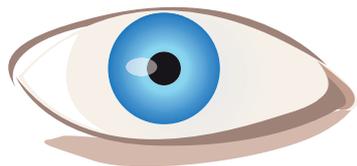
Taking part in screening is your choice. If you do not want to be invited for bowel screening you will need to contact Bowel Screening Wales, who will explain how you can opt out.

## 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 doctor if you have any of the following.

- **B**leeding from your bottom or blood in your poo.
- **O**bvious change in bowel habit.
- **W**eight loss which is unexplained.
- **E**xtrême tiredness for no obvious reason.
- **L**ump or pain in your tummy.

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



## About diabetic eye screening

**Who:** Everyone over 12 years with diabetes

**When:** Every one or two years depending on their risk of diabetic eye disease

**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.

Contact us:

**0300 033 0500**

**[diabetic-eye-screening@wales.nhs.uk](mailto:diabetic-eye-screening@wales.nhs.uk)**

## Things you need to know about diabetic eye screening

Everyone aged 12 or over who has diabetes and is registered with a doctor will be invited for diabetic eye screening every one or two years depending on their risk of diabetic eye disease.

### 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 eyesight 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, who will explain how you can opt out of screening.

### Signs and symptoms you should look for.

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

- A sudden or gradual change in your eyesight.
- A sudden loss of your eyesight in one or both eyes.
- Seeing shapes (floaters) or flashing lights in your field of vision.
- Your eyesight becomes blurred for no reason.
- You have eye pain or redness.

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



## About antenatal screening

**Who:** People who are pregnant

**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, you can talk to your midwife.

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

## 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 some people talking to a health professional may be difficult. You may want to get support from someone you trust to do this for you.

**For more information, visit: [phw.nhs.wales/antenatal-screening](https://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, visit the feedback pages on the programme websites.

Everything you tell us will be treated in the strictest confidence.

## Where can I find more information?

Visit the [Information for people who are transgender or non-binary](#) on the programme's websites.



Wales GIC

[Cav.Wgs\\_enquiries@wales.nhs.uk](mailto:Cav.Wgs_enquiries@wales.nhs.uk)



Public Health Wales Screening Division

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

Stonewall Cymru

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

Unique Transgender Network

[uniquetg.org.uk](http://uniquetg.org.uk)

Gender Identity Research and Education Society

[gires.org.uk](http://gires.org.uk)

