



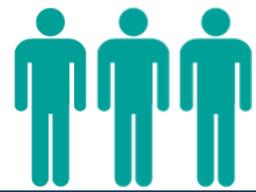
# **healthwatch**

## **INFORMATION GUIDE**

**Free Screenings  
Available for Men  
in the UK**

## In this guide you will find:

- Information on screenings available to men. These Include:
  - Abdominal Aortic Aneurysm (AAA) Screening
- Information on what the screening involves
- Support Available



# Abdominal Aortic Aneurysm (AAA)

## Abdominal Aortic Aneurysm (AAA) Screening

Abdominal aortic aneurysm (AAA) screening is a way of checking if there's a bulge or swelling in the aorta, the main blood vessel that runs from your heart down through your tummy. In England, screening for AAA is offered to men during the year they turn 65. Men aged 65 or over are most at risk of AAAs. Screening can help spot a swelling in the aorta early on when it can be treated.

Screening for AAA is not routinely offered to:

- women
- men under 65
- people who have already been treated for an AAA

This is because the risk of an AAA is much smaller in these groups. You can ask for a scan to check for an AAA if you think you might need one but have not been offered a screening test.

If you're a man and you're registered with a GP, you'll get a screening invitation in the post when you're 64 or soon after your 65th birthday. If you're a man over 65 and have not been screened before, you can ask for a test by contacting your local AAA screening service directly. If you're a woman or man under 65 and you think you might have a higher risk of AAA, talk to a GP.

## Health Reviews

The screening involves a quick and painless ultrasound scan. This is similar to the scan pregnant women have to check on their baby.

For the scan:

- the technician rubs a clear gel on your tummy and moves a small handheld scanner over your skin – pictures from the scanner are shown on a monitor and the technician will measure how wide your aorta is
- the technician tells you the result straight away

The whole test usually takes about 10 to 15 minutes.

Sometimes the technician might not be able to see your aorta clearly. This is not anything to worry about. If this happens, you'll be asked to have another scan, usually on a different day.

## **Support Available:**

### **More information on AAA Screening**

www.nhs.co.uk/conditions

### **Community and Support Groups for Men:**

**Blokes United Hull (Mental Health project supporting men):** [blokesunited.co.uk](http://blokesunited.co.uk)

**Men in Sheds Hull (Support and Community group):** 01482 803 700

**Andys Man Club Hull Facebook:** @Hullandysmanclub

**Butterflies Memory Loss Group Hull:** [www.butterflies.org.uk](http://www.butterflies.org.uk) or 07821 519212

**Age UK Social Groups:** 01482 324644

### **Mental Health Support**

**HEY Mind Hull:** 01482 240200

**Let's Talk Hull (Depression and Anxiety Service):**

CALL - 01482 247 111

TEXT – 'Talk' to 61825

If you would like to find out more about free screenings available in the UK visit [www.nhs.uk/conditions/nhs-screening](http://www.nhs.uk/conditions/nhs-screening)

OR

Contact your local Healthwatch, contact details can be found below:

## **healthwatch**

East Riding of Yorkshire

Phone: 01482 665 684

Email: [enquiries@healthwatcheastridingofyorkshire.co.uk](mailto:enquiries@healthwatcheastridingofyorkshire.co.uk)

Website: [www.healthwatcheastridingofyorkshire.co.uk](http://www.healthwatcheastridingofyorkshire.co.uk)

## **healthwatch**

Kingston upon Hull

Phone: 01482 595505

Email: [enquiries@healthwatchkingstonuponhull.co.uk](mailto:enquiries@healthwatchkingstonuponhull.co.uk)

Website: [www.healthwatchkingstonuponhull.co.uk](http://www.healthwatchkingstonuponhull.co.uk)

## **healthwatch**

North East Lincolnshire

Phone: 01472 361 459

Email: [enquiries@healthwatchnortheastlincolnshire.co.uk](mailto:enquiries@healthwatchnortheastlincolnshire.co.uk)

Website: [www.healthwatchnortheastlincolnshire.co.uk](http://www.healthwatchnortheastlincolnshire.co.uk)

## **healthwatch**

North Lincolnshire

Phone: 01724 844986

Email: [enquiries@healthwatchnorthlincolnshire.co.uk](mailto:enquiries@healthwatchnorthlincolnshire.co.uk)

Website: [www.healthwatchnorthlincolnshire.co.uk](http://www.healthwatchnorthlincolnshire.co.uk)



