

The Scottish National Population Screening Programmes explained



Adapted by NHS Greater Glasgow & Clyde with thanks to NHS Borders Public Health Screening Team.

Owner	Version
NHS GGC Pubic Health Screening Team	2024

Contents

Scottish National Screening Programmes 4

Abdominal Aortic Aneurysm Screening
(AAA Screening)..... 6

Bowel Screening 8

Diabetic Eye Screening (DES)..... 10

Cervical screening or a smear test for women aged
between 25 and 64 years..... 12

Breast cancer screening for women aged between
50 and 70 years 14

Be Body Aware 16

What helps? 18

Scottish National Screening Programmes

Screening means testing people for early stages of an illness.



It is important to go to screening.
You will get a letter inviting you to take part.

Taking part in screening could save your life.



If you are worried talk to your:

- carer
- family
- support worker
- doctor



They can help you to:
Find out about screening



Get ready for your appointment



Understand your screening results



Someone can come with you to your appointment.

Some people can be at a higher risk of getting some cancers and diseases



Know your body.
Look for changes.
If you see changes tell your carers or
your doctor.



Half the people in the UK will get cancer
at some time in their lives.



When cancer is found early, lots of
people can get better.

Abdominal Aortic Aneurysm Screening (AAA Screening)

For men aged over 65



You will be sent a letter.



At the appointment, you will have an ultrasound scan.



This is to check that the big blood vessel from your heart to your tummy is healthy.



The ultra sound scan does not hurt.
If the result is normal, you do not need to have this done again.



The ultra sound scan takes 10 minutes.



You will get your results before you leave.



A letter with your results will be sent to your doctor.

You can get more information from:



<https://www.nhsinform.scot/healthy-living/screening/abdominal-aortic-aneurysm-aaa-screening/>



To check if you are due AAA contact the recall team on **0141 451 5425**

Bowel Screening

Everyone between the age of 50 and 74 years

Every 2 years



You will be sent a bowel screening kit in the post every 2 years.

This test is to check for blood in your poo.



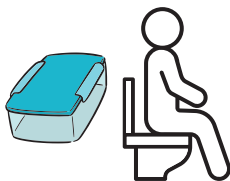
Instructions how to use the kit are in the letter.

This test is done at home.



Take the printed label and place on the tube.

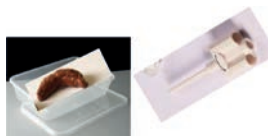
Write the date on the tube in the space provided.



Place an empty, clean tub in your toilet.
Poo into the tub and take the tub out of the toilet.



Open the test kit by twisting the top round.



Push the end of the stick into the poo to fill the 2 holes at the end, then pull it out.



Place the stick back into the tube and twist closed.



Post it.



A letter with your results will be sent to you and your doctor.

You can get more information from:



<https://www.nhsinform.scot/healthy-living/screening/bowel-screening>



0800 0121 833

Scottish Bowel Screening Helpline

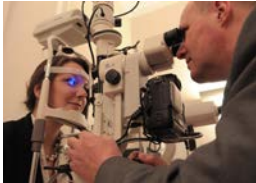
You can contact the Scottish Bowel Screening Helpline number to check when you are due or to order repeat kit.

Diabetic Eye Screening (DES)

For everyone with diabetes, aged 12 or older,
every 1 or 2 years



If you are diabetic, you will be sent a letter to take part in Diabetic Eye Screening.



Diabetic eye screening (DES) takes a picture of the back of your eye (retina) to check it is healthy.



Your letter will tell you where to go.



The appointment will take 20 minutes.



If you wear glasses or contact lenses you must take these with you.



A letter with your results will be sent to you and your doctor

You can get more information from:



<https://www.nhsinform.scot/healthy-living/screening/diabetic-eye-screening-des>



To check if you are due too, you can contact DES recall team on **0141 451 5424**

Cervical screening or a smear test for women aged between 25 and 64 years



You will be sent a letter to take part in cervical screening or a smear test.



If you are:

aged 25-64 years old this is every 5 years.



The smear test looks for any changes in your cervix.

Your cervix is inside your vagina, at the entrance to your womb underneath the skin.



A nurse will do your smear test.



The nurse will tell you what is going to happen.



A letter with your results will be sent to you and your doctor.

You can get more information from:



<https://publichealthscotland.scot/media/26589/a-smear-test-could-save-your-life-aug2024-easy-read-1635.pdf>

You can contact GP surgery to arrange smear test

Breast cancer screening for women aged between 50 and 70 years

Every 3 years



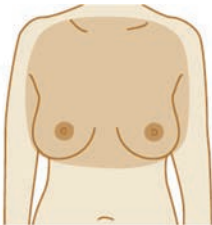
You will be sent a letter to take part in breast screening (mammography) every 3 years.



West of Scotland Breast Screening Service. We use a static site (at Nelson Mandela Place in Glasgow City) and mobile units in NHS GGC.



The scan (mammography) of your breasts will be taken by a woman.



She will ask you if you have:

- Any changes in your breasts.
- Any pain in your breasts.



This scan (mammography) takes pictures like an X-ray.



It is important that you check your breasts regularly for any changes.



A letter with your results will be sent to you and your doctor.

You can get more information from:



<https://www.nhsinform.scot/healthy-living/screening/breast-screening>



Please contact West of Scotland Breast Screening Service to check if you are due or require further information **0141 800 8800**

Be Body Aware



It is important that you know your body, how it feels, looks and changes. You can do this when you are getting washed or getting dressed.



Your carers can help if you want them to.
If you are worried get checked by your doctor.

Some of the signs and symptoms that could mean you need to go to see your doctor are:



Sudden unexplained weight loss .
Unexplained or unusual pain.



Redness or changes to skin.



Unusual lumps or bumps that are new.



Going to the toilet more often and having:

- diarrhoea
- constipation
- blood in your poo



Any changes in your breasts that are new for you.



Any discharge or bleeding from your vagina that you do not usually have.

**You can get more
information from:**



<https://www.nhsinform.scot/healthy-living>



0800 22 44 88

What helps?

Enjoy a healthier lifestyle



Eat healthier food.

Eat less ready made meals.

Eat less junk food.

Try to eat fish 2 times a week.

Eat 5 pieces of fruit and vegetables every day.

Drink 6 to 8 cups of water everyday.



Stop smoking.

You can get help to stop smoking.

Smoking can harm others as well as yourself.



Be active.

Try to move about more and exercise every day.

What helps?

Enjoy a healthier lifestyle



Be a healthy weight.

Get help to lose weight.



Limit alcohol intake.



Attending your Learning Disability Health Check appointment

Making small changes can help you to stay healthy and have less chance of getting cancer.



If you have a learning disability, or if you care for someone who does, and need more information on the national screening programmes, please visit the website or contact us on the phone numbers provided. Alternatively, you can speak to your local health or social care professional for advice.

If you feel you or someone you care for requires additional specialist support to assist them to participate in screening, then please contact your local community learning disability team to discuss a referral.

Contact details are below.

Community LD Team phone numbers:

North East	 0141 201 4109
West	 0141 232 1340
South	 0141 276 4900
East Renfrewshire	 0141 800 7819
Renfrewshire	 0141 207 7800
West Dunbartonshire	 0141 232 2190
East Dunbartonshire	 0141 304 7450
Inverclyde	 01475 715 295

Learning Disability Health Check Team contact number:
 **0141 800 7818**