

Abdominal aortic aneurysm screening information



Easy read



In this booklet, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



You might need to ask someone to help you read this booklet.



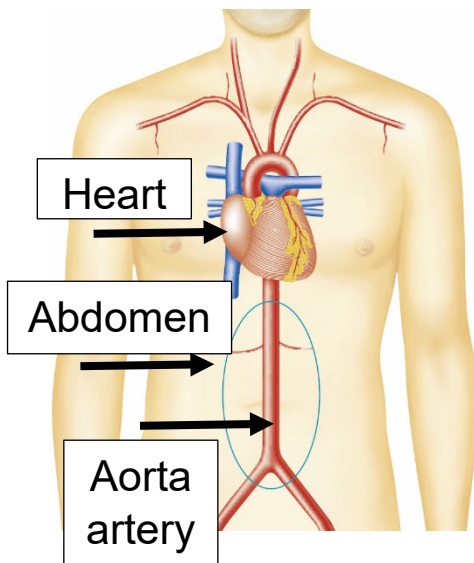
At your appointment the health professionals might wear a face mask, apron and gloves.

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What is an abdominal aortic aneurysm?

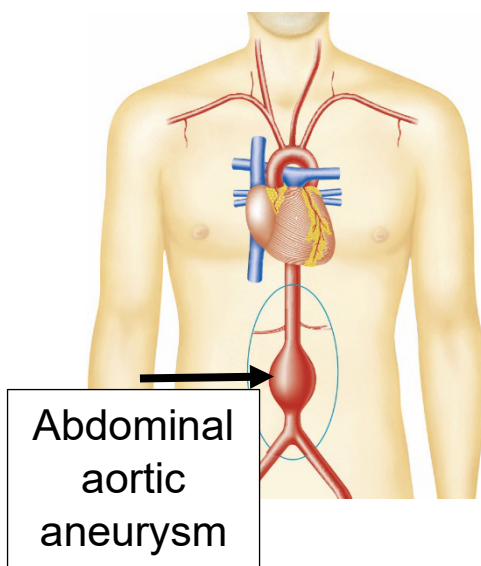
The aorta is the main **artery** that carries blood around your body.



An **artery** is a tube that carries blood from your heart to other parts of your body.

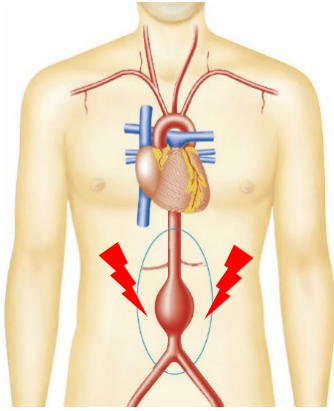
The aorta goes from your heart down through your chest and **abdomen**.

The **abdomen** is another name for your tummy.



As some people get older the aorta in the tummy can become weak and swollen.

This is called an abdominal aortic aneurysm.



An aneurysm can burst which can kill you.



An abdominal aortic aneurysm can be

- small which are not as serious but you still need to get them checked. A small aneurysm is about 3cm up to 4.4cm about the size of a large grape.



- medium which are not as serious but you still need to get them checked. A medium aneurysm is about 4.5cm up to 5.4cm about the size of a lime.



- large aneurysm which can be very serious
A large aneurysm is bigger than 5.5cm about the size of a large egg.

Who can get an aneurysm?

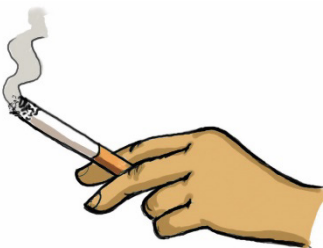
Anyone can have an aneurysm but you are more likely to have one if:



- you are a man



- someone in your close family has had an aneurysm



- you smoke



- you have high blood pressure



- you have **high cholesterol**.

High cholesterol is when you have too much of a fatty substance called cholesterol in your blood.

Why is screening important?



Screening is for all men aged 65 years.

Screening is a scan to check if you have an aneurysm.



You are not likely to have any **symptoms** so you will not know if you have an aneurysm.

Symptoms is the word we use to describe how an illness makes people feel.



You will get an **ultrasound scan** of your tummy.

An **ultrasound scan** is a safe, quick and painless test.



The scan is very quick and takes about 10 minutes.

How to reduce risk of getting an aneurysm



- Stop smoking.



- Eat a healthy diet.



- Exercise for at least 30 minutes a day.



- Try to lose weight if you are overweight.



- Drink less alcohol.

Your screening appointment

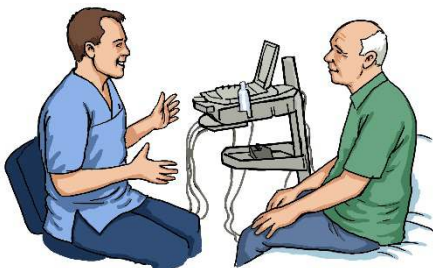


We will invite you to come for screening.



You can choose if you want to come for screening or not.

When you arrive at the screening centre we will:



- check your details
- tell you what will happen during the scan
- answer any of your questions.



When you go for the scan we will:

- ask you to lie down and lift up or unbutton your top



- put some jelly on your tummy that might feel cold

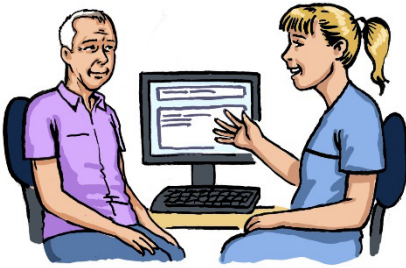


- move a small scanner over your tummy



- look at the image of your aorta on a screen and check its size.

After the scan we will:



- tell you your result straight away



- send a letter to you with your results



- send a copy of your results to your GP if you have an aneurysm.

Your results



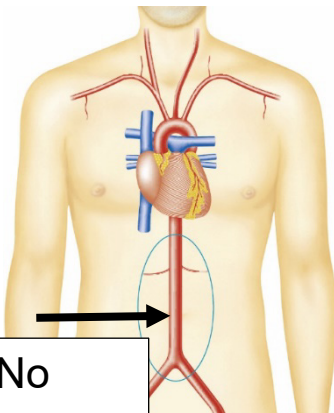
After the scan you will be told if you have:

- no aneurysm
- a small sized aneurysm
- a medium sized aneurysm
- a large sized aneurysm
- to come back for another scan.

No aneurysm

Most men will have no aneurysm.

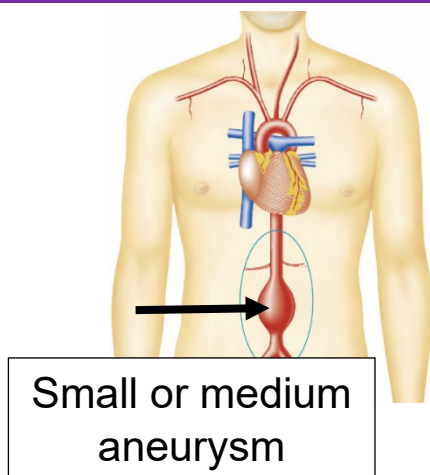
If no aneurysm is found you will probably never get one large enough to need treatment.



No
aneurysm

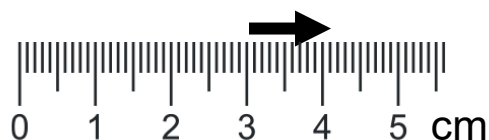


You will not need to come for another scan again.

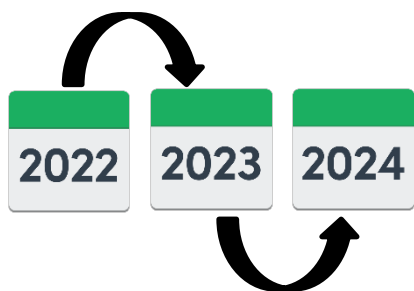


A small or medium aneurysm result

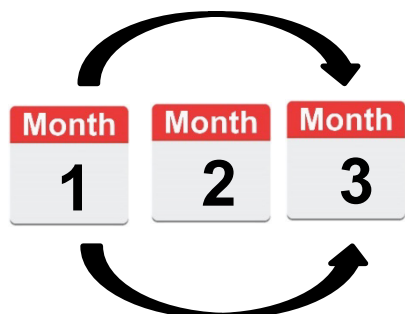
This means that your aorta is a little bigger than normal.



Small and medium aneurysms that are bigger than 3cm are not as serious but you still need to get them checked.



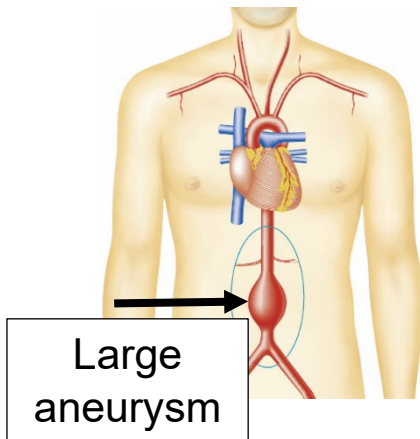
- every year if you have a small aneurysm



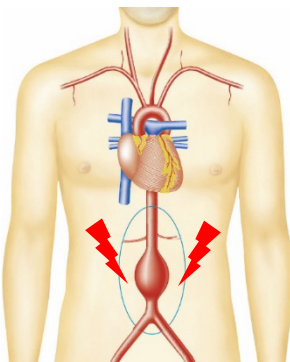
- every three months if you have a medium aneurysm.

A large aneurysm result

This means that your aorta is much bigger than normal.



A large aneurysm which is bigger than 5.5cm can be very serious.



If a large aneurysm is not treated it could burst.



If we find a large aneurysm, we will send you to a special doctor usually within 2 weeks.



The special doctor will:

- carry out some more tests
- talk to you about possible treatment
- tell you about the risks.



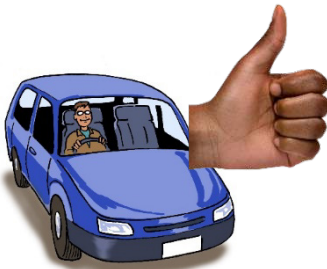
For a very small number of men an operation will not be possible.

Driving if you have an aneurysm

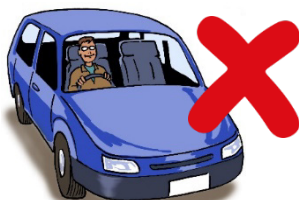
Driving a car



You must tell the DVLA if your aneurysm grows to 6 cm which is a large aneurysm.



If you have a small or medium aneurysm which is 5.4 cm and smaller you can still drive a car.



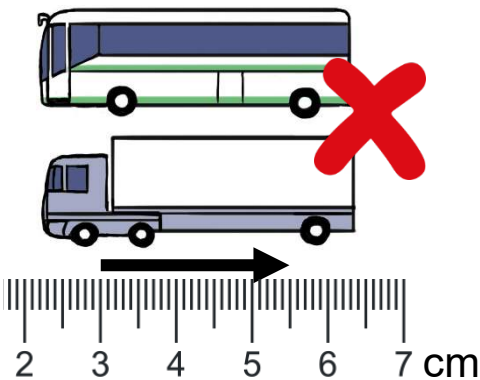
You will not be allowed to drive a car if your large aneurysm grows to 6.5 cm and bigger.





Driving a bus, coach or lorry

You must tell the DVLA if you have an aneurysm which is any size.



You will not be allowed to drive if your large aneurysm grows to 5.5 cm and bigger.



You will be allowed to drive again once your aneurysm has been treated.



For more information phone the DVLA
Medical enquiries on
0300 790 6806



Or go to this website
www.gov.uk/aneurysm-and-driving

More information



For more information call your local abdominal aortic aneurysm screening centre using the phone number on the letter you have.



Talk to healthcare staff at your local abdominal aortic aneurysm screening centre.



Phone the NHS inform helpline free on **0800 22 44 88**.



Go to this website
www.nhsinform.scot/aaascreening



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