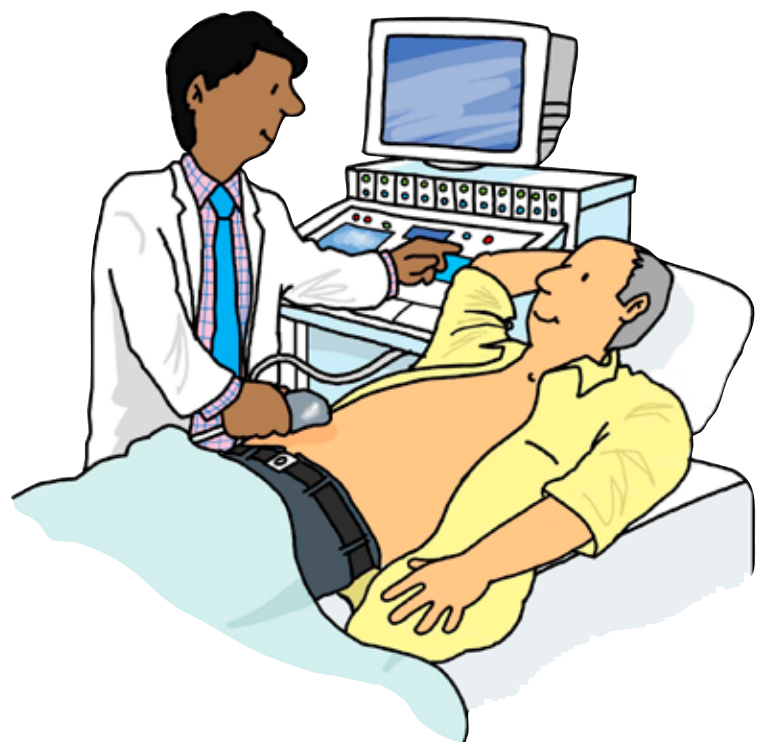
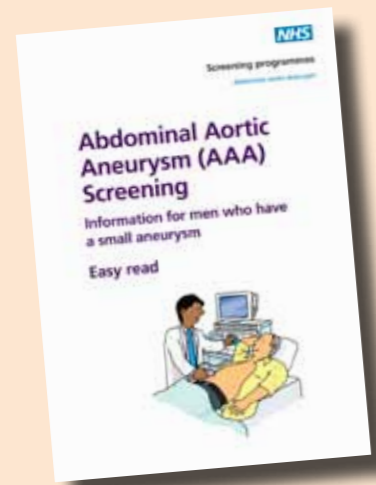


Abdominal Aortic Aneurysm (AAA) Screening

Information for men who have
a small aneurysm

Easy read





This leaflet tells you about what happens if your **AAA Screening** test has found that you have a small **abdominal aortic aneurysm**. This is called **AAA** for short.

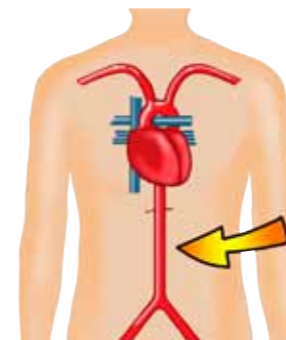
Your AAA Screening test result



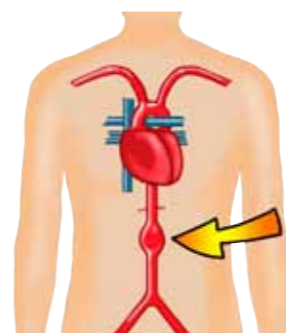
When you went for your **AAA Screening** test we found that your **aorta** is a bit wider than normal. This means that you have a small **abdominal aortic aneurysm**.

You do not need treatment now. But we do need to keep checking that your **aneurysm** does not get any bigger.

What is an abdominal aortic aneurysm?



The **aorta** is a big blood vessel that takes blood from your heart round your body.



As some people get older, the aorta can get weak and swell up. This sort of swelling is called an **abdominal aortic aneurysm**.

Is a small aneurysm serious?



If you have a **small aneurysm**, it is not dangerous. But it is important to keep checking in case your aneurysm gets bigger.



If you develop a **large aneurysm** it could be very serious. If the wall of your aorta gets very weak it could burst. If this happens, you would probably die.



Most aneurysms grow slowly, so you may never need to have treatment.

What happens next?



We will ask you to come back for regular tests. The tests will be every 3 months or once a year. It will depend on how big your aneurysm is.



We will tell you how often you should come back for tests



We will send you a letter about the results of your screening test.

We will send you a letter about your next test just before the test is due.

Can I do anything to stop my aneurysm getting bigger?

Here are some things you can do that may help the aneurysm to grow more slowly:



- Eat healthy foods



- Eat less fatty foods.



- Do not smoke.



- Ask your doctor to check your blood pressure is normal.



- If you are overweight, lose weight.



- Do regular exercise.



- Your doctor can give you advice on these things. Your doctor may also give you pills or change medicines you take already.



- We will arrange for you to speak to a special nurse when you come back for your second test, or just before. The nurse can give you advice on staying healthy.



- You do **not** need to make any other changes to how you live. You can keep driving, doing sport and hobbies.

How many times will I need to come back?



Everyone is different, so we cannot say exactly how many times you will need to come back for tests.



You will **not** usually have to come back if a few tests in a row show that your aorta is **not** getting bigger. This means it is unlikely to give you any problems .



If your aorta **is** getting much bigger we may ask you to talk to a special doctor about having more tests and maybe some treatment .

Why can I not have an operation now?



If you have an operation for a **small aneurysm** you might get other health problems. It is safer to keep checking your aneurysm and only give you an operation if it gets bigger.

What should I do if I feel unwell?



You cannot usually tell if you have an **aneurysm**. You will not usually feel any pain or notice anything different.



If you go into hospital for any reason, you should tell the hospital that you have an **abdominal aortic aneurysm** found by an **AAA Screening** test.



If you have questions about your test result, you can phone your **local screening centre**.



If you feel ill, you should talk to your doctor.

Where can I get more information?

To get more information you can:



- Phone your **local screening centre**.
Their number will be on the letter they sent you.



- Visit the **NHS AAA Screening Programme** at www.aaa.screening.nhs.uk



- Contact **The Circulation Foundation** charity that supports people with problems with their blood vessels, at www.circulationfoundation.org.uk or phone **020 7304 4779**



- You can also talk to your own doctor.



Screening programmes

Abdominal Aortic Aneurysm

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