



NHS

Public Health
England

Information for trans people

NHS Screening Programmes



About this leaflet

This leaflet is for trans (transgender) and non-binary people in England. It tells you about the adult NHS screening programmes that are available in England and explains who we invite for screening.

We use trans as an umbrella term to embrace the diverse range of identities outside the traditional male/female definitions. These include transgender, gender fluid and non-binary. Find more trans health information on NHS Choices at www.nhs.uk/trans-health.

Which screening can you have?

	Trans woman	Trans man
Breast screening		 (if you have breast tissue)
Cervical screening		 (see page 12)
Abdominal aortic aneurysm screening		 (see page 17)
Bowel screening		

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Breast screening

Breast screening can find cancers when they are too small to see or feel. Finding and treating cancer early gives you the best chance of survival. Screening will miss some cancers, and some cancers cannot be cured.

Taking part in breast screening is your choice. You can find out more information from your GP or by visiting www.nhs.uk/breast.

What is breast screening?

Breast screening is a free NHS test that is carried out at breast screening centres and at mobile breast screening units across England.



A mammogram procedure

When it's offered

All individuals aged 50 to 70 who are registered as female with their GP are automatically invited to breast screening. When you are due for screening, we will send you an invitation letter.

We invite you for breast screening every 3 years. Your first invitation will arrive some time between the ages of 50 and 53. The NHS is in the process of extending the programme as a trial, offering screening to some people aged 47 to 73.

If you are trans it is important that your GP contacts the NHS Breast Screening Programme so you are invited for screening correctly.

If you do not want to be invited for breast screening, you will need to contact your local breast screening office. They will explain how you can opt out of breast screening.

It is important that you feel that you are treated with dignity and respect at all times. Let us know if you would:

- like your appointment at the beginning or end of a clinic
- prefer to be screened at your local breast screening centre rather than a mobile breast screening unit

Visit **www.nhs.uk/breastscreening** for contact details.

Trans man

Registered with a GP as female

If you are a trans man aged 50 to 70 who is registered with a GP as female, you **will be** routinely invited for breast screening. We recommend you consider having breast screening if you have not had chest reconstruction (top surgery) or still have breast tissue.

If you are worried about visiting a breast screening unit you can ring to arrange a more suitable appointment. For example, we can arrange for you to have an appointment at the beginning or end of a clinic.

Registered with a GP as male

If you are a trans man aged 50 to 70 who is registered with a GP as male, you **won't be** invited for breast screening. If you have not had chest reconstruction (top surgery) we suggest you talk to your GP about screening.

They can arrange a referral to a breast screening unit to have a mammogram.

If you have had chest reconstruction (top surgery) and you still have breast tissue, you can talk to your GP who can arrange a referral to breast screening for you.

Trans woman

Registered with a GP as a female

If you are a trans woman aged 50 to 70 who is registered with a GP as female, you **will be** routinely invited for screening. Long-term hormone therapy can increase your risk of developing breast cancer so it is important that you consider going for breast screening when you are invited.

Registered with a GP as male

If you are a trans woman aged 50 to 70 who is registered with a GP as male, you **won't be** invited for breast screening.

If you have been on long-term hormone therapy you may be at increased risk of developing breast cancer and should consider asking for breast screening.

If you are registered with your GP as male, you may want to speak to your GP about having a mammogram. This will be done at a breast screening unit.

Screening test

A breast x-ray called a mammogram is used to look for signs of cancer. Each breast is pressed firmly between the plates of an x-ray machine for a few seconds. The pressure is needed to get good images and also reduce the radiation dose. Your test will be carried out by a specially trained female mammographer.

Some people say having a mammogram is uncomfortable and a few may find it painful, but the discomfort should pass quickly.

Breast screening usually involves 2 x-rays of each breast. People who have implants are offered the choice of additional x-rays so the mammographer can see as much breast tissue as possible.

Preparation

If you are a trans man registered with a GP as female who has not had chest reconstruction (top surgery) and you wear a binder, you will need to remove this before having your mammogram. Private changing facilities will be available so that you can remove your binder just before having your mammogram. If you have any concerns about your appointment, you can contact your local breast screening service.

Results

For most people the results are normal. If changes are seen on your x-ray, you will be recalled to an assessment clinic for more tests which will include:

- a breast examination
- more x-rays or ultrasound scans

You may also have a biopsy, where a small sample of tissue is taken from the breast with a needle.

Sometimes breast screening can pick up cancers that would never have caused harm, so people are treated for breast cancer that would never have been life-threatening.



Checking mammogram images for signs of cancer

Reducing your risk

Screening reduces the number of deaths from breast cancer by finding signs of disease at an early stage.

It is important to know what is normal for your body. If you notice any changes report them to your GP.