

CMHT health screening information

Information for patients to self-refer or get support from your worker



Health screening is offered in Scotland to detect conditions or diseases so we can provide treatment early. Sometimes your age and/or sex can cause you to be at risk of certain conditions or diseases and you may not have any symptoms.

The health screenings are not compulsory, but they are available to you if you would like to use them.

This leaflet will provide you with the health screening options available to you so you can make an informed decision about whether you wish to go ahead with testing. Evidence shows the earlier we test and detect the higher chance of treatment outcomes being positive.

Please speak to a member of staff within the Community Mental Health Team (CMHT) if you would like to get support to make an appointment or find out more about the services available.

Thanks,

The Community Mental Health Teams, West Lothian



Abdominal aortic aneurysms (AAA) screening

All people assigned male at birth can attend AAA screening when they turn 65. This checks if you have an aneurysm by performing an ultrasound scan. Results are given at the appointment. Abdominal aortic aneurysms can happen when you get older and the main artery supplying blood all over the body weakens causing it to expand. Testing is painless and can help save lives.

To make an appointment:

tel: 0131-242-3606

Bowel cancer testing

People between ages 50-74 are invited to be checked for bowel screening. Once you reach 75 you will not be invited but can conduct the test if you choose to do so every 2 years. The test looks for hidden blood in your poo to detect cancer and changes in your bowel. You do the test yourself at home.

Order a kit if you haven't already received one by phoning the Scottish Bowel Screening Centre: 0800 0121 833 (textphone 18001 0800 0121 833).

Results are sent in the post within 2 weeks but if you don't hear by then, please phone the number above.

Breast screening

All people assigned female at birth (who haven't removed their breasts) or trans women taking hormones will receive their first invite for screening between the ages of 50 and 53. After this, you'll be invited every 3 years until you are 70. Screening can detect early signs of cancer and reduce deaths from breast cancer. A mammogram (x-ray) takes images and looks for changes within the breast. Results are posted within 3 weeks.

tel: 0131-537-7400

Diabetic eye screening (DES)

Diabetic eye screening (DES) is for people over the age of 12 who have diabetes (type 1 and/or 2). The test checks for blood vessels in the back of your eye that may have started leaking or blocked, known as diabetic retinopathy. After having 2 normal results tests will be offered every 2 years. If you have 2 results indicating risks, then testing is offered every 6-12 months. The test requires you to have images taken of the backs of eyes. Results are posted within 4 weeks or speak to your GP if you have not received them.

SMEAR testing

Smear testing is offered to people born with a cervix between the ages of 25-64. This includes people who had the HPV vaccine. Screening of the cervix identifies changes or abnormalities early to monitor risks or treat cervical cancer. This is recommended to be done every 5 years. This can be booked via your GP and results are posted. Speak to your people conducting your test regarding result time frames.

Sexual health

- Self-sampling **STI** kits test for chlamydia, gonorrhoea, syphilis and HIV are available to order online, however this is limited daily. If none are available, try again the next day. Depending on your answers to the online questionnaire, you will either send a swab/urine sample as well as a small blood sample in the post for testing. Results are sent by text.

website: www.lothiansexualhealth.scot/no-symptom-sti-testing/sti-kits-sexual-health-self-sample/



- Sexual health clinics are available at Howden, Whitburn and Sighthill health centres (plus others further away) by making a pre-bookable appointment for advice, support, testing, contraception and free condoms. Please call 0131 536 1070 for Chalmers Sexual Health clinic or visit the website below:

website: www.lothiansexualhealth.scot



WISHES (Women's Inclusive Sexual Health Extended Service)

This clinic is set up to support women experiencing homelessness, experiencing addiction, involved in sex work, exiting the criminal justice system, leaving care and anyone who may need extra support. A non-judgemental space from people who want to offer a friendly and safe place to access:

- STI screening and treatments
- Contraception
- Smear tests
- Vaccinations
- Period/gynaecological issues

They offer a prebook able appointment at Howden and Whitburn health centre by calling 07769887112 or emailing wishes@nhslothian.scot.nhs.uk.

Menopause

If you think you are experiencing symptoms of menopause, please speak to your GP who can explore what various options with you. There are options for hormone and non-hormone treatments.

NHS Lothian 'Quit your way'

You can self-refer to this service by calling the telephone number below. You will be contacted back to arrange an appointment with one of the advisors who will help you plan a way to reduce and stop smoking. They can offer you support for up to 12 weeks or longer, if needed.

tel: 01506 651 829

website: <https://services.nhslothian.scot/quit-your-way/>



Diet

NHS inform website has lots of resources and information on how to eat well, making changes and government recommendations. Speak to your worker if you want support to explore some of this or help to access online.

website: www.nhsinform.scot/healthy-living/food-and-nutrition/



Dentist:

www.nhs24.scot has a search option to find your local dentist. You will need to phone them to enquire about registering.



If you are not registered and require urgent dental help (such as access or trauma e.g. knocked out tooth) you can contact Chalmers dental health on 0131 536 4800 (during the working week, Monday to Friday 9am-6pm) or for out of hours dental help you can phone 111.

