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SCREENINGFORLIFE
SGRINIOAMOES

Cylchlythyr Bron Brawf Cymru & Sgrinio Serfigol Cymru • HYDREF/GAEAF 2008 RHIFYN 3

Bowel screening launched across Wales

Men and women between 60 and 69 who live in Wales started receiving bowel screening test kits through the post at the end of October.

It will be the first time men have been asked to take part in a national screening programme.

Director of Bowel Screening Wales, Dr Hilary Fielder said: "Bowel cancer is the third biggest killer of men and women in Wales. Screening aims to detect bowel cancer at an early stage in people with no symptoms. This is when treatment is more likely to be effective.

"We are using a home screening kit which can be completed easily in the privacy of people's own homes. The kits are then returned by post to our new laboratory where they will be processed. "

Health Minister Edwina Hart said:

"This new service is expected to reduce mortality from bowel cancer by 15 per cent in the screened population. I would therefore encourage everyone to take the test when they receive the kit."

Former Assembly Member, Glyn Davies, who was diagnosed with bowel cancer in 2002 said: "Hundreds of people in Wales have bowel cancer but don't realise it. If the tumours were to be discovered and treated, the chances of full recovery from the disease would be much improved. That's not something to be embarrassed about. It's why I'm passionate about men and women taking up screening."

After two years, the bowel screening programme will be extended to people aged up to 74. By 2015 it will be offered to everyone who lives in Wales between the ages of 50 and 74 every two years.

"Mynyddislwyn Male Voice Choir, former Assembly Member, Glyn Davies and Screening Services staff launch Bowel Screening Wales"
"Dyma Gôr Meibion Mynyddislwyn, Glyn Davies sy'n gyn-aelod o'r Cynulliad, a staff y Gwasanaethau Sgrinio'n lansio Sgrinio Coluddion Cymru."

Lansio sgrinio'r coluddyn ar draws Cymru

Bydd dynion a menywod 60-69 oed sy'n byw yng Nghymru'n dechrau cael pecyn prawf sgrinio'r coluddyn yn y post o ddiwedd mis Hydref ymlaen.

Hwn fydd y tro cyntaf i ddynion gael gwahoddiad i gymryd rhan mewn rhaglen sgrinio genedlaethol.

Dywedodd Dr Hilary Fielder, Cyfarwyddwr Sgrinio Coluddion Cymru, "Canser y coluddyn yw'r trydydd yn y rhestr o achosion marwolaethau dynion a menywod yng Nghymru. Nod sgrinio yw datgelu canser y coluddyn yn gynnar mewn pobl sydd heb unrhyw symptomau. Dyma'r adeg y mae triniaeth yn fwyaf tebygol o weithio.

"Rydyn ni'n defnyddio pecyn sgrinio yn y cartref y gall pobl ei wneud yn rhwydd ac yn breifat yn eu cartrefi eu hunain. Maen nhw'n anfon y pecynnau'n ôl wedyn i'n labordy newydd lle y byddan nhw'n cael eu prosesu. "

Dywedodd Edwina Hart, y Gweinidog dros Iechyd,

"Mae disgwyl i'r gwasanaeth newydd hwn leihau o 15 y cant y nifer yn y grup oedran i'w sgrinio sy'n marw o ganser y coluddyn. Byddwn i, felly, yn annog pawb i wneud y prawf ar ôl i'r pecyn eu cyrraedd."

Dywedodd Glyn Davies, sy'n gyn-aelod o'r Cynulliad ac a gafodd ddiagnosis o ganser y coluddyn yn 2002, "Mae canser y coluddyn ar gannoedd o bobl yng Nghymru heb iddyn nhw wybod amdano. Trwy ddod o hyd i'r tiwmor yn gynnar, a'i drin, mae llawer gwell cyfle i rywun wella'n llwyr o'r clefyd. Nid rhywbeth i fod yn swil yn ei gylch yw hwn. Dyna pam rwyf i mor frwd dros weld dynion a menywod yn manteisio ar y cyfle i gael eu sgrinio."

Ar ôl dwy flynedd, bydd y rhaglen sgrinio'n cael ei hymestyn i gynnwys pobl hyd at 74 oed. Erbyn 2015, bydd pawb rhwng 50 a 74 oed sy'n byw yng Nghymru'n cael cyfle i gael eu sgrinio bob dwy flynedd.

My Cervical Screening Story

By Alison Atkins

"I've always attended regularly for smears at my GP or Family Planning Clinic, and about 15 years ago I had two abnormal smear tests which showed mild abnormalities.

"I remember clearly having a letter inviting me to attend the Colposcopy clinic. It said that I would need to go because of some abnormal cell changes. My worst fear was that it was cancer and my whole life flashed in front of me. I went out socially that evening and couldn't think of anything else.

"I think I was seen within two weeks of having the letter, and when I got to clinic I saw friendly nurses and a caring consultant. He went through the results of the smear and explained that the changes were pre-cancerous, not cancer, and I had a biopsy taken to confirm the diagnosis. I was told that the changes could revert back to normal, stay the same or get worse over the years if untreated. So I was followed up in six months at the Colposcopy clinic again. Fortunately the biopsy showed that the changes had reverted back to normal and I didn't need any treatment. I attended Colposcopy clinic again and after two negative smear results, a year later I was discharged back to my GP.

"A few years later I was referred back to the Colposcopy clinic with another abnormal smear result. I was seen by different nurses, and they were very helpful, ensuring my dignity and confidentiality. The consultant was reassuring, she explained that the changes were mild but I would need six monthly checks. After two further appointments the changes were the same so it was decided that I needed to have Cryo Cautery to the cervix. This is a treatment that freezes cells on the neck of the womb, normally done to boost the immune system. After the treatment I was seen twice at the clinic with two negative smear results. This treatment has worked for me and I am now back to the three yearly re-call for smears.

"For me a positive smear test turned into a positive experience, and I feel that all women should take up the invitation for smear testing because it could save their lives."

Fy stori am sgrinio serfigol

Gan Alison Atkins

"Rydw i bob amser wedi mynd yn rheolaidd at fy meddyg teulu neu'r clinig cynllunio teulu i gael profion taeniad. Tua 15 mlynedd yn ôl, fe ges i ddau brawf annormal oedd yn dangos annormaleddau ysgafn.

"Rwy'n cofio'n glir y diwrnod y daeth llythyr yn fy ngwahodd i fynd i'r clinig Colposgopi. Roedd e'n dweud y dylwn i fynd am fod newidiadau annormal yn rhai o'r celloedd. Fy mhryder mwyaf oedd mai canser oedd e ac fe fflachiodd fy mywyd cyfan o flaen fy llygaid. Roeddwn i'n mynd allan y noson honno a gallwn i feddwl am ddim ond y llythyr.

"Rwy'n meddwl i mi gael fy ngweld wythnos neu ddwy ar ôl i'r llythyr gyrraedd. Pan gyrhaeddais i'r clinig fe welais i nyrsys cyfeillgar ac ymgynghorydd oedd yn llawn gofal. Fe aeth e drwy ganlyniadau'r prawf taeniad ac esbonio mai newidiadau cyn-ganseraidd oedd i'w gweld, nid canser, ac fe wnaeth e biopsi i gadarnhau'r diagnosis. Ces i wybod y gallai'r newidiadau droi'n normal eto, aros yr un fath, neu waethygu dros y blynyddoedd heb iddyn nhw gael eu trin. Felly, fe ges i fynd i'r clinig Colposgopi eto chwe mis yn hwyrach. Yn ffodus, roedd y biopsi'n dangos bod y newidiadau wedi troi'n normal eto ac nid oedd angen i mi gael triniaeth. Es i'r clinig Colposgopi eto ac, ar ôl cael dau ganlyniad negyddol i brofion taeniad, fe ges i fynd yn ôl ymhen blwyddyn dan ofal fy meddyg teulu.

"Rai blynyddoedd wedyn, ges i fy nghyfeirio'n ôl i'r clinig Colposgopi ar ôl cael canlyniad annormal arall. Ces i fy ngweld gan nyrsys gwahanol, ac roedden nhw'n help mawr ac yn cadw popeth yn urddasol a chyfrinachol. Tawelodd yr ymgynghorydd fy meddwl, ac fe esboniodd bod yn newidiadau'n ysgafn ond byddai gofyn i mi gael archwiliad bob chwe mis. Ar ôl dau apwyntiad arall, roedd y newidiadau'n dal yno felly fe benderfynodd y staff fod angen triniaeth cryo-serio ar y serfics. Triniaeth yw hon sy'n rhewi'r celloedd ar wddf y groth, ac mae'n cael ei gwneud fel arfer i roi hwb i'r system imiwnedd. Ar ôl y driniaeth, ges i fy ngweld ddwywaith yn y clinig a chael dau ganlyniad negyddol i brofion taeniad. Mae'r driniaeth yma wedi gweithio i mi ac rwyf i wedi mynd yn ôl at gael profion taeniad bob tair blynedd.

I mi, trodd canlyniad cadarnhaol y prawf yn brofiad cadarnhaol, ac rwy'n teimlo y dylai pob merch fanteisio ar y cynnig i gael prawf taeniad - gallai achub ei bywyd."

'Having a breast test' and 'Having a smear test' goes live!

A UNIQUE training pack to promote breast and cervical screening for women with learning disabilities has been launched by the Minister for Health, Edwina Hart.

The innovative resource pack was launched at a conference with a difference, held in north Wales. The event was attended by almost 100 delegates including women with learning disabilities, carers and Community Learning Disability Teams.

The packs have been developed as a result of a partnership project between Screening Services and the North East Wales NHS Trust Community Learning Disability Team.

Heather Ramessur, a member of the project team, explained:

"Information can be complicated and confusing. The aim of the pack is to deliver information in a simple format allowing women with a learning disability to make their own choices around whether to attend for screening. This certainly was a conference with a difference!"

Called simply 'Having a Breast Test' and 'Having a Smear Test' , it is prepared in pictorial format, with little text, and breaks down the screening processes into small sections. The resource is on the Screening Services website (www.screeningservices.org/btw)

Guidance for health professionals has also been produced in the form of a professional pack.

Members of the project team Heather Ramessur-Marsden, Bernadette Dunn and Linda Hughes

'Cael prawf sgrinio'r fron' a 'Cael prawf taeniad' yn mynd yn fyw!

Mae Edwina Hart, y Gweinidog dros lechyd, wedi lansio pecyn hyfforddi UNIGRYW i hybu sgrinio'r fron a sgrinio serfigol ymhlith merched ag anableddau dysgu.

Cafodd y pecyn o adnoddau arloesol ei lansio mewn cynhadledd arbennig yng ngogledd Cymru. Daeth bron i 100 o bobl i'r achlysur, yn cynnwys merched ag anableddau dysgu, gofalwyr, ac aelodau o dimau anableddau dysgu cymunedol.

Ffrwyth project partneriaeth rhwng y Gwasanaethau Sgrinio a Thimau Anableddau Dysgu Ymddiriedolaeth GIG Gogledd-ddwyrain Cymru oedd y pecynnau.

Esboniodd Heather Ramessur, aelod o dîm y project:

"Gall gwybodaeth fod yn gymhleth a drysu rhywun. Nod y pecyn yma yw rhoi gwybodaeth mewn fformat syml er mwyn i ferched ag anableddau dysgu wneud eu penderfyniadau eu hunain ynglyn â dod i gael eu sgrinio. Cynhadledd wirioneddol wahanol oedd hon!"

Enwau'r ddau becyn yw 'Cael Prawf Sgrinio'r Fron' a 'Cael Prawf Taeniad'. Maen nhw'n llawn lluniau ac ychydig iawn o destun, ac maen nhw'n rhannu'r broses sgrinio'n dameidiau llai. Maen nhw ar gael ar wefan y Gwasanaethau Sgrinio (www.screeningservices.org/btw).

Mae canllawiau ar gyfer gweithwyr iechyd proffesiynol ar gael hefyd ar ffurf Pecyn i Bobl Broffesiynol.

Drive to boost smear clinic numbers

GP surgeries have joined forces with Cervical Screening Wales (CSW) in a bid to encourage women to attend for smear tests.

Adfer Medical Group in Llanelli and Pengorof Surgery in Ystradgynlais/Ystalyfera contacted CSW following a drop in smear rates, despite offering evening clinics. Since staging an exhibition in its reception area - complete with banners, free stationery, leaflets and posters - the number of women having smear tests at the Llanelli surgery has increased!

Staff at Pengorof Surgery, Ystradgynlais
Staff Meddygfa Pengorof, Ystradgynlais

"The clinics have definitely picked up" Practice Nurse Lesley Williams told Screening for Life. "There are definitely more women booked into them and a lot of people have said that they have seen the stand in reception."

Alison Clement, a Screening Promotion Officer for CSW commented:

"We were keen to help the surgeries promote their smear clinics, and applaud their pro-active approach to increase the number of women attending for the test."

Alison explained: "Women come up with all sorts of reasons for not attending - it hurts, they don't have time or they are too embarrassed. But sadly cervical cancer still kills 1,500 women every year in the UK, and most cases are found in women who do not attend for regular smear tests."

And she added: "It is important that women realise that a cervical smear is not a test for cancer. It detects possible abnormalities or changes in cells, which may develop into cancer if they are not treated."

Smear tests are available every three years in Wales to women aged between 20 and 64.

*** If your surgery or clinic would like to stage a promotional exhibition to raise awareness of cervical screening, then please contact your nearest Screening Promotion Officer.**

Ymgyrch i godi'r niferoedd sy'n cael prawf taeniad

Mae meddygfeydd meddygon teulu wedi ymuno â Sgrinio Serfigol Cymru i geisio annog merched i ddod i gael profion taeniad.

Cysylltodd Grŵp Meddygol Adfer yn Llanelli a Meddygfa Pengorof yn Ystradgynlais/Ystalyfera â ni ar ôl gweld llawer llai o ferched yn dod i gael profion, er eu bod nhw'n cynnig clinigau fin nos. Ers i feddygfa Llanelli osod arddangosfa yn ei derbynfa - gyda baneri, taflenni a phosteri, a deunydd ysgrifennu am ddim - mae mwy o fenywod y dref yn dod i gael eu profion taeniad.

"Mae'n amlwg bod mwy'n dod," dywedodd Lesley Williams, Nyrs y Practis, wrth Sgrinio am Oes. "Mae'n bendant bod mwy o ferched yn dod i'r clinigau ac mae llawer o bobl wedi dweud eu bod wedi gweld y stondin yn y dderbynfa."

Dywedodd Alison Clement, un o Swyddogion Hyrwyddo Sgrinio Serfigol Cymru: "Rydyn ni'n awyddus i helpu'r meddygfeydd i hyrwyddo'u clinigau taeniad, ac rydyn ni'n canmol eu gwaith da wrth geisio cynyddu'r nifer o ferched sy'n dod i gael y prawf."

Esboniodd Alison: "Mae merched yn creu pob math o resymau dros beidio â dod - mae'n brifo, mae amser yn brin, neu mae'n nhw'n rhy swil. Ond y ffaith drist yw bod canser serfigol yn dal i ladd 1,500 o fenywod bob blwyddyn yn y DU, a merched sydd ddim yn dod i gael profion taeniad rheolaidd yw'r rhan fwyaf o'r achosion yma."

Ac ychwanegodd hi: "Mae'n bwysig i ferched sylweddoli nad prawf am ganser yw'r taeniad serfigol. Mae'n dod o hyd i annormaleddau posib neu newidiadau yn y celloedd a allai, heb eu trin, ddatblygu'n ganser."

Mae profion taeniad yn cael eu cynnig bob tair blynedd i ferched 20-64 oed sy'n byw yng Nghymru.

*** Os hoffai'ch meddygfa neu glinig osod arddangosfa hyrwyddo i roi gwybod i bobl am sgrinio serfigol, cysylltwch â'r Swyddog Hyrwyddo Sgrinio yn eich ardal os gwelwch yn dda.**

Thanks to our bowel panel members

Screening Services have been working with members of the public across Wales in a series of consultation sessions regarding the launch of the Bowel Screening programme.

Members of the public have volunteered to join user groups in order to offer their public opinion about the processes, public information and promotion of the programme.

Screening promotion colleagues and panel members from the user groups
Cydweithwyr hyrwyddo sgrinio gyda rhai o aelodau'r grwpiau defnyddwyr

Panel members took part in a series of sessions over a period of six months in the run up to the launch. Both men and women of eligible screening age (50-74) showed dedication giving up their free time and some travelling long distances to support the programme.

Screening promotion officers commented that:

"The sessions have been a great success and information provided by the user groups have been invaluable in shaping the bowel screening programme. Members have reportedly found the groups to be both informative and enjoyable, we are very grateful to everybody who took part in these sessions for their time and the commitment to the project."

Diolch i aelodau ein panel sgrinio'r coluddyn

Mae'r Gwasanaethau Sgrinio wedi bod yn gweithio gyda phobl gyffredin ym mhob rhan o Gymru mewn cyfres o sesiynau ymgynghori ynglyn â lansio rhaglen Sgrinio'r Coluddyn.

Mae aelodau o'r cyhoedd wedi gwirfoddoli i ymuno â grwpiau defnyddwyr i roi eu barn ar y rhaglen yn ogystal â'r prosesau, y wybodaeth gyhoeddus a'r gwaith hyrwyddo sy'n gysylltiedig â hi.

Cymerodd aelodau o'r grwpiau ran mewn cyfres o sesiynau yn ystod y chwe mis cyn i'r rhaglen gael ei lansio. Roedd dynion a menywod o'r grup oedran a fydd yn cael ei sgrinio (50-74 oed) yn ddigon caredig i wneud amser ac i deithio cryn bellter i gynorthwyo'r rhaglen.

Dywedodd y swyddogion hyrwyddo sgrinio:

"Mae'r sesiynau wedi bod yn llwyddiant mawr ac mae'r wybodaeth a gawson ni gan y grwpiau o ddefnyddwyr wedi bod yn hynod o werthfawr wrth i ni greu'r rhaglen sgrinio'r coluddyn. Mae'r aelodau wedi dweud wrthym ni eu bod wedi mwynhau'r grwpiau ac wedi dysgu llawer. Rydyn ni'n ddiolchgar iawn i bawb a gymerodd ran yn y sesiynau hyn am eu hamser a'u hymrwymiad i'r project.

Promoting Bowel Screening with Age Concern Cymru

Screening Promotion Officers from Bowel Screening Wales (BSW) have been busy promoting the launch of the new programme.

A health promotion display was held at a Men's Health Conference organised by Age Concern Cymru, which was staged to promote the health of men in Wales aged 50 and over.

It provided an excellent opportunity to raise awareness of bowel screening within the older male community.

Screening Promotion officer Bridget Young explained:

"Screening Services aims to raise the profile of this programme by attending events such as this conference where important messages can be delivered within the older men's health groups and forums."

If your organisation, group or club would like to receive information about the new bowel screening programme, please contact your local Screening Promotion Department.

Hyrwyddo Sgrinio'r Coluddyn gydag Age Concern Cymru

Mae Swyddogion Hyrwyddo Sgrinio o Sgrinio Coluddion Cymru wedi bod yn brysur yn hyrwyddo lansiad y rhaglen newydd.

Cafodd arddangosfa arbennig ei chynnal yn ystod Cynhadledd ar Iechyd Dynion yr oedd Age Concern Cymru wedi'i threfnu. Pwrpas y gynhadledd oedd hybu iechyd dynion 50 oed a hŷn o Gymru.

Roedd yn gyfle gwych i roi gwybod i ddynion hyn am sgrinio'r coluddyn.

Esboniodd Bridget Young, un o'r Swyddogion Hyrwyddo Sgrinio:

"Nôd y Gwasanaethau Sgrinio yw rhoi gwybod i bobl am y rhaglen trwy fynd i ddigwyddiadau fel y gynhadledd yma lle mae'n bosib cyfleu negeseuon pwysig i wahanol grwpiau o ddynion hyn."

Os hoffai eich mudiad, grup neu glwb gael gwybodaeth am y rhaglen newydd sy'n sgrinio'r coluddyn, cysylltwch â'r adran hyrwyddo sgrinio yn eich ardal.

Meet... Senior Breast Care Nurse, Cath Richards

Cath has been a Breast Care Nurse at Breast Test Wales in Cardiff for 18 years. She leads a team of dedicated nurses, who provide support to women who are invited for breast screening, across south east Wales.

How would you describe the role of a Specialist Breast Care Nurse in screening?

We provide information, support and counselling to women who are called back to Breast Test Wales for further investigation, following their mammogram (breast x-ray).

When would you first have contact with women who have been screened?

I would initially have contact with women if they needed to come to an assessment clinic, for further investigation. A small number of women (approximately 1 in 20) are recalled following their breast screening test.

What is your role in the assessment clinic?

Women who require further investigation of their mammograms are invited to the assessment clinic at their nearest static site.

A woman may be called back to assessment for a number of reasons following a mammogram. The large majority of women who attend will not be diagnosed with breast cancer, and there may be other reasons why a woman may need to have further investigation.

A nurse is always present throughout assessment, and part of my role is to ensure that women understand the processes they are undergoing and are supported throughout assessment. If a woman is diagnosed with breast cancer, then ongoing support is provided by myself or one of the Breast Care Nursing Team.

How does this role develop after diagnosis?

Breast Care Nurses in south east Wales provide ongoing support after diagnosis in both the pre and post operative period. We offer as much advice and information as is required during this worrying and anxious time.

Dewch i gwrdd â ... Cath Richards,Uwch Nyrs Gofal y Fron

Mae Cath wedi bod yn nyrs gofal y fron gyda Bron Brawf Cymru yng Nghaerdydd am 18 mlynedd. Mae'n arwain tîm o nyrsys pwrpasol sy'n cynorthwyo menywod sy'n cael eu gwahodd i gael sgrinio'u bronnau yn Ne-ddwyrain Cymru.

Sut byddech chi'n disgrifio rôl Nyrs Arbenigol Gofal y Fron yn y gwaith sgrinio?

Rydyn ni'n rhoi gwybodaeth, cefnogaeth a chyngor i fenywod mae Bron Brawf Cymru wedi'u galw'n ôl i gael mwy o archwiliadau ar ôl eu mamogram (pelydr-x o'r fron).

Beth fyddai'ch cyswllt cyntaf gyda'r menywod sydd wedi cael eu sgrinio?

Byddai fy nghyswllt cyntaf i â'r fenyw ar ôl iddi gael ei galw'n ôl i glinig asesu i gael mwy o archwiliadau. Ychydig iawn o fenywod (tua 1 o bob 20) sy'n cael eu galw'n ôl ar ôl eu prawf sgrinio'r fron.

Disgrifiwch eich gwaith yn y clinig asesu

Mae menywod sydd angen archwiliadau ar ôl cael mamogramau'n cael eu gwahodd i'r clinig asesu yn eu safle sefydlog agosaf.

Mae nifer o resymau pam y byddai menyw wedi cael ei galw'n ôl i gael ei hasesu ar ôl cael mamogram. Ni fydd y mwyafrif helaeth o'r menywod hyn yn cael diagnosis o ganser y fron. Efallai fod rhesymau eraill dros alw'r fenyw i gael mwy o archwiliadau.

Mae nyrs yn bresennol drwy gydol yr asesiad, a rhan o fy rôl i yw gofalu bod y fenyw'n deall y prosesau sy'n cael eu gwneud a bod yn gefn iddi drwy'r asesiadau. Os bydd menyw'n cael diagnosis o ganser y fron, byddaf i neu aelod arall o dîm nyrsio gofal y fron yn rhoi cefnogaeth gyson iddi.

Sut mae'r rôl yma'n datblygu ar ôl y diagnosis?

Ar ôl y diagnosis, mae nyrsys gofal y fron yn ne-ddwyrain Cymru'n cynnig cymorth drwy gydol y cyfnod cyn ac ar ôl unrhyw lawdriniaeth. Rydyn ni'n cynnig cymaint o gyngor a gwybodaeth y mae'r fenyw eu hangen yn ystod y cyfnod anodd a gofidus yma.

FAQ's:

Who is bowel screening aimed at?

Men and women aged between 50 and 74 who are resident in Wales will be invited for bowel screening every 2 years. The screening will begin with inviting people aged between 60 and 69. It will be extended to invite everyone aged between 50 and 74 by 2015.

How can I be screened for bowel cancer?

A home screening kit will be sent to you in the post with an information booklet. You will be able to carry out the test at home in private.
Please let your GP know if you change address so we can send your test kit to you every two years.

How will I be invited for breast screening?

If you are aged between 50 and 70 there is no need for you to do anything. We invite you automatically every three years. We identify women from their GPs' lists so it is important that your doctor always has your correct name and address.
We invite each doctor's practice in turn. You will not necessarily get your first invitation in the year that you turn 50. As long as you are registered with a doctor, we will invite you for breast screening before your 53rd birthday.

If I've had the HPV vaccine do I still need regular smear tests?

The vaccine protects against the two types of virus that can cause most cervical cancer but it doesn't protect against all HPV viruses. Therefore it is still recommended that you to have regular screening (smear tests) every three years, these are offered for women from the ages of 20 to 64 years.

For more information about screening services visit our website at :

www.screeningservices.org.uk

Cwestiynau cyffredin:

At bwy mae sgrinio'r coluddyn wedi'i anelu?

Bydd dynion a menywod 50-74 oed sy'n byw yng Nghymru'n cael eu gwahodd bob dwy flynedd i gael sgrinio'u coluddion. Bydd y sgrinio'n dechrau trwy wahodd pobl 60-69 oed. Bydd yn cael ei ymestyn erbyn 2015 i wahodd pawb sydd rhwng 50 a 74 oed.

Sut gallaf i gael fy sgrinio am ganser y coluddyn?

Byddwch chi'n cael taflen wybodaeth yn y post ynghyd â phecyn sgrinio i chi ei ddefnyddio yn eich cartref. Byddwch chi'n cael gwneud y prawf yn breifat yn eich cartref eich hun.
Rhowch wybod i'ch meddyg teulu os byddwch chi'n newid eich cyfeiriad er mwyn i ni anfon y pecyn prawf atoch bob dwy flynedd.

Sut byddaf i'n cael fy ngwahodd i gael sgrinio fy mronnau?

Os ydych chi'n 50-70 oed, nid oes angen i chi wneud dim. Rydyn ni'n eich gwahodd chi'n awtomatig bob tair blynedd. Rydyn ni'n defnyddio rhestri meddygon teulu i adnabod y menywod, felly mae'n bwysig bod eich enw a'ch cyfeiriad cywir gan eich meddyg teulu.
Rydyn ni'n gwahodd practis pob meddyg yn ei dro. Fyddwch chi ddim o angenrheidrwydd yn cael eich gwahoddiad cyntaf yn syth ar ôl eich pen-blwydd yn 50. Cyn belled â'ch bod chi wedi cofrestru gyda meddyg, byddwn ni'n eich gwahodd i gael sgrinio'ch bronnau cyn eich pen-blwydd yn 53.

Os ydw i wedi cael y brechiad HPV, oes angen i mi gael profion taeniad o hyd?

Mae'r brechiad yn diogelu pobl rhag y ddau fath o firws sy'n gallu achosi'r rhan fwyaf o achosion o ganser serfigol, ond nid yw'n diogelu rhywun rhag pob firws HPV. Felly, rydyn ni'n dal i argymell y dylech chi gael eich sgrinio'n rheolaidd trwy gael profion taeniad bob tair blynedd. Mae'r profion ar gael i fenywod 20-64 oed.

Am ragor o fanylion am sgrinio'r fron neu sgrinio serfigol ewch i'r wefan :

www.screeningservices.org.uk

Contact / Cysylltwch

Speakers are available, in both English and Welsh, to talk about the NHS breast and cervical screening programmes.

If your organisation, group or club would be interested in a presentation and / or publicity materials, then please contact your local Screening Promotion Department.

Contact Breast Test Wales: Cysylltwch â Bron Brawf Cymru

- **North Wales / Gogledd Cymru**
  Screening Promotion Officer
  Breast Test Wales
  Maes Du Road
  Llandudno
  LL30 1QZ
  Telephone / Ffôn: 01492 860888
  Minicom: 01492 863503

- **West Wales / Gorllewin Cymru**
  Screening Promotion Officer
  Breast Test Wales
  24 Alexandra Road
  Swansea
  SA1 5DY
  Telephone / Ffôn: 01792 459988
  Minicom: 01792 453110

- **South East Wales / De Ddwyrain Cymru**
  Screening Promotion Officer
  Breast Test Wales
  18 Cathedral Road
  Cardiff
  CF11 9LJ
  Telephone / Ffôn: 029 2039 7222
  Minicom: 029 20787907

Contact Bowel Screening Centre: Cysylltwch â Bron Brawf Cymru

- **Welsh Bowel Screening Centre**
  Unit 6
  Green Meadow
  Llantrisant
  Pontyclun
  CF72 8XT
  Freephone / Ffôn: 0800 294 3370

If you have a screening story you would like to share, or would like to comment on our newsletter please contact us.

This newsletter is available on request in other languages, large print, audio or in Braille.

"Cornel y Siaradwyr"

Mae pobl ar gael i siarad yn Gymraeg neu yn Saesneg am raglan sgrinio canser y fron â sgrinio serfigol y GIG.

Os hoffai eich mudiad, grwp, clwb neu weithle gael cyflwyniad a/neu ddeunyddiau cyhoeddusrwydd, cysylltwch â'n Hadran Hyrwyddo Sgrinio.

Contact Cervical Screening Wales: Cysylltwch â Sgrinio Serfigol Cymru

- **Bro Taf**
  Cervical Screening Wales
  16 Cathedral Road
  Cardiff
  CF11 9LJ
  Telephone / Ffôn: 029 2078 7910/7911
  Fax / Ffacs: 029 2078 7891

- **Dyfed Powys**
  Cervical Screening Wales
  PO BOX 110
  Jobswell Road
  St Davids Park
  Carmarthen
  SA31 9AA
  Telephone / Ffôn: 01267 225001
  Fax / Ffacs: 01267 225224

- **Morgannwg**
  Cervical Screening Wales
  36 Orchard Street
  Swansea
  SA1 5AQ
  Telephone / Ffôn: 01792 607479
  Fax / Ffacs: 01792 475673

- **Gwent**
  Cervical Screening Wales
  Mamhilad House
  Mamhilad Park Estate
  Pontypool
  NP4 0YP
  Telephone / Ffôn: 01495 332147
  Fax / Ffacs: 01495 751472

- **North Wales / Gogledd Cymru**
  Cervical Screening Wales
  PO BOX 110
  Jobswell Road
  St Davids Park
  Carmarthen
  SA31 9AA
  Telephone / Ffôn: 01352 803248
  Fax / Ffacs: 01352 751770