

# SCREENING FOR LIFE

# SGRINIO AM OES

Cylchlythyr y Gwasanaethau Sgrinio • HYDREF/GAEAF 2009 RHIFYN 5

Sgrinio Cyn Geni Cymru  
Antenatal Screening Wales

Bowel Screening Wales  
Sgrinio Coluddion Cymru

Bron Brawf Cymru  
Breast Test Wales

Cervical Screening Wales  
Sgrinio Serffigol Cymru

NHS  
Wales  
GIG  
Cymru

## Mobile units to get accessibility makeover!

**MOBILE** breast screening units throughout Wales look set to undergo major changes, as Breast Test Wales (BTW) plans a modernisation programme, to ensure that the new mobile units are accessible for everyone.

The current units do not have disability access, with steep steps up to the entrance, and no space on board for wheelchairs. This means that wheelchair users and women with mobility issues are encouraged to attend a disability clinic at the static centres in Cardiff, Swansea, Llandudno or Wrexham.

Plans for the new mobile units, which will have an elevating lift ramp for wheelchair users, are now underway. And staff at BTW have been seeking the views of disabled service users to ensure that the mobile design meets their specific needs and is as accessible as possible.

Dr. Rosemary Fox, Deputy Director of Screening Services commented:

*"It's very important for us to consult with disabled women during the planning stage to make sure the mobile designs meet the needs of the women from the beginning."*

*"We are very excited about these future developments and we hope that by making the screening units more accessible, we will improve the service and enable those women who haven't attended in the past to come forward for screening."*

BTW is looking to replace each of the ten mobile units in turn. It is anticipated that the first mobile unit which is based in South East Wales will be operational in January 2010.

## Unedau symudol fydd yn haws mynd iddyn nhw!



How the new accessible mobile units may look  
Gallai'r unedau hwylus newydd edrych rhywbeth fel hon

Wrth i Bron Brawf Cymru roi rhaglen foderneiddio ar waith, bydd yr unedau sgrinio symudol ym mhob rhan o Gymru'n edrych yn dra gwahanol. Y nod yw gwneud yr unedau symudol newydd yn haws mynd iddyn nhw.

Nid oes mynediad i bobl anabl i'r unedau presennol, mae stepiau serth i fyny at y drysau, a does dim lle ar yr unedau ar gyfer cadeiriau olwyn. Mae hyn yn golygu bod rhaid annog merched sy'n defnyddio cadeiriau olwyn a rhai sy'n cael trafferth symud i fynd i glinig ar gyfer pobl anabl yn un o'r canolfannau statig yng Nghaerdydd, Abertawe, Llandudno neu Wrecsam.

Mae'r cynlluniau i osod rampiau sy'n codi fel lifft ar gyfer cadeiriau olwyn wedi cael eu rhoi ar waith. Ac mae staff Bron Brawf Cymru wedi bod yn gofyn am farn defnyddwyr anabl er mwyn gofalu bod yr unedau newydd yn bodloni eu gofynion penodol ac yn gwneud mynediad mor hwylus â phosib.

Dywedodd Dr. Rosemary Fox, Dirprwy Gyfarwyddwr y Gwasanaethau Sgrinio:

*"Mae'n bwysig iawn i ni ymgynghori â merched anabl yn ystod y cam cynllunio er mwyn gofalu bod cynllun yr unedau'n rhoi sylw i'w gofynion o'r cychwyn cyntaf."*

*"Mae'r datblygiadau wedi creu tipyn o gyffro yma. Y gobaith yw y byddwn ni'n gwella'r gwasanaeth trwy wneud yr unedau sgrinio'n haws mynd iddyn nhw. Rydyn ni hefyd am weld merched sydd ddim yn dod i gael eu sgrinio ar hyn o bryd, yn dod."*

Gobaith Bron Brawf Cymru yw rhoi uned symudol newydd yn lle pob un o'r deg hen uned yn ei thro. Y disgwyl yw y bydd yr uned symudol cyntaf ar waith yn Ne-ddwyrain Cymru ym mis Ionawr 2010.

## Fire fighters in action with Bowel Screening Wales

FIRE fighters in Wales received an unusual SOS recently - to help inflate a giant colon!

The educational walk-in inflatable is currently touring Europe to raise awareness of bowel cancer - also known as colon or colorectal cancer.

Brave Firemen from Cardiff Central tackled the uncurling of the 11 metres long, two metres high replica of the human colon, after an 'emergency call' from Bowel Screening Wales (BSW).

The inflatable colon is designed to encourage people to take a healthy interest in their bowel habits - and become aware of signs and symptoms of bowel cancer, and to take up the free screening test if eligible.

Hayley Heard, Head of BSW said: "We are delighted to have been loaned the giant colon to coincide with Bowel Cancer Awareness Month. It's sure to



Fire fighters from Cardiff central fire station with the giant colon!  
Rhai o ddiffoddwyr tân gorsaf ganolog Caerdydd gyda'r colon anferthol!

*make people smile, but it does carry a very serious message, about the importance of a healthy bowel."*

The NHS Service, which launched in October last year, has sent out more than 116,000 home test kits across Wales and approximately 600 people have gone on to have colonoscopy and further investigation.

Initially all men and women between the ages of 60 and 69 are being sent the testing kit, which looks for hidden blood.

By 2011 the age range will be extended to 74 and by 2015, all men and women aged between 50 and 74 will receive the kit, every two years.

Bowel Cancer is the third most common cancer in Wales, with 2,000 people diagnosed every year. Around 1,000 people die from bowel cancer each year in Wales, but if picked up early, it's also one of the most treatable.

## Diffoddwyr tân yn gweithio gyda Sgrinio Coluddion Cymru

Cafodd diffoddwyr tân yng Nghymru gais anarferol yn ddiweddar - i helpu i chwythu gwynt i golon anferthol!

Mae'r colon y gall pobl gerdded drwyddo'n mynd ar daith o gwmpas Ewrop ar hyn o bryd i addysgu pobl am ganser y coluddyn - sydd hefyd yn cael ei alw'n ganser y colon neu'n ganser colorectol.

Ar ôl cael 'cais brys' gan Sgrinio Coluddion Cymru, aeth diffoddwyr dewr Canol Caerdydd ati i godi'r replica o golon sy'n mesur 11 metr ar ei hyd a dau fetr o uchder.

Bwriad y colon llawn gwynt yw annog pobl i feddwl o ddifrif am arferion eu coluddion. Y nod yw eu haddysgu am arwyddion a symptomau canser y coluddyn ac i fanteisio ar y cyfle i gael prawf sgrinio am ddim os oes ganddyn nhw hawl i'w gael.

Dywedodd Hayley Heard, pennaeth y rhaglen: "Rydyn ni'n hynod o falch o'r cyfle i gael benthyg y colon anferthol yn ystod Mis Dysgu am Ganser y Coluddyn. Mae'r colon yn siŵr o wneud i bobl wenu,

*ond mae neges ddifrifol iddo hefyd, sef pwysigrwydd cadw'r coluddyn yn iach."*

Mae'r gwasanaeth, a gafodd ei lansio ym mis Hydref y llynedd, wedi anfon dros 116,000 o becynnau prawf i gartrefi pobl ar hyd a lled Cymru. Mae tua 600 o bobl wedi mynd ymlaen i gael colonosgopi a rhagor o archwiliadau.

Yn y lle cyntaf, dynion a menywod 60-69 oed sy'n cael y pecyn prawf yn y post. Mae'r prawf yn chwilio am waed cudd.

Erbyn 2011, bydd pobl hyd at 74 oed yn cael y pecyn. Ac erbyn 2015, bydd y pecyn yn mynd bob dwy flynedd at bob dyn a merch 50-74 oed.

Canser y coluddyn yw'r trydydd canser mwyaf cyffredin yng Nghymru, ac mae 2,000 o bobl y flwyddyn yn cael diagnosis o'r clefyd. Mae tua 1,000 o drigolion Cymru'n marw o ganser y coluddyn bob blwyddyn, ond mae'n un o'r canserau haws eu trin os yw'n cael ei ddal yn ddigon buan.

## A patient's view: Bowel Screening - why bother?

By Tony Key OBE

*"I have often wondered whether women receive some sort of satisfaction from nagging? There was, however, one occasion when my wife's nagging literally saved my life, or at least extended it. The bowel screening kit had arrived and the instructions were perfectly clear but I had still put them in the 'to-do' pile. In the end I gave in and completed the test and sent it off.*

*"I received a reply within 48 hours telling me that the tests were positive and that appointments would be made for colonoscopy to examine my insides. It was unnerving to say the least. After more tests and a meeting with a surgeon I had to have an operation to remove a growth from my bowel which, if ignored, could be terminal.*

*"From finding the cancer to the day of the operation took exactly 4 weeks - and some people say that the NHS are slow to react! I have nothing but praise for the whole team at Bowel Screening Wales and the Royal Glamorgan Hospital, whose professionalism and caring gave me opportunity to play with my grandchildren for a lot longer. I also have to thank my wife for nagging me to complete the test. Without that early intervention things could have been a lot different. The experience is alien to most people but like the advert says, 'Don't die from embarrassment', after all the test is done in the privacy of your own home."*



Tony Key, whose bowel cancer was discovered through routine screening Tony Key, oedd â chanser y coluddyn a ddaeth i'r amlwg trwy sgrinio

## Sgrinio'r coluddyn - pam ddylwn i drafferthu?

Gan Tony Key OBE

*"Bues i'n meddwl yn aml tybed ydi merched yn mwynhau swnian a dwrdio! Ond, er hynny, roedd un achlysur pan wnaeth swnian fy ngwraig achub fy mywyd - neu ei ymestyn o leiaf. Roedd y prawf sgrinio'r coluddyn wedi cyrraedd ac roedd y cyfarwyddiadau'n gwbl glir, ond roeddwn i wedi'i roi o'r neilltu gyda'r bwriad o'i wneud 'rywdro eto'. Yn y diwedd, fe wnes i ildio a mynd ati i wneud y prawf a'i anfon yn ôl.*

*"Fe ges i ateb o fewn 48 awr yn rhoi gwybod i mi fod y canlyniadau'n bositif a bod trefniadau'n cael eu gwneud i mi gael colonosgopi i archwilio fy nhu mewn. Ges i fraw a dweud y lleiaf! Ar ôl mwy o broffion a gweld llawfeddyg, roedd rhaid i mi*

*gael llawdriniaeth i dynnu tyfiant o fy ngholuddyn. Petawn i wedi'i anwybyddu, gallai fod wedi fy lladd.*

*"Dim ond pedair wythnos yn union aeth heibio o'r dyddiad y daeth y canser i'r amlwg i'r dyddiad y ces i'r llawdriniaeth. Ac mae rhai pobl yn cwyno bod y gwasanaeth iechyd yn ara! Allaf i wneud dim ond canmol y tîm cyfan yn Sgrinio Coluddion Cymru ac Ysbyty Brenhinol Morgannwg. Dim ond eu hagwedd broffesiynol a'u gofal sydd wedi rhoi cyfle i mi chwarae gyda fy wyrion am lawer mwy o amser. Rhaid i mi hefyd ddiolch i fy ngwraig am swnian! Heb y driniaeth gynnar ar ôl i mi wneud y prawf, efallai y byddai'r canlyniadau wedi bod yn wahanol iawn. Mae'r profiad yn un cas i'r rhan fwyaf o bobl, ond cofiwch eiriau'r hysbyseb, 'Peidiwch â marw o gywilydd'. Wedi'r cyfan, prawf i chi ei wneud yn eich cartref eich hun yw e."*

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.

Cysylltwch â ni os hoffech chi rannu stori neu gynnig sylwadau am ein cylchlythyr. Gallwch chi ofyn am gopi o'r cylchlythyr yma mewn ieithoedd eraill, print mawr, Braille neu ar dâp sain.

## Cervical cancer and Human Papilloma Virus (HPV)

Most people are aware of cervical cancer, however many of us are unaware of the links between cervical cancer and the Human Papilloma Virus (HPV).

HPV is a common virus passed on through intimate sexual contact. Most sexually active people will come into contact with the virus within their lifetime and be unaware of it. In most cases the body's natural defences will clear the virus within a few months without any treatment.

There are over 100 different types of the virus, affecting various areas of the body. Some are seen as low risk and may cause warts, verrucas, or even genital warts. However, some of the HPV viruses are more harmful and are known to cause approximately 70% of cervical cancer.

Fortunately, these more harmful strains of the virus can now be vaccinated against. A successful schools-based vaccination programme began in 2008, which aims to immunise girls aged 12-13 yrs. Girls up to the age of 18 are being offered the vaccine in 2009/10.

Cervical Screening Wales (CSW) Nurse co-ordinator Jody Hill explained,

*"It is still very important that girls who have been vaccinated against HPV attend for regular smear tests when they are old enough. Regular cervical screening can detect abnormal cell changes in the cervix, which can be treated before it progresses to cancer."*

Other factors such as smoking and the number of sexual partners can also significantly increase the risk of HPV disease and cervical cancer. Using condoms can help protect against HPV infection and disease as well as other sexually transmitted infections.

## Canser gwddf y groth a'r Feirws Papiloma Dynol (HPV)

Mae'r mwyafrif o bobl yn gwybod am ganser gwddf y groth. Ond nid yw llawer ohonom yn gwybod am y cyswllt rhwng canser gwddf y groth a'r Feirws

Papiloma Dynol (HPV).

Feirws cyffredin yw HPV sy'n cael ei drosglwyddo drwy gysylltiad rhywiol agos. Bydd y rhan fwyaf o bobl sydd mewn perthynas rywiol yn dod i gysylltiad â'r feirws yn ystod eu hoes, heb wybod amdano. Yn y rhan fwyaf o achosion, mae system amddiffyn y corff yn cael gwared â'r feirws mewn ychydig o fisoedd, heb unrhyw driniaeth.

Mae dros 100 o wahanol fathau o'r feirws. Mae risg rhai o'r

feirysau'n isel, a gallan nhw achosi gwahanol fathau o ddafadennau, neu ddafadennau gwenerol hyd yn oed. Ond mae rhai o'r feirysau HPV yn gwneud mwy o niwed ac mae'n glir eu bod nhw'n achosi tua 70% o'r achosion o ganser gwddf y groth. Yn ffodus, mae brechlyn ar gael erbyn hyn sy'n amddiffyn y corff rhag y mathau mwyaf niweidiol yma o'r feirws. Dechreuodd raglen lwyddiannus yn 2008 sy'n brechu merched ysgol 12-13 oed. Bydd cyfle yn ystod 2009/10 i ferched hyd at 18 oed gael y brechiad.

Esboniodd Jody Hill, cyd-gysylltydd nyrsio Sgrinio Serfigol Cymru:

*"Mae'n bwysig iawn o hyd i ferched sydd wedi cael y brechiad HPV ddod pan maen nhw'n ddigon hen i gael eu profion taeniad rheolaidd. Mae sgrinio serfigol rheolaidd yn gallu dod o hyd i gelloedd annormal yn y serfics y mae'n bosib eu trin cyn iddyn nhw droi'n ganser."*

Mae ffactorau eraill fel ysmegu a nifer y partneriaid rhywiol yn gallu cynyddu'n sylweddol y perygl o gael clefyd HPV a chanser gwddf y groth. Mae defnyddio condomau'n gallu helpu i ddiogelu merched rhag heintiau a chlefydon HPV, yn ogystal â heintiau eraill sy'n cael eu trosglwyddo trwy ryw.



Many young women are unaware of the links between HPV and cervical cancer  
Ychydig iawn o ferched ifanc sy'n gwybod am y cyswllt rhwng HPV a chanser gwddf y groth

## Ultrasound Scanning during Pregnancy

Ultrasound Scanning during pregnancy is now a very popular test. Cutting - edge technology means that incredible images can be produced, which can be printed out as photographs to show family and friends.

However, the purpose of ultrasound scanning in pregnancy is to

play a crucial part in determining the health of the growing baby, and are used to check if the baby is developing properly.

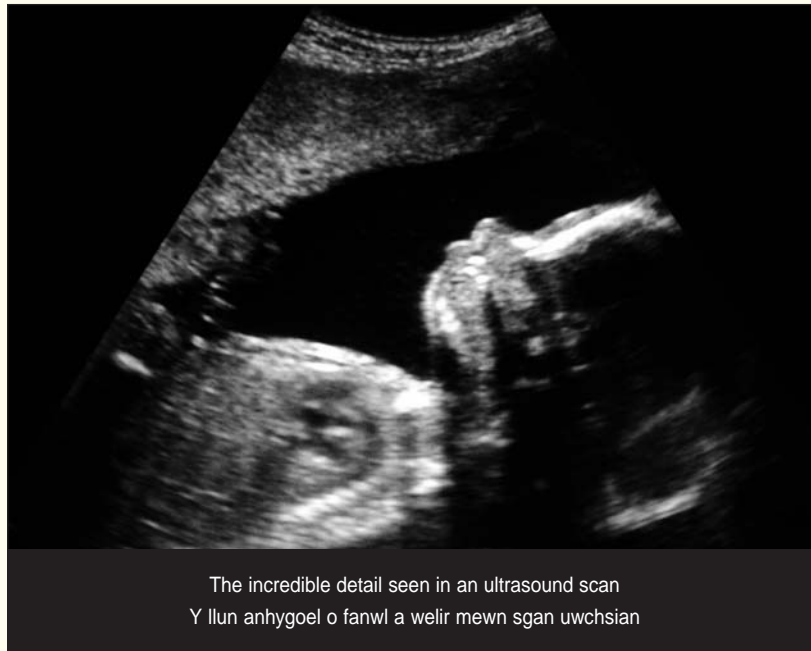
In Wales, all pregnant women are offered a special type of ultrasound test, called a Fetal Anomaly Scan. The test, which looks for problems with the growing baby, is carried out at around 18-20 weeks of pregnancy. It may suggest that other tests need to be carried out, or it may show a problem with the baby. Sometimes the problems can be treated, either before or after the birth, but sometimes there may

be no treatment available, and women may have to make an informed decision about whether they wish to continue with the pregnancy.

The scans have their limitations. Although many problems during a baby's development may be detected, not every problem will show up on the scan and may only be found when the baby is born.

All pregnant women in Wales are given written information to help them decide whether they want to go ahead and have the scan. And the information clearly explains that not all problems may show up during the test.

Once the scan has finished, the woman is given written information by the sonographer - the person who carries out the test - which explains the results. And then of course, they may have the opportunity be able to buy that very special picture!



The incredible detail seen in an ultrasound scan  
Y llun anhygoel o fanwl a welir mewn sgan uwchsian

## Sganio uwchsain yn ystod beichiogrwydd

Mae sganio uwchsain yn ystod beichiogrwydd wedi mynd yn brawf poblogaidd iawn. Gyda'r dechnoleg ddiweddaraf, mae'n bosib cael delweddau anhygoel o'r ffetws i'r rhieni eu hargraffu fel ffotograffau i'w dangos i'w teuluoedd a'u ffrindiau.

Ond mae'r sganiau hefyd yn rhan bwysig iawn

o'r gwaith o asesu iechyd y babi yn y groth, ac o wirio a yw'n datblygu'n iawn.

Mae pob menyw feichiog yng Nghymru'n cael cyfle i gael math arbennig o brawf uwchsain, sef Sgan Anomaledd y Ffetws. Mae'r prawf yn chwilio am broblemau yn natblygiad y babi, ac mae'n cael ei wneud pan mae tua 18-20 wythnos o'r cyfnod cario wedi mynd heibio. Efallai y bydd yn dangos bod angen gwneud profion eraill, neu fe allai ddod â phroblem i'r amlwg. Mae'n bosib trin y problemau weithiau, cyn neu ar ôl i'r babi gael ei eni, ond weithiau efallai nad oes unrhyw driniaethau ar gael.

Nid yw'r sganiau'n dangos popeth. Er eu bod nhw'n gallu dod â nifer o broblemau yn natblygiad y babi i'r amlwg, ni fydd pob problem yn amlwg. Efallai y bydd rhaid i famau benderfynu ar sail gwybodaeth a ydyn nhw'n awyddus i'r beichiogrwydd barhau neu beidio.

Mae pob mam feichiog yng Nghymru'n cael gwybodaeth ysgrifenedig i'w helpu i benderfynu a yw'n awyddus i gael y sgan neu beidio. Ac mae'r wybodaeth yn pwysleisio nad yw pob problem efallai'n dod i'r amlwg yn ystod y prawf.

Ar ôl i'r sgan gael ei wneud, mae'r fam yn cael gwybodaeth ysgrifenedig gan y sonograffydd, sef y person sy'n gwneud y prawf. Mae'r wybodaeth yn esbonio'r canlyniadau. Wedi hynny, wrth gwrs, efallai y byddan nhw'n cael mynd â'r ffotograff arbennig iawn yna gartref gyda nhw!

## Promoting Screening with the aid of Pharmacies

Screening Services has been working alongside Local Health Boards across Wales to promote Screening through community pharmacies. The series of joint campaigns aim to increase awareness of the screening programmes available to residents in Wales.

Screening Promotion Officer, Dafydd Snelling, explained:

*"Pharmacies in Wales are in a key position to provide information and key messages to members of the public on the issues surrounding Breast, Cervical and Bowel cancer screening. They are also able to target information to the appropriate age group via the prescriptions they process."*

During Men's Health Week in June, Bowel Screening Wales became the first screening programme to run an information campaign through pharmacies. Evaluations proved it to be a success with members of the public. Many felt they had a greater awareness and knowledge of the new bowel screening programme as a result.

The 'breast awareness sticker' campaign will be launched during Breast Cancer Awareness month in October. It will inform all eligible women when the Breast Test Wales mobile unit is in the area. Women aged 50-70, who will be routinely called for breast screening, will have a sticker placed onto their prescription bags. The aim is to reverse the falling number of women attending for their breast screening appointment by reminding them the mobile unit is in the area.

A cervical screening campaign will be launched in pharmacies in January 2010 during European Cervical Cancer Awareness Week.



## Cael help fferyllfeydd i hyrwyddo sgrinio

Mae'r Gwasanaethau Sgrinio wedi bod yn gweithio gyda'r Byrddau Iechyd Lleol ar hyd a lled Cymru i ddefnyddio fferyllfeydd cymunedol i hyrwyddo sgrinio. Nod y gyfres o ymgyrchoedd ar y cyd yw rhoi gwybod i drigolion Cymru am y rhaglenni sgrinio sydd ar gael.

Esboniodd Dafydd

Snelling, Swyddog Hyrwyddo Sgrinio:

*"Mae'r fferyllfeydd yng Nghymru mewn lle ardderchog i gynnig gwybodaeth i aelodau'r cyhoedd am bob agwedd bwysig ar sgrinio'r fron, gwddf y groth a'r coluddyn. Maen nhw hefyd yn gallu targedu'r wybodaeth at y grwpiau oedran perthnasol trwy'r presgripsiynau maen nhw'n eu prosesu."*

Yn ystod Wythnos Iechyd Dynion ym mis Mehefin, llwyddodd Sgrinio Coluddion Cymru i fod y rhaglen sgrinio gyntaf i redeg ymgyrch trwy fferyllfeydd, gan roi gwybodaeth am sgrinio'r coluddyn. Roedd asesiadau'n dangos bod y cyhoedd yn teimlo bod yr ymgyrch wedi llwyddo. Yn ei sgil, roedd llawer o bobl yn dweud eu bod nhw wedi dysgu llawer am y rhaglen sgrinio newydd.

Bydd yr ymgyrch 'sticeri ymwybyddiaeth o'r fron' yn cael ei lansio yn ystod Mis Dysgu am Ganser y Fron ym mis Hydref. Bydd yn dweud wrth y merched sydd â hawl i gael eu sgrinio am yr adegau pan fydd uned symudol y rhaglen yn yr ardal. Bydd y fferyllfeydd yn rhoi sticer ar fapiau presgripsiwn pob menyw 50-70 oed sy'n cael ei galw'n rheolaidd i gael sgrinio'i bronnau. Gan fod llai a llai o ferched yn dod i gael eu sgrinio, y nod yw eu hatgoffa bod yr uned symudol yn yr ardal er mwyn gweld mwy ohonyn nhw'n dod.

Bydd ymgyrch i roi gwybod am sgrinio gwddf y groth yn cael ei lansio yn y fferyllfeydd yn ystod Wythnos Dysgu am Ganser Gwddf y Groth yn Ewrop ym mis Ionawr 2010.

## FAQ's:

### I've never had sexual intercourse - am I at risk of developing cervical cancer?

If you've never had sexual intercourse, you are at low risk, but not at no risk, of developing cervical cancer. It is still not entirely clear what causes abnormalities to develop. Often, it is because a virus has infected the cervix. This virus is called human papilloma virus (HPV) and is passed on during sexual intercourse. The virus can be passed on in other forms of sexual activity apart from full intercourse. This applies to both heterosexual women and lesbians.

### How common is bowel cancer?

- Bowel cancer is the third most common cancer in Wales. However, if it is picked up early it is also one of the most treatable.
- 2,000 new cases are diagnosed each year in Wales.
- 1,000 people die from bowel cancer each year in Wales.
- Bowel cancer is more common in people over 50. About one in 20 people over 50 will develop bowel cancer during their lifetime.

### When will I receive my first breast screening invitation?

Women are actually eligible for their first screen in the calendar year in which they become 50. In Wales we invite each general practice in turn over the three year period, so that each woman receives her invitation before the age of 53 but not necessarily in the year she reaches the age of 50. A few women will be 49. Women invited for the first time at the slightly older age do not 'lose out' in any way. They receive the same number of automatic invitations in the 20 year period (and, of course, can continue to ask to be invited after that).

The BTW website lists the dates when we are planning to screen each area. This may help you work out when you will be invited.

For more information about screening services visit our website at :  
[www.screeningservices.org.uk](http://www.screeningservices.org.uk)

## Cwestiynau cyffredin:

### Dydw i ddim wedi cael perthynas rywiol erioed. Ydw i mewn perygl o gael cancer gwddf y groth?

Os nad ydych chi erioed wedi cael cyfathrach rywiol, mae'ch risg o gael cancer gwddf y groth yn isel. Ond nid yw hynny'n golygu nad oes unrhyw risg o gwbl. Nid yw'n gwbl glir eto beth sy'n achosi i annormaleddau ddatblygu. Maen nhw'n aml yn digwydd ar ôl i feirws heintio gwddf y groth. Y feirws papiloma dynol (HPV) yw'r enw ar y feirws ac mae'n cael ei drosglwyddo yn ystod cyfathrach rywiol. Mae'n bosib trosglwyddo'r feirws trwy weithredoedd rhywiol eraill heblaw cyfathrach lawn. Mae hynny'n berthnasol i ferched heterorywiol a lesbiad fel ei gilydd.

### Pa mor gyffredin yw cancer y coluddyn?

- Cancer y coluddyn yw'r trydydd cancer mwyaf cyffredin yng Nghymru. Ond, o'i ddal yn gynnar, mae hwn yn un o'r canserau sy'n ymateb orau i driniaeth.
- Mae 2,000 o achosion newydd yng Nghymru bob blwyddyn.
- Mae 1,000 o drigolion Cymru'n marw o ganser y coluddyn bob blwyddyn.
- Mae cancer y coluddyn yn fwy cyffredin mewn pobl dros 50 oed. Bydd tua un o bob 20 o bobl dros 50 oed yn datblygu cancer y coluddyn yn ystod eu hoes.

### Pryd fyddaf i'n cael fy ngwahoddiad cyntaf i gael sgrinio fy mronnau?

Mae gan ferched hawl i gael eu sgrinio am y tro cyntaf yn ystod y flwyddyn galendr y maen nhw'n cyrraedd 50 oed. Yng Nghymru, rydyn ni'n gwahodd practis pob meddyg teulu yn ei dro, unwaith bob tair blynedd. Mae hyn yn golygu y bydd pob menyw'n cael ei gwahoddiad cyntaf cyn ei phen-blwydd yn 53, ond nid yw'n siŵr o ddod yn ystod blwyddyn ei phen-blwydd yn 50. Bydd rhai menywod yn 49 oed. Nid yw menywod sy'n cael eu gwahoddiad cyntaf pan maen nhw ychydig yn hŷn dan unrhyw anfantais o gwbl. Byddan nhw'n cael yr un cyfanswm o wahoddiadau awtomatig yn ystod y cyfnod o 20 mlynedd (ac, wrth gwrs, mae croeso iddyn nhw barhau i ofyn am wahoddiadau wedi hynny).

Mae rhestr ar wefan Bron Brawf Cymru o'r dyddiadau y byddwn ni'n sgrinio ym mhob ardal. Gallai'r rhestr eich helpu i amcangyfrif pryd y byddwch chi'n cael ei gwahodd.

Am fwy o wybodaeth am y gwasanaethau sgrinio, ewch i'n gwefan :  
[www.screeningservices.org.uk](http://www.screeningservices.org.uk)

## Contact / Cysylltu

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 2078 7907

### Contact Bowel Screening Centre:

#### Cysylltwch â Sgrinio Coluddion Cymru

- **Welsh Bowel Screening Centre / Canolfan Sgrinio**

**Coluddion Cymru**  
Unit 6, Green Meadow  
Llantrisant, Pontyclun, CF72 8XT  
Freephone / Ffôn: 0800 294 3370

### Contact Antenatal Screening:

#### Cysylltwch â Sgrinio Cyn Geni Cymru

- **Antenatal Screening Wales / Sgrinio Cyn Geni Cymru**

18 Cathedral Road, Cardiff, CF11 9LJ  
Telephone / Ffôn: 029 2078 7837  
Fax / Ffacs: 029 2078 7890

## “Speakers Corner” / “Cornel y Siaradwyr”

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

Os hoffai eich mudiad, grŵp, clwb neu weithle gael cyflwyniad a/neu ddeunyddiau cyhoeddusrwydd, cysylltwch â'r Adran Hyrwyddo Sgrinio yn eich ardal.

### 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