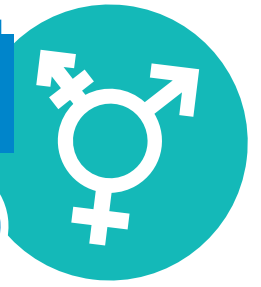


Your body, your care, your screening

Support for the transgender community



Cancer screening can help find cancer early, when treatment is more effective. If you are trans or non-binary, screening still matters.

Regardless of gender reassignment, your assigned sex at birth can still put you at higher risk of certain cancers. Screening should be based on the body parts you have, your hormones, and your surgery history.

Why it matters

Some people miss screening because their records change, invitations go to the wrong place, or the process feels uncomfortable. NHS Wales says it is still important to check what screening you need, even if your gender marker has changed.

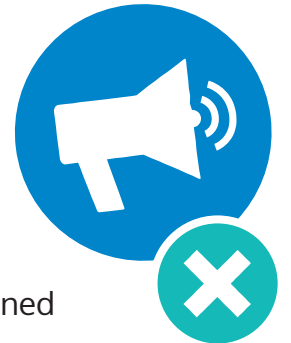
Screening may apply if you:

- Have a cervix. Cervical screening may be needed, whatever your gender identity.
- Have breast tissue or have used feminising hormones. Breast screening may be relevant.
- Take hormones or have had gender-affirming surgery. Ask a medical professional what screening applies to you.

Myth busting

"I changed my gender marker, so screening no longer applies."

False. Screening still applies depending on your body parts present, but your medical records according to your gender marker may mean invitations for screening are missed. It is essential that you proactively manage these screenings with your GP.



"Only women need cervical screening."

False. Cervical screening is for anyone with a cervix aged 25-64, not solely defined by gender identity. If you are assigned female at birth, this applies.

"Top surgery means breast screening never matters."

Not always. It depends on your tissue and risk.

What to do next

- Determine what body parts you have now.
- Ask your GP or screening service if you are on the right list.
- Ask for extra time, privacy, or support if screening feels difficult.



Continued overleaf

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Setting boundaries and asking for accommodations

Waiting room anxiety:

"Could my appointment be the first or last slot of the day to limit waiting time in a busy area?"

Staffing requests:

"Can I request that the clinician performing the exam be a woman or a specialist who has experience with trans patients?"

Terminology:

"I use the following language for my body parts. Can you make a note of this so we can use these terms during our appointments?"



Preparing for your appointment

Before your appointment, it helps to review your own anatomy, surgeries, medications (including HRT), and any family history of cancer so your GP can build a personalised screening plan. If your GP surgery is not yet familiar with trans-inclusive care, you can refer them to official NHS Population Screening Guidance for Trans People.

Addressing your needs

We understand some people are born with a body that does not fit the binary of the two biological sexes and you may have body parts from both of the below groupings.

For those assigned female at birth:

- **Cervical screening:** "I still have a cervix and haven't had a total hysterectomy. I'd like to discuss scheduling a smear test and talk about ways to make the process comfortable for me." (You are entitled to this if you have a cervix, regardless of gender marker).
- **Breast screening:** "I have not had a full bilateral mastectomy. Since I am over 50 (or have a higher risk profile), can you arrange for me to receive breast screening invitations?"
- **Self-checks:** Use terms you feel comfortable with, e.g. 'chest' instead of 'breasts'. If binding or dysphoria makes self-checks difficult, ask your GP: "Can you show me the best way to safely check my chest tissue for any changes?"

For those assigned male at birth:

- **Breast screening:** "I have been taking feminising hormones for several years and understand this affects my breast cancer risk. How do I request an NHS breast screening referral?"
- **Cervical screening:** Clarify that you do not need this: "I do not have a cervix, so I don't need cervical screening."

Where to get help and further information:

- **NHS Wales** for Wales-specific screening guidance.
- **Public Health Wales** for screening information and leaflets.
- **Cancer Research UK** for trans and non-binary screening advice.
- **Macmillan Cancer Support** for cancer and trans-specific support.
- **Trans Aid Cymru** for Wales-based support and a trans-friendly GP map.
- **OUTPatients** - UK LGBTIQ+ cancer charity offering support and advocacy.
- **Stonewall** for inclusive LGBTIQ+ terms.



Sources: NHS, Public Health Wales, Gov, Cancer Research UK

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